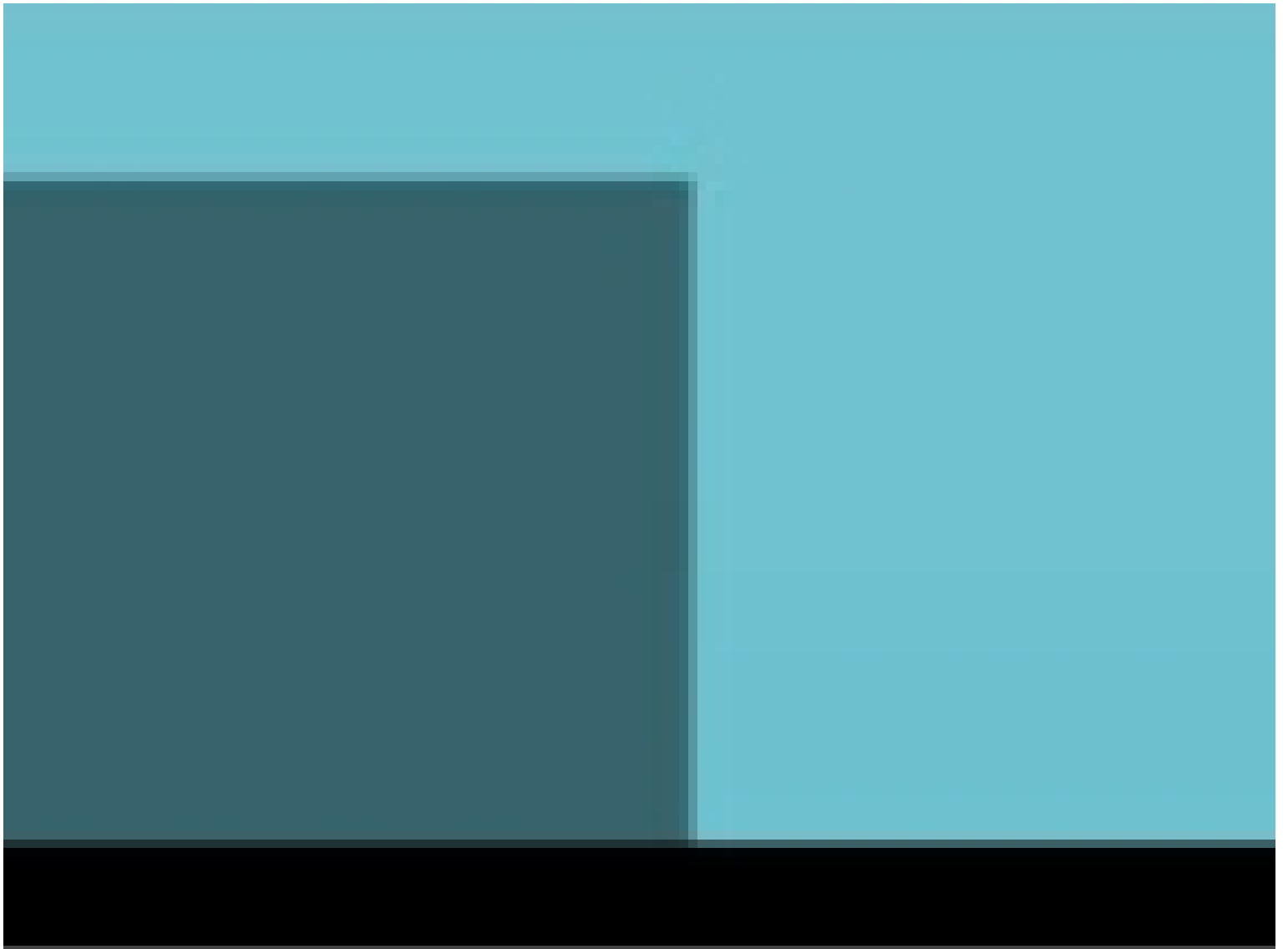





stay



safe on the i





nternet

the 1990s, the number of people with a mental health problem has increased in the UK, and the number of people with a mental health problem who are in contact with mental health services has also increased (Mental Health Act 1983, 1993).

