

# “Halton's Like Minds Campaign”

- Halton's own life size art exhibition of 16 stories all through the generations.
- Using local people, local stories.
- The aim: to raise awareness of mental wellbeing and help reduce the stigma surrounding mental health.



## **Danny from Castlefields**

**I first starting feeling different when I was about 13, felt sad all the time for no reason. I have good mates who I normally had a laugh with, but for some reason I could not be bothered with them anymore. I started hating school and got into loads of bother. Everything made me angry and I turned it all against my Mum.**

**It was only when we had a visitor into School who talked about emotions and being mentally well that I realised something was wrong. I plucked up the courage to speak to a teacher I trusted and started to talk through my feelings. She gave me loads of websites and I realised I was not alone and this kind of stuff was very common. All the best Dan!!**



## **Anna 17 from Appleton Village**

**I was 16 when started to self harm after failing most of my GCSEs, I felt like I was in a bubble and cutting myself made me feel real and the bubble went away. My family didn't understand and shouted a lot, this just made it worse and I started to cut myself more often.**

**My friends and boyfriend thought I was attention seeking and told me I was stupid, I just could not explain my feeling because people did not understand.**

**The A&E department must have been sick of seeing me cause I was there all the time.**

**My Mum helped me into a young persons group, girls and lads all with similar stories to me. I was able to express myself and it helped so so much.**

**I went back to college now and studying to resit my exams, my message to anyone with a similar story,,, PLEASE TALK TO SOMEONE!**



## **Jess 26 from Cronton**

**Imagine how I felt when everybody was saying how fantastic it was for me to be pregnant. It is everything I wanted but still something niggled away at me and it did not make sense. I had a lovely health baby girl, my parents and partner were over the moon. My niggle grew, for some reason I could not bond with her, everything felt alien to me. I put this down to a few baby blues, but the feeling grew. I was so guilty I could hardly look at myself in the mirror.**

**My health visitor innocently asked me how I was at my second visit. I could not hold it back I broke down in tears. The stigma about postnatal depression was my biggest fear, people thinking I was a rubbish Mum.**

**I went to a local Mum supporting Mums group, it was such a relief to here other Mums in the same situation. I did get help from my GP and I'm much better now. It was a horrible situation and I would urge any woman in the same situation to talk. Believe me you are not on your own.. Jess**

**x**