

Mental health and education from the perspective of young people with disabilities and poor mental health - who all attend some form of education.



ADDvanced Solutions
CYP Community Network

Delivered by
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My name is Jasmine.

I am part of the young persons group at ADDvanced Solutions.

I am here today to share with you some of the thoughts and feelings of our group around the subject of mental health and education.

Over the past few sessions we have worked together to share our thoughts, worries and feelings. I have put together this piece on behalf of this Neuro diverse group of young people who would like their voices to be heard.



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Academia is so important to the education system BUT does not understand the needs of those with Neurodevelopmental Conditions.

This lack of support creates high levels of anxiety, stress and isolation, being different, being stared at and laughed at.

The impact of this not being understood.



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The right support does not find its way to us – it's the support educators **THINK** is needed which is all around education.

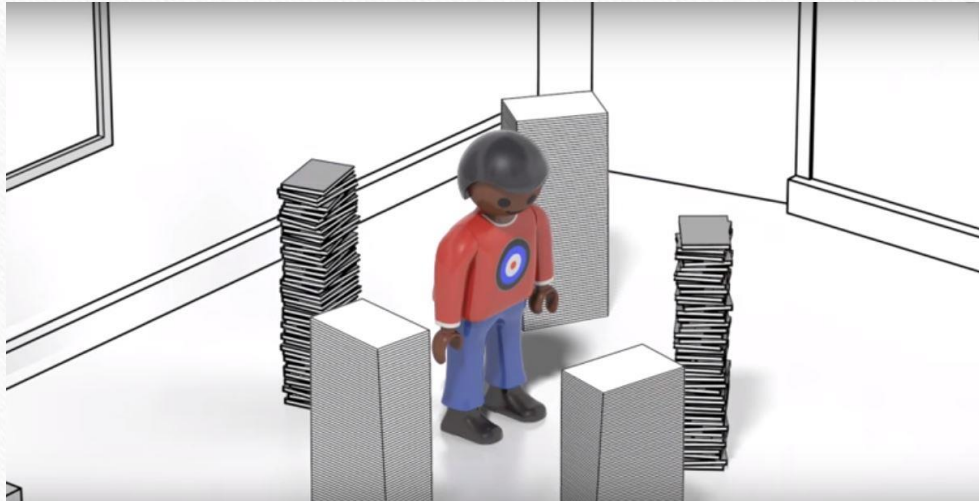
- Use of computers for those who struggle to write
- Wobble cushions sensory resources or fidget toys.



We're **always** being asked to explain why we need them or being judged and decisions being made by educators.



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All about books and numbers

- not enough about caring friendships and positive mental health.
- not enough understanding of the needs of children and young people with ND and their mental health.

What we need is easy to achieve:

Care. Consideration. Understanding. Friendships.



We are not weird or like 'Rain man', we think a bit differently, but that is OK.

Schools, colleges and universities should open their minds and hearts to support our needs learn about who we are and how we think. don't be scared of us. don't poke fun at us or bully us.



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Support around bullying, isolation and stigma, which leads to negative mental health issues, leads to anxiety and stress which impacts on our learning and education.

We just want to fit in and be part of the education system
BUT feel we are not part of it – we're outside of it.

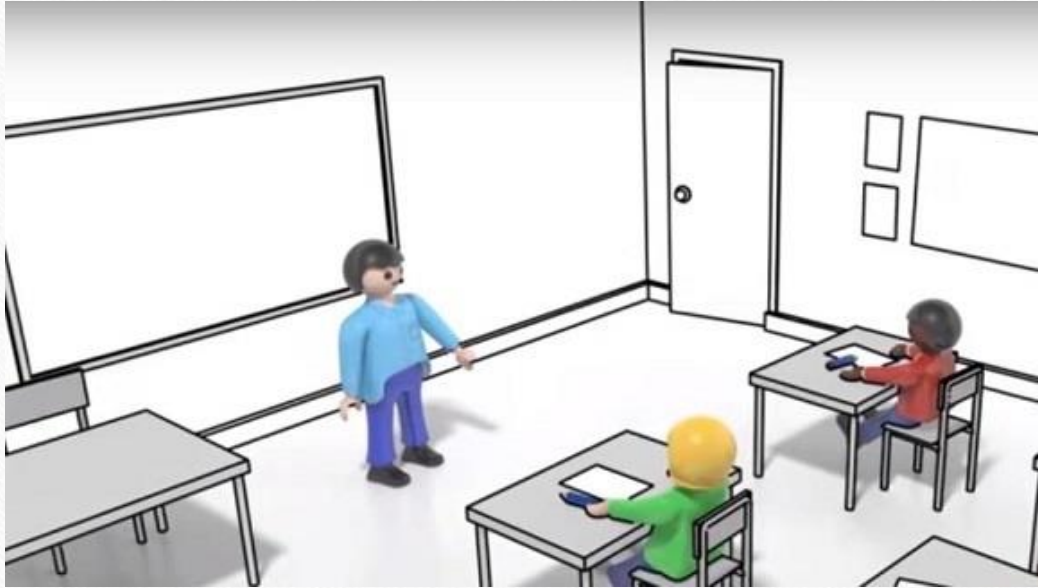


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Education is for everyone; The UNCRC - Rights of the Child say this, but sometimes we don't feel that way. We feel stressed around education. We love to learn new things, but sometimes we learn in ways that are different to everyone else.

This doesn't make children and young people bad or naughty. It doesn't make us difficult or lazy (some of the words used by some educators). This stresses us out and makes us feel anxious and unable to cope.





Education is for EVERYONE, for all children and young people of all abilities, all needs and disabilities.

Our neuro diversity is really important to us, understanding it is vital to helping us keep good positive mental health, while learning in whatever environment we are part of.

We want to share with you how you can help us all improve our mental health while accessing education.



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Thank you for listening.

You can help other children and young people help us to feel part of learning and education by taking away just one thing from this presentation.

1. Accept difference and neurodiversity
2. Be a friend. don't bully. make fun of or tease
3. Try to educate yourself about positive mental health.

How you can help others who may be struggling to cope?



What is Autism?

A poem by Zoe.





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