There is a growing awareness of the need to improve the lives of people with a mental health problem, and to reduce the stigma and discrimination that they experience. This has led to a number of initiatives, including the development of self-help materials, the establishment of self-help groups, and the development of community mental health teams.

Self-help materials are designed to help people with a mental health problem to understand their condition, and to manage their symptoms. They can be used by people who are newly diagnosed, or by people who have been diagnosed for some time. Self-help materials can be used in a number of ways, including reading, listening to audio tapes, and watching videos.

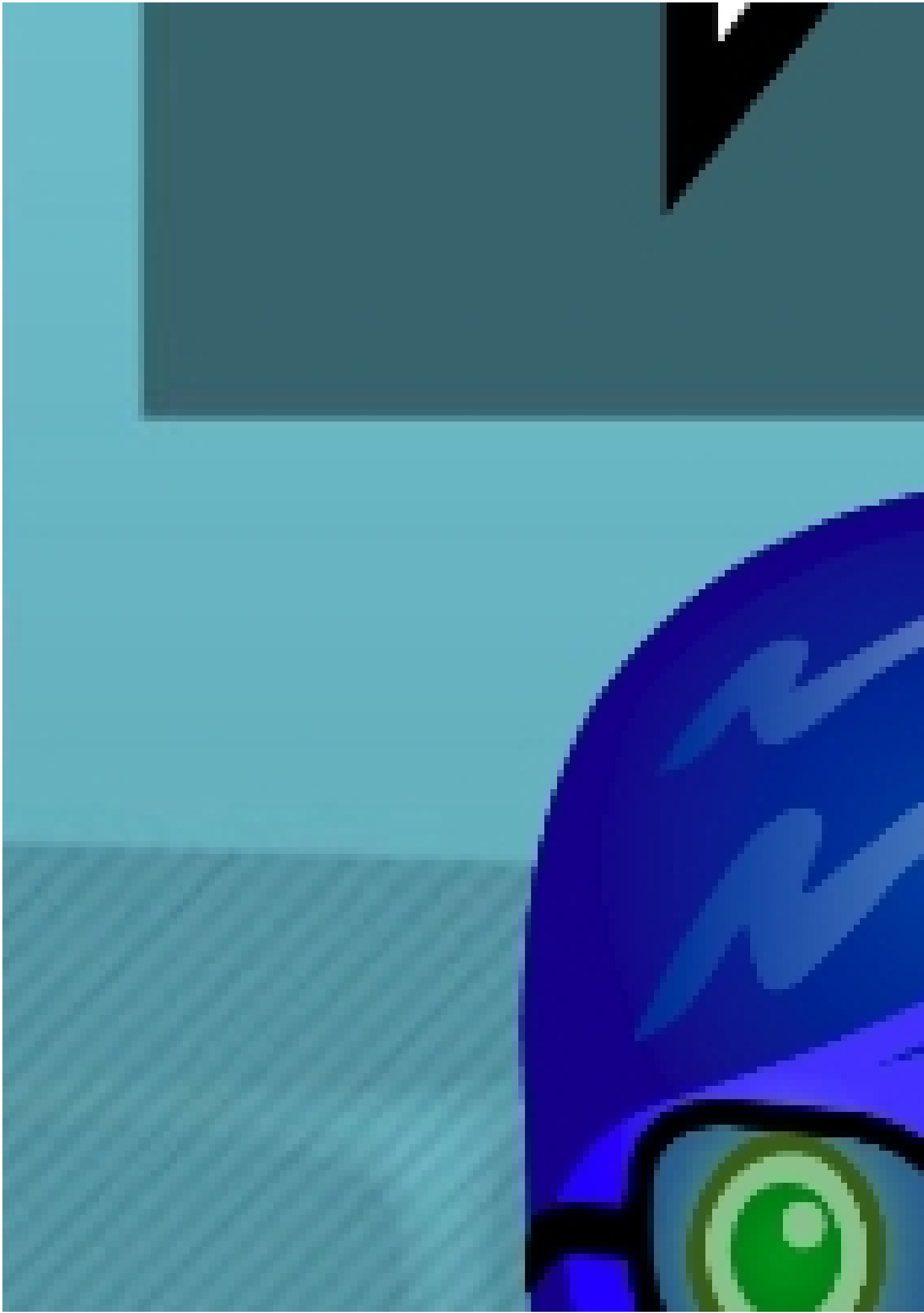
Self-help groups are groups of people who have a mental health problem, and who meet regularly to discuss their experiences, and to provide support and advice to each other. Self-help groups can be used by people who are newly diagnosed, or by people who have been diagnosed for some time. Self-help groups can be used in a number of ways, including meeting in person, and using telephone or video conferencing.

