

## Breaking down stigmas

This month, the Worthing care team welcomed Kate Oxley, Primary Health Care Worker, to run a workshop with our team on mental health, as well as attend a drop in session to meet some of our young people.

Kate works within Child and Adolescent Mental Health Services (CAMHS) in Worthing. One day per week she works at Gatwick Children's Services team to work with unaccompanied asylum seeking minors.

"The training Kate did with the team was focused on looking at ways that we can combat the stigmas that young people have about mental health, the signs and symptoms to look out for and improving communication when a young person is in distress," explains Davina, Worthing care team leader.

"This was a good opportunity for our team to reflect on the how young people are affected by mental health with so many factors of change happening in their lives, such as immigration, no family support, new living environment, different culture and language. Kate will also be able to support Staff in any concerns they have with the young people they are working with, to aid the young person with the best support."

Recently, the team have identified that there are many young people refusing professional support when it comes to mental health, because of stigmas from different cultures relating to this subject. By inviting Kate to speak to the young people, we aim to break down the barriers and stigmas that hold these young people back from seeking support.

When it came to introducing Kate to the young people, the care team were keen to normalise Kate's work, and to ensure young people's stigmas surrounding mental health were not encouraged.

"We asked Kate to attend an informal drop in session, to give her an opportunity to introduce herself to young people in a relaxed environment," says Davina.

"We wanted our young people to feel confident to share about any problems there are facing without it being too formalised. We have set up regular monthly sessions where Kate will come to drop in and join in on activities, where young people can break down the barriers of being able to seek mental health support when needed."

For more information on services we run at asphaleia care, please contact Davina on 01903 236522 or email [davinafuller@asphaleia.co.uk](mailto:davinafuller@asphaleia.co.uk).