

Mental Podcast

#BreakTheStigma

FOR IMMEDIATE RELEASE

Contact: Bobby Temps
Email: mentalpodcast@icloud.com

Press Release for Mental Podcast

Petition: Make Mental Health Education Mandatory in Schools

Petition Release Date: Friday 15th June 2018

Author of Petition: Bobby Temps

Mental Podcast Website: <http://www.mentalpodcast.co.uk/>

Petition Link: <https://mentalpodcast.co.uk/petition>

Mental Podcast is a weekly show, released every Thursday, dedicated to destigmatising mental health and normalising the conversations around it. When recording episodes of Mental, a concern that repeatedly comes up with our guests is the lack of education around the subject of Mental Health. With one in four of us experiencing a mental illness every year, according to the charity Mind, this seems to be a real and very significant gap in our education system in the United Kingdom.

Recent studies show that one in ten children aged between five and sixteen years old shows signs of a mental health problem, and many continue to have these problems into adulthood. (1) Over half of all mental ill health starts before the age of fourteen years, and 75% of this has developed by the age of eighteen. (2) NHS England estimates that poor mental health costs the economy, the NHS and our society £105 billion a year in England alone. (3)

These statistics are nothing short of shocking, and yet whilst there is a whole subject in the curriculum around our physical health in the form of the Physical Education curriculum, our young people are left without any knowledge of even the most common of mental illnesses. This leaves them unprepared and vulnerable when looking out for their own mental health, and sets a standard that mental health is not discussed, planting a seed of stigma that many carry for their whole lives.

At Mental, we believe its time to make a change. Even if a law was passed whereby every child receives one class about mental health during their time at school, this would be more than the vast majority currently get. We are keen to hear back from those in power on a more extensive plan to better the lives of our nation's young people that includes mental health education becoming mandatory for all schools in the UK, every child having the freedom to access a qualified counsellor through their school (this is something that many workplaces already offer, and should be extended to our schools), and mental health training for school staff members.

We are seeking support for our petition to help bring us one step closer to making these requests a reality, thus helping safeguard the health of generations to come.

About the Podcast - 'Mental' is the brain child of Bobby Temps, who is a writer, producer, and agency signed model. Covering many, many topics that influence mental health, Mental focuses on identity and the sheer weight of being a human in our modern, technology-filled world. Learn about your own mental health from first-hand experience, with statistics you can trust and inspiring guests. Mental health is something to be mindful of just as much as physical health. Mental strives to let listeners know that they don't have to do so alone and they are enough!

END OF PRESS RELEASE

For more information, please contact Bobby on mentalpodcast@icloud.com. You can also find the podcast on Apple Podcasts, Spotify, Stitcher and more. Full links in further attachment.

SOURCES

1. Green h, McGinnity A, Meltzer h et al. (2005) Mental Health of Children and Young People in Great Britain, 2004. Basingstoke: Palgrave Macmillan
2. (2) Murphy M and Fonagy P (2012). Mental health problems in children and young people. In: Annual Report of the Chief Medical Officer 2012. London: Department of Health.
3. (3) NSPCC. How safe are our children? 2016