

### Half-Day Conference: Challenging Stigma

This conference addresses stigma and discrimination as experienced by people with mental health problems, disabilities and young parents. This conference intends to raise awareness of stigma across a number of areas and present work underway designed to tackle stigma and discrimination.

Organised by the Research Dept of Clinical Educational & Health Psychology

22 March 2013, 14:00 to 17:00

Venue: Sir Ambrose Fleming Lecture Theatre, Roberts Building, UCL

Admission solely with prior registration (free for students of this Research Dept, £25 for all others). Please email <a href="mailto:l.markwick@ucl.ac.uk">l.markwick@ucl.ac.uk</a> to secure a place.

Full programme:

## 14.00 Introduction & Overview Katrina Scior, UCL

This talk will provide an overview of research on stigma as it affects people with mental health problems and disabilities. Recent changes in policy and legislation designed to tackle discrimination against people with disabling conditions will be outlined.

# 14.30 Service Users' Perspectives on Mental Health Stigma Time to Change Champions

Mental health problems are common, but nearly nine out of ten people who experience them say they face stigma and discrimination as a result. This can be even worse than the symptoms themselves. This talk will give the perspective of people who have been affected by mental health stigma.

### 14.50 Tackling mental health stigma- *The Time to Change* campaign Sue Baker, Mind, Director of *Time to Change*

Time to Change, funded by the Department of Health and Comic Relief, is England's biggest programme to tackle mental health stigma and is run by the charities Mind and Rethink Mental Illness. This talk will provide an overview of the campaign, its aims and early outcomes.

#### 15.30 Break

### 15.50 Young, a Mum and Proud

Parents affiliated with the You Tell Me - Young Parent Rolemodels Campaign

Young parents will present their work as part of the *You Tell Me* campaign, designed to present positive images of young parents in the media and to tackle stigma and preconceptions about the aspirations of young parents. The young parents will present their film *'Young, a Mum and Proud'* and will be supported by Inspired Youth Directors Kev Curran and Chris James.

# 16.20 Mental Health Stigma in Clinical Psychology and Training An interactive session

Mairi Stewart, Katrina Scior & Kat Alcock, UCL

A former UCL trainee will talk on film about her experience of developing and managing an anxiety disorder during training. The audience will be invited to participate in a safe, interactive exercise relating to mental health stigma in clinical psychology and training.

16.40 Discussion

17:00 Close