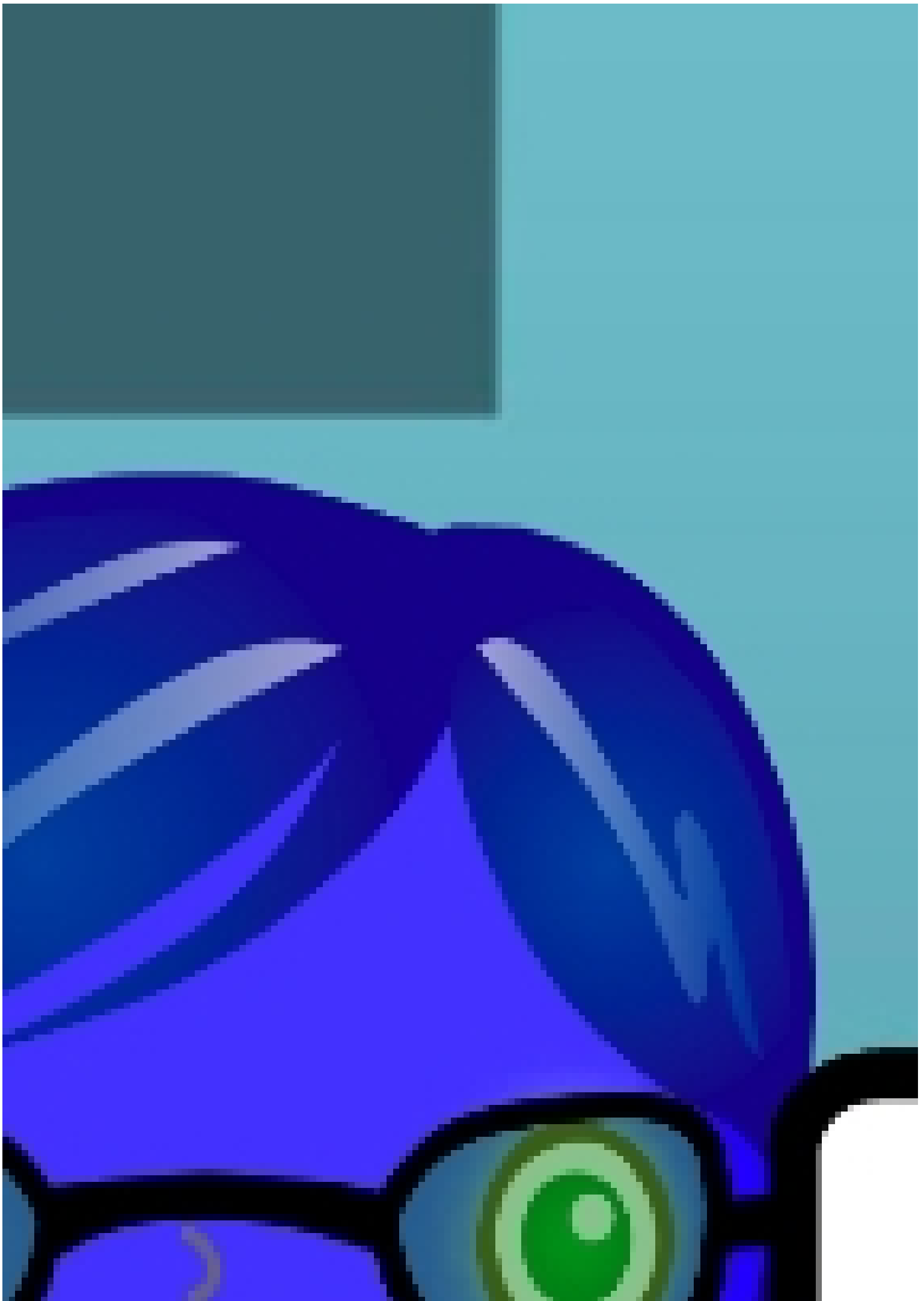
Community mental health teams are teams of professionals who work together to provide support and advice to people with a mental health problem. Community mental health teams can be used by people who are newly diagnosed, or by people who have been diagnosed for some time. Community mental health teams can be used in a number of ways, including providing support and advice in person, and using telephone or video conferencing.

