



**IT'S KUSHTI TO  
ROKKER**

BREAKING DOWN STIGMA

**INFORMATION PACK FOR  
YOUNG PEOPLE AND FAMILIES**

*It's Kushti to Rokker* is a campaign aimed at encouraging us all to be more open about our mental health and to start conversations with those who might need our support. We all have mental health, just as we all have physical health and it's just as important to look after. It's about our range of emotions, and affects the way we think and feel about ourselves, others, and how we deal with life.

## WHAT ARE MENTAL HEALTH PROBLEMS?

A mental health problem can affect our thinking, feelings our mood and our ability to relate to others as we usually would. Some mental health problems are described with everyday words. Some of the most commonly diagnosed are depression, anxiety, bipolar disorder, phobias, obsessive compulsive disorder (OCD) and eating disorders.

You might be surprised how common these experiences are. Three people in the average classroom at school will experience a mental health problem before the age of 16. Mental health problems can affect anyone.

There is no shame in reaching out for help if you are feeling stressed, depressed or experiencing a crisis, but it can be