

Looking at how we see and talk about mental health

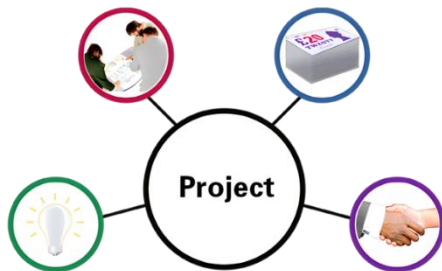


There are lots of different areas of disability and mental health.

In each area, people have different experiences, chances and challenges.



This is why it matters where we focus our energy and how we talk about these issues.



At Barnwood we join with people, communities and organisations in Gloucestershire's disability and mental health movement.

We do this in different ways:

- With funding.
- Bringing people together to learn and work on projects.
- Testing new ways of doing things.
- Sharing things we have found out.
- Helping voices of lived experience be heard.





How we talk about and understand mental health

To make change and work together towards goals, we need to know that we are seeing and talking about things in the same way.

We think the social model of disability is a good place to start.



This says that people are disabled by things around them that makes it harder for them to do things, rather than their condition being the problem.



This means that people are not the problem and are an important part of making things better.

Barnwood has stopped talking about mental health “problems” or “challenges” and now says “conditions.”

Barnwood asked an inclusion organisation to help. They looked at how other groups are talking about mental health.





They told us that other people are looking at how they think and talk about mental health too.

Other groups also want there to be a change in the way mental health is understood and what actions are taken to help.



There are things in people's lives that need to be thought about that might affect mental health like:

- How we all live together in society.



- Money.



- How we get on with people close to us.



What we know for the future

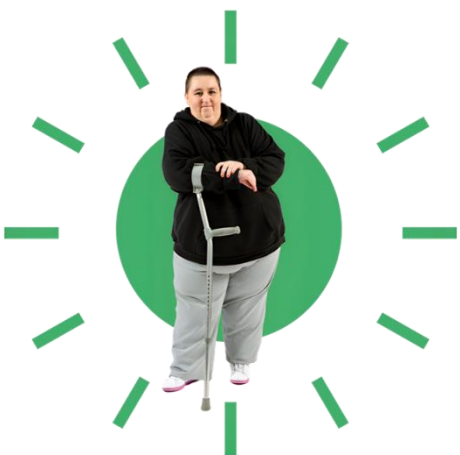
Organisations need to listen to people who have mental health conditions.



They must find out about their experiences and ask them what they want.



They must also listen to other points of view.



We want to share this report as we think it will help make things better.

We want our work at Barnwood to be about learning, lived experience and people's real lives.