

In 2015

BaNES Youth Forum

carried out a survey among young people asking how mental health stigma made them feel.

These are some of their responses:

- Frustrated at the lack of education around the subject
- Upset
- Angry - labels are put on people before even meeting them. Society doesn't give people a chance. It gives them even less of a reason to live and enjoy their life.
- **Worthless**
- **Unworthy**
- Annoyed and trapped - I was told I was depressed and when I confided in some people they told me I wasn't and that I was just saying that for attention.
- Isolated and alienated
- Sad, and also kind of worried that some people are misinformed about mental illness

- **Worthless, suicidal, empty.**
- They don't really understand how people with mental illness live or what they have to go through
- It feels normal.
- **Sad because they said things about me**
- **Angry**
- **Sad and confused.**
- **I felt really angry**
- **Annoyed with myself**
- **Very sad**
- **Sad, depressed, upset, alone, & wanting someone to talk to.**
- **I think that people judge people before they really know what they are like.**

- I think that some people are targeted because of their looks. I think that a lot of the mental health stigma experienced in schools is based on stereotypes. It is not a very nice thing to experience stigma.
- Sad and worried that everyone would treat me as they have
- Disgraced AND ANGRY
- It makes me feel sad
- People say I am gay and have mental health problems because I don't like all boys stuff and it makes me feel upset. I didn't want to go to school because I was scared of the bullies

- **Lonely**
- Upset about myself and down in the dumps all the time.
- Sad, angry – What is the point in life if that's how I'm gonna be treated
- This made me feel sad and upset. In fact it got so bad that I didn't want to go to school any more. All I wanted to do was stay at home and hide in my bedroom.
- I just feel a little bit left out in my group of friends because everyone has a place and sometimes I feel like I don't have a place
- It made me feel very upset that others would think about me like that and talk behind my back.
- Like everybody hated me or didn't want me around
- Like committing suicide 121 times

- **That I don't have friends**
- **It feels depressing and scary to be labelled, called weird and treated like you're a dangerous animal**
- **Bad about myself**
- **Upset and disappointed in humans**
- **Isolated, inadequate and not as good as the people around me. I felt like I didn't belong.**
- **Disappointed. I'm Autistic and I felt angry, isolated, scared.**
- **upset because it makes you feel different to other people**
- **Sad and angry, because its not nice or fair.**
- **Sad that people don't take it seriously and think it is okay to make fun of mental health issues.**