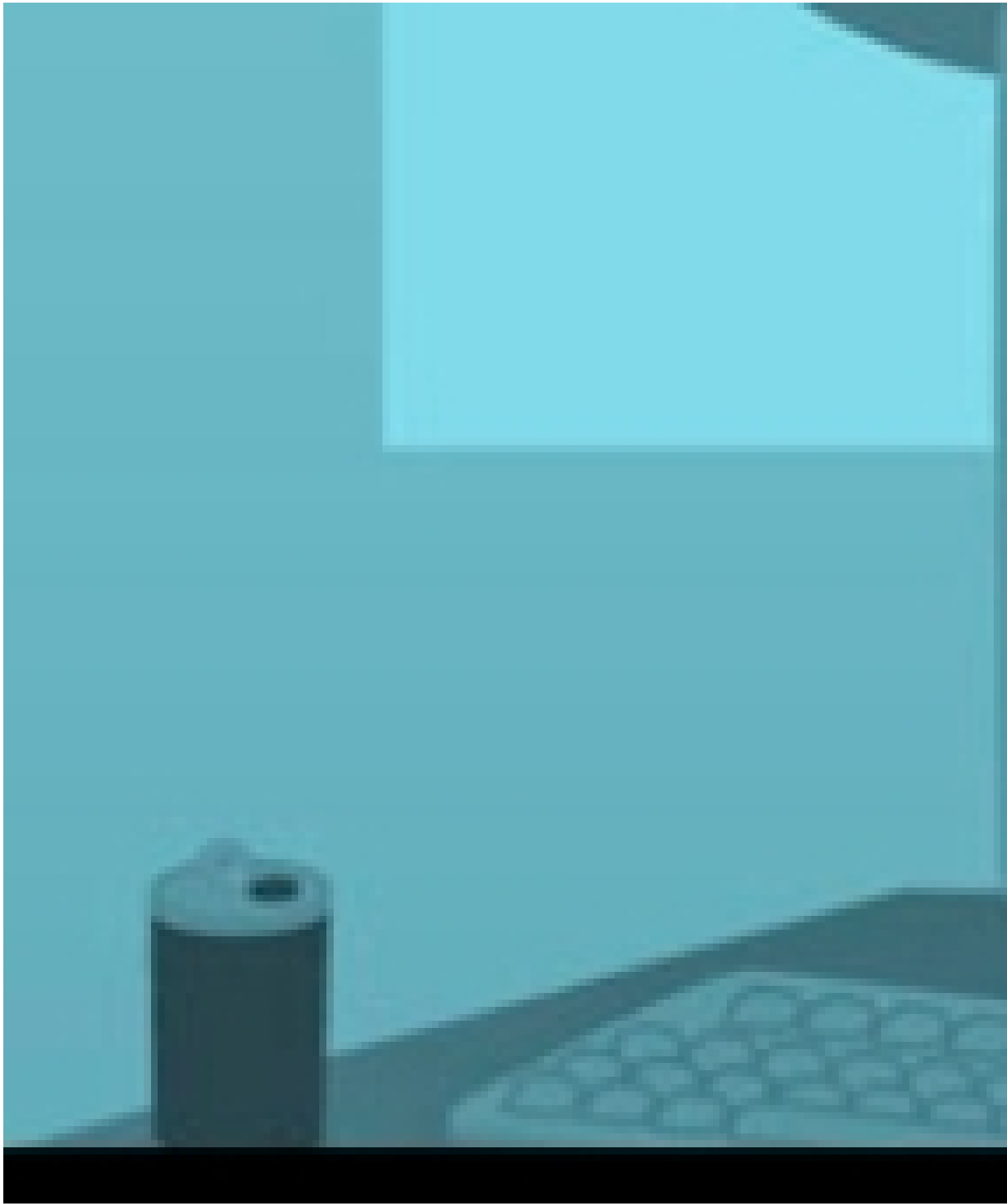
The development of self-help materials, self-help groups, and community mental health teams, has led to a number of improvements in the lives of people with a mental health problem. These improvements include a better understanding of their condition, a reduction in symptoms, and a reduction in the stigma and discrimination that they experience.

