MENTAL HEALTH FOUNDATION
IAN FRENCH
PROJECTS OFFICER (YOUTH ENGAGEMENT)

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Mental Health Foundation
Scotland
AIMS OF THE PRESENTATION
WHO ARE MHF?
**Who?**
Name: Maria
Age: 60
Condition / symptoms: Arthritis, which causes pain in joints and makes it difficult to stand for long.

**Where?**
On the train.

**Who else is there?**
Person receiving Ucard: Maria
Passenger: Any bystanders, conductor, and other passengers.

**What’s the problem?**
There are no seats on the train, and Maria won’t be able to stand for the whole journey. Because people can’t see that she has arthritis and she is young, no one offers her a seat. She feels worried about asking people on the train if they don’t believe her.

**What does the person need?**
Maria needs someone to give up their seat so she can sit down.

**Are there any risks?**
The person could be rude to her.
How could they decrease the risk? Dispel to the conductor if necessary.

**Now write out your Ucard!**
Maria gives her friends her card.

School break, it is a bad day for Maria.

Maria's friends look at the card.

Now we understand. Maria is sore & tired.

I am having a bad day. This means -
- I'm sore
- I can't walk a lot
- I'm tired

The card says...

I need -
- more time
- you to understand

HOW... WILL WORK
UCARDs were developed
Happiness is just as important as your 5 a day.

Stress Less interactive workshops
LONG TERM CONDITION APPROVED
STRESS LESS IN THE MAINSTREAM
RECOGNISING DIFFERENT LEVELS OF PARTICIPATION
YOUNG PEOPLE
The Ladder of Participation

8. Child-initiated, shared decisions with adults
7. Child-initiated and directed
6. Adult-initiated, shared decisions with children
5. Consulted and informed
4. Assigned but informed
3. Tokenism
2. Decoration
1. Manipulation
FEEDBACK
SCOTTISH MENTAL HEALTH ARTS FESTIVAL

CO-DESIGN
IN CONCLUSION

UCARDS
Stress
Less
We Can
QUESTIONS?