

Listening 1

Kind: captions Using their minds to study is one thing talking about healthy those minds are is quite another. Yes, definitely. Generally, I think there is still an air of stigma around mental health especially in comparison to physical health. Would these A-level students at St. Dominic's Sixth Form feel as comfortable discussing depression as a broken ankle? I just think that it would make me look weak to my friends and maybe that would mean that I might get insulted or made fun of for it. I think that's a fear that a lot of young people have, and people in general have. Say it is the flu or a sprained ankle, you know that after a couple weeks, a few days, you'll feel better. But with a mental health disorder, it can take years, months we don't know how long, and then you just start blaming yourself as you think it is your fault you have such a condition. Today the Prime Minister said it's time to transform how we treat it. For too long mental illness has been something of a hidden injustice in our country. Shrouded in a completely unacceptable stigma and dangerously disregarded as a secondary issue to physical health. So what is she going to do? First, there will be a major review of young people's mental health services. Schools and colleges will work more closely with NHS services. And there will be mental health first aid courses' for secondary school staff to spot signs and give early help. Nikki welcomes the ideas but is worried there's no new money pledged for already stretched services. Her mental health problems weren't picked up until she was 14 by then she'd already tried to kill herself many times. I think we should be talking about mental health you know, like, from primary school. But secondary school, that's a step forward. Like, there's nothing at the moment so this is amazing if it happens. I've been saying for a long time there needs to be more prevention and this would work as, like, prevention. Our students agree but echoed Charity's concerns that there must be funding at the sharp end too. What is clear is that mental health might be difficult to talk about but it is now part of our conversation. Tessa Chapman, 5 News.