There is a need to continue to improve the lives of people with a mental health problem, and to reduce the stigma and discrimination that they experience. This can be achieved by continuing to develop self-help materials, self-help groups, and community mental health teams, and by providing support and advice to people with a mental health problem in a number of ways.

The development of self-help materials, self-help groups, and community mental health teams, has led to a number of improvements in the lives of people with a mental health problem. These improvements include a better understanding of their condition, a reduction in symptoms, and a reduction in the stigma and discrimination that they experience.





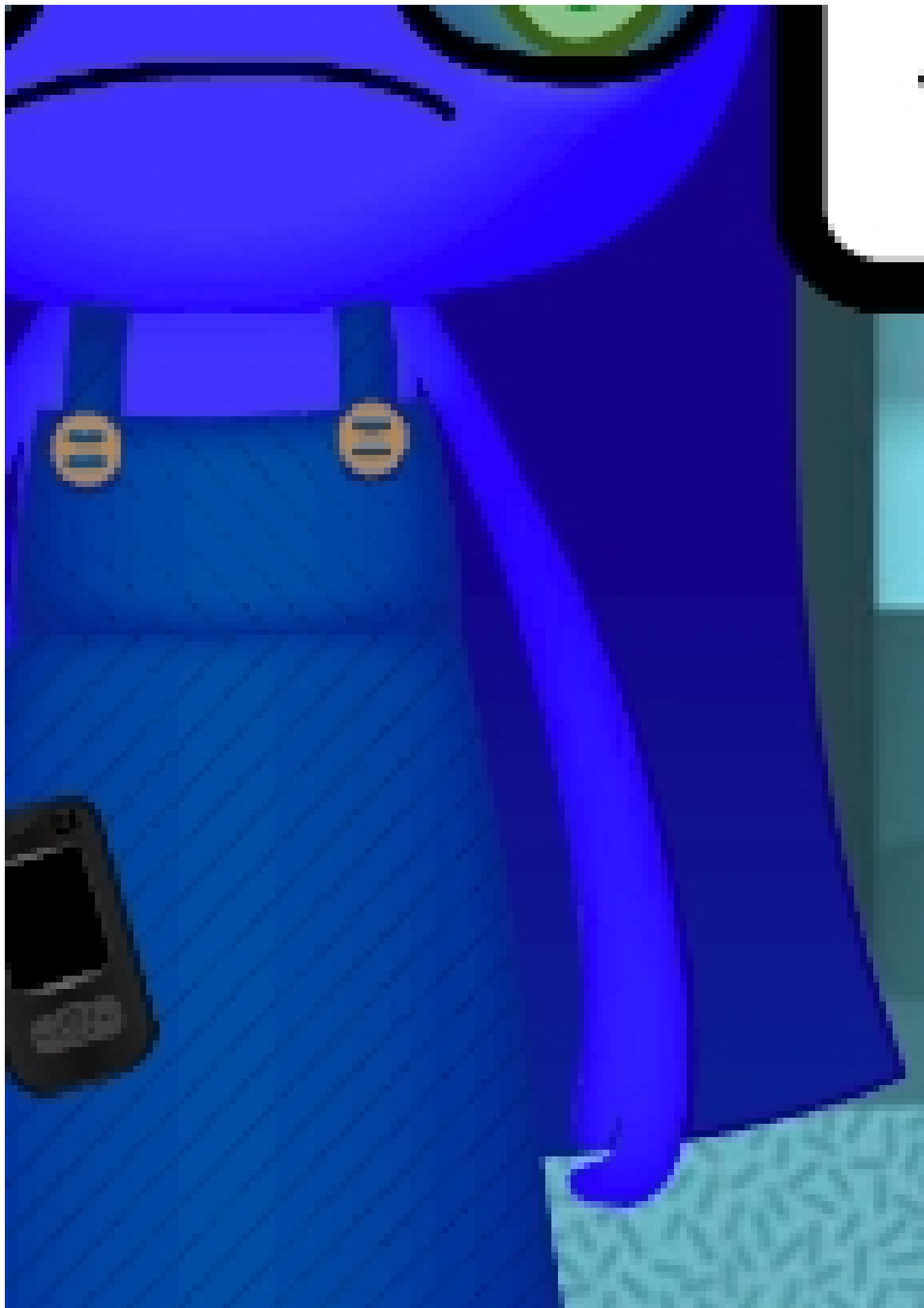


**Need help? L**

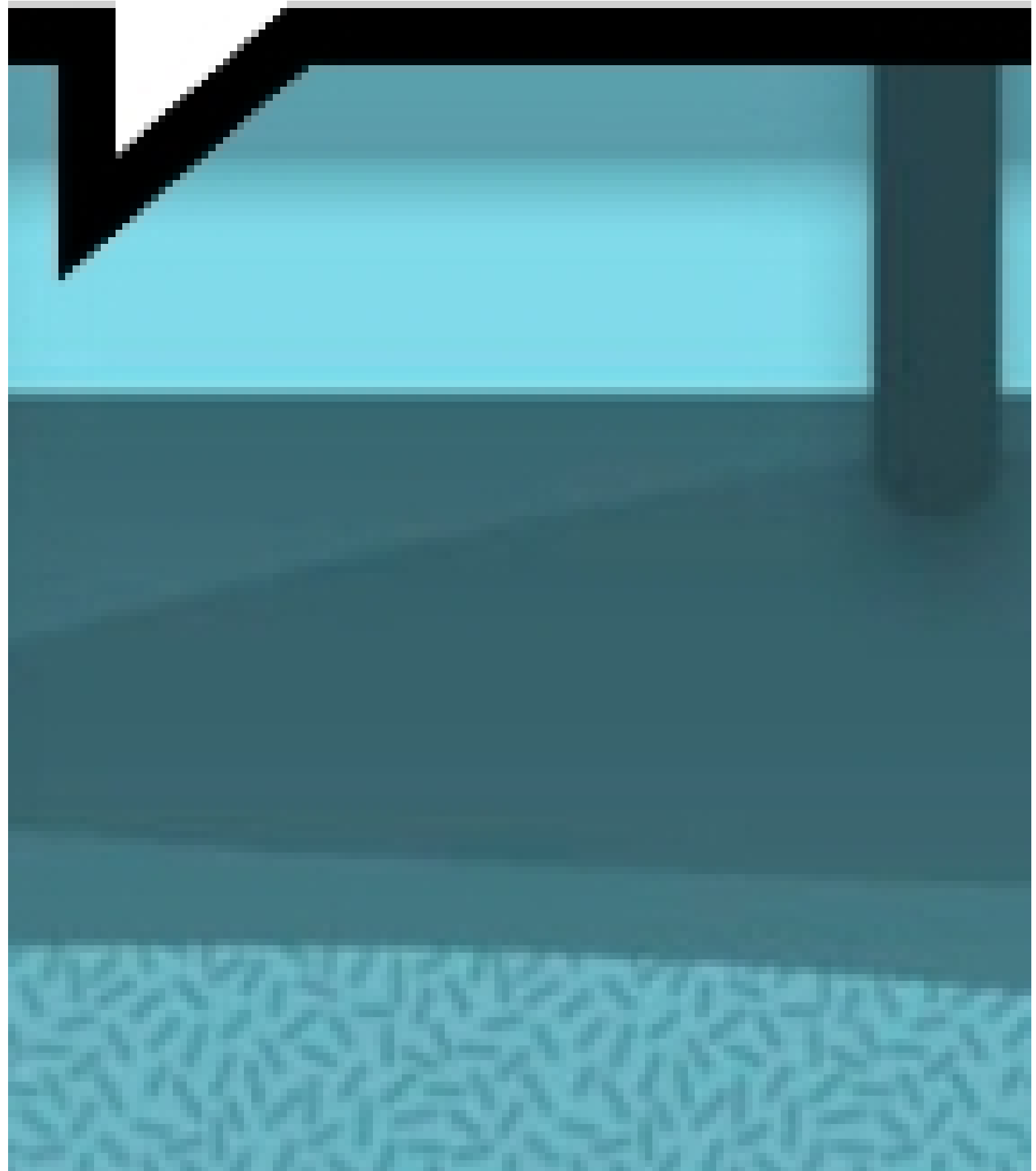


**.oq on to**





# www.bullying



.co.uk

