

Richard Edwards - Mental Health Article
Dictated, not read.

People at Silva Care and people who have support, need a lot of time and understanding with mental health. It is about getting right support. People need to have someone who respect your dignity.

Mental health means getting someone to listen to how you are feeling and not being brushed underneath the carpet. You never want to feel like you are being shoved away.

I think mental health problems are an illness. I think another word would be better instead of mental. I think a better word is emotional wellbeing. It might help people to understand better because people are not dangerous, and they are not mad. They just need lots of care and support. Mental health needs its word changed.

Sometimes medication is helpful, but I think it can be too easy for people with disability to be 'fobbed off' with pills.

When I was young, I knew a boy who was shoved from family to family. He had a very difficult time. People just need the right support. There are some brilliant parents out there but people need to have someone they can talk to if they don't have family.

I think everyone has emotional problems sometimes. None of us know what's round the corner. You never know what's going to be in front of you each day.

It is better to get to the bottom of what is happening and get proper help and support. It can be a difficult one to help people who can't speak up for themselves. We have to do our best to use pictures and symbols. Anything we can.

I think it is difficult to give anyone advice about "mental health". I think people should be careful because you could give the wrong advice. You should speak to a doctor and have people work with you until they know you well. You have to use the right approach and be careful how you chose your words if you know someone with a mental health problem.