Mental Health Awareness Week

Good afternoon, boys and girls… this afternoon I am here to share a very personal and upsetting topic, dealing with mental health. If you have a broken bone or a scrape on your hands and knees it is seen and can be easily sorted out... but what if the hurt was in your mind?

Once peaceful, now a cacophony of insecure, broken voices and thoughts. Once the heart of an angel now speaks the voice of a thousand demons, nobody can see it, no one takes it seriously, no one can feel the pain a mental health patient does.

Do you hear the painful voices? Do you ever feel a blanket of darkness surrounding you and flooding your mind? Could you imagine facing this all alone?

The fact is 1 in 4 are affected by mental health. What if that one was you? Or a loved one? More than 55,000 suicides occur in the European Union each year, but how many do you think are linked to mental health?

Between now and 2003 more than 18,220 people with mental health took their own life. This is in the U.K alone! Still to this very second people are suffering. But why?

People my age, let's move 10 – 15 years forward in your life... what if that was *your* child lying in bed with a pillow clutched tightly around their ears trying desperately to block out the sinister voices they are hearing everyday? What if that was *your* child sat behind a door barricading it with their hands in their face and tears rolling down their cheeks, haunted by the abysmal things they are seeing? Or imagine yourself, looking after your children, busy working, paying bills, car tax and MOT, then hearing these negative, dark, sickening, sinister voices telling you everything you don't want to hear. These are some examples a mental health patient can experience. Terrifying enough? We can change this! The longer we leave this problem the more the situation is going to deteriorate. Do you want either you or a loved one to face these obstacles alone? Old and young need our help as well as professional help.

Thanks for reading, Charlotte Giles (Brunel Year 10)

For more information about Mental Health, please visit:
https://www.mind.org.uk/workplace/mental-health-awareness-week-2018/