



Mind! The Gap

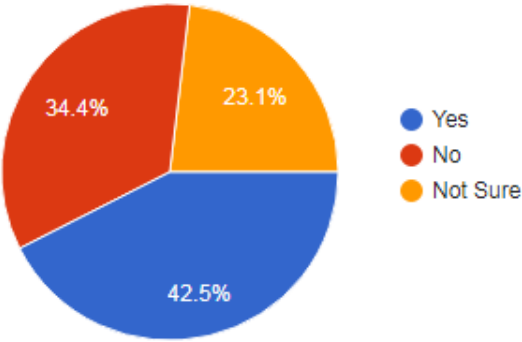
Judge Stage Resource

Have a look at some of the findings from our SEE Stage survey on mental health.

Use these results to help answer the SEE questions in this resource.

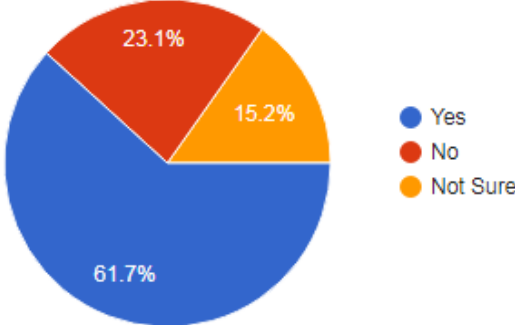
Have you experienced a mental health issue yourself?

1,094 responses



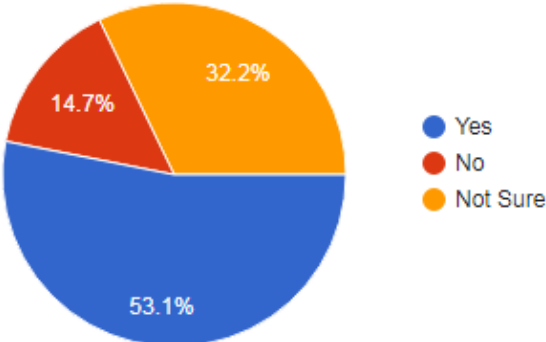
Have you experienced a mental health issue through friends, family or work colleagues?

1,094 responses



Do you feel listened to when you talk about your mental health?

1,094 responses



Of those who had direct/indirect experience of mental health issues:

- 53.6%** referenced "*anxiety*"
- 45.7%** "*depression*"
- 17.3%** "*pressure/stress*"

31.1% of respondents, when asked to explain their understanding of mental health, described it in purely negative terms.

- What Has A **Good** Impact On Mental Health
- Socialising
 - Hobbies/Keeping Busy
 - Family/Friends/Pets
 - Music/TV/Films
 - Positivity/Encouragement/Support

- What Has A **Bad** Impact On Mental Health
- Stress/Pressure/Exams
 - Loneliness/Relationships Breaking Down
 - Bullying/Gossip/Stigma/Being Judged
 - Negativity/Failure/Criticism
 - Self-doubt/Worry
 - Inactivity

SEE

- Describe what the results from the pie charts show about the experience of young people with mental health. Does this fit with your or the groups experience?
- Do the respondents feel listened to when they talk about mental health? What does this tell us? Does these results reflect your or the groups experiences?
- In what ways have young people said they have experienced mental health issues? Describe the things that have a good and bad
- 31.1% of respondents, when asked to explain their understanding of mental health, described it in purely negative terms. Why do you think that this is the case?

JUDGE

- Consider this passage from the Bible:

*“Turn to me and be gracious to me, for I am lonely and afflicted.
Relieve the troubles of my heart; and free me from my anguish.”* (Psalm 25:16-17)

- And this passage from a statement on mental health by the Catholic Bishops of America in 2014:

In our society, those with mental illness are often stigmatized, ostracized and alone. The suffering endured by mentally ill persons is a most difficult cross to bear, as is the sense of powerlessness felt by their families and loved ones. As the Psalmist called on God to deliver him from affliction and distress, so, too, does the person with mental illness cry out for healing.

We have no better example of how to respond to those with mental illness than that of Jesus Christ. Time and again we encounter our Lord’s mercy toward this population. Always, we saw Him engage these individuals in the same way he would engage anyone else, with tenderness. We are called to do no less.”

- Which words stand out to you in these passages?
- What can we learn from Jesus’ example? How should we react to someone with a mental health issue?
- Is it easy to avoid the things that have a bad impact on mental health? How difficult is it to have the things that are good for mental health?

ACT

- What can we do to imitate Jesus’ response to those with mental health issues?
- How can we take actions to be better informed about mental health?
- What can we do to take better care of our own mental health?