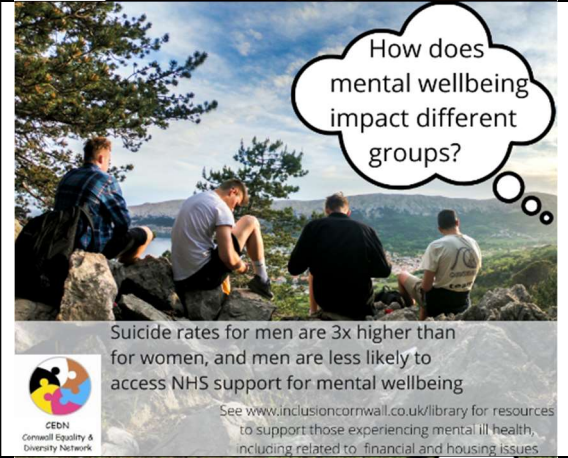


Mental Health Awareness social media cards

from Cornwall Equality and Diversity Campaign, September, October 2022

Social media card	Text	Linked organisations
 Those who are unpaid carers are more likely to suffer from stress, anxiety and isolation than the rest of the population. See www.inclusioncornwall.co.uk/library for resources to support carers CEDN Cornwall Equality & Diversity Network	Where the caring role is not well-recognised, or not supported, the issues are magnified for the carer. For support in Cornwall, see	Cornwall Carers Service Cornwall Rural Community Charity Kernow Young Carers Promas CIC Disability Cornwall
 Mental wellbeing in children and young people can be damaged by a traumatic event, or significant change in their lives, as well as the changes that come with growing up and figuring out who you are. See www.inclusioncornwall.co.uk/library for resources to support children and young people CEDN Cornwall Equality & Diversity Network	It's the start of a new school year, but many young people in Cornwall struggle to access the support they need, or help to deal with events, or changes before they cause lasting problems. For support in Cornwall, see	Clear Cornwall Penhaligon's friends, Young People Cornwall
 Different ethnic minority groups experience different mental health issues – and black people are 4x more likely to be supported under the Mental Health Act. See www.inclusioncornwall.co.uk/library for resources to support those experiencing mental ill health, for whatever reason CEDN Cornwall Equality & Diversity Network	October is #BlackHistoryMonth. While we honour that history, it is important to remember that isolation, stigma, distrust of medical services, language and cultural barriers, and socio-economic disadvantage play a part in mental health difficulties in ethnic minority groups. For support in Cornwall, see	Rice and Peas Cornwall, Black Voices Cornwall
 People with learning disabilities or autism are more likely to struggle with mental wellbeing than those without. See www.inclusioncornwall.co.uk/library for resources to support people with disabilities of any kind CEDN Cornwall Equality & Diversity Network	Mental wellbeing issues can affect people with LD particularly, due to genetics, higher incidence of negative life events, limited access to resources and the impact of others' attitudes. For support in Cornwall, see	Autism Cornwall Switched on Care

Social media card	Text	Linked organisations
	High rates of suicide in the Gypsy, Roma, Traveller community are often due to cultural factors, and lack of access to preventive mental health support. For details about support available to these groups in Cornwall, see... #suicideawareness	Travellerspace
	Today is #BiVisibilityDay. Isolation and discrimination play a part in high rates of depression in the LGBTQ+ community, although visible LGBTQ+ people and allies are becoming more prominent. For support in Cornwall see	Cornwall Pride YAY Cornwall FFLAG
	Men can find it hard to admitting weakness, and lack close friends, which can result in disruptive and anti-social behaviours – none of which are helpful when mental wellbeing deteriorates. For details about support available in Cornwall, see... #suicideawareness	Man Down Cornwall Remembering our Roots CIC A Band of Brothers Cornwall
	International Day of Older Persons is today. With a growing older population, elder mental health is a growing issue. Depression can sometimes be confused for dementia, adding to the problems. For support in Cornwall, see	Age UK Cornwall and Isles of Scilly

Social media card	Text	Linked organisations
30% of the UK population has a long term physical condition or disability, and almost 1/3 of those people also have a mental health problem, including anxiety and depression.  CEEN Cornwall Equality & Diversity Network See www.inclusioncornwall.co.uk/library for resources to support those with physical health needs or disabilities.	Today is World Sight Day. For people with sight loss, hearing loss, and any other physical disabilities, isolation, the physical disability itself and the life changes that come with it, financial worry, and fear of the future often affect mental wellbeing. For support in Cornwall, see	Disability Cornwall isight Cornwall Hearing Loss Cornwall
 Refugees and Asylum Seekers experience much higher rates of depression, anxiety and PTSD than the rest of the population. CEEN Cornwall Equality & Diversity Network See www.inclusioncornwall.co.uk/library for resources to support refugees, asylum seekers and migrant workers	Today on International Day of Peace, remember that many are displaced by war. Support for these groups needs to include mental wellbeing as well as practical and acclimatisation assistance. For support in Cornwall, see #PeaceDay	Cornwall Refugee Network Churches Together in Cornwall
One in five women experience depression, anxiety, or other common mental health problems, and many will just 'keep going' without seeking help.  CEEN Cornwall Equality & Diversity Network See www.inclusioncornwall.co.uk/library for resources to support anyone experiencing mental ill health, for whatever reason	Mental wellbeing is linked to poverty, social isolation, prior or ongoing sexual abuse, and a tendency to internalise feelings, and carry on with their daily lives. Childbirth and the menopause are often factors. For support in Cornwall, see	Clear Cornwall Women's Centre Cornwall First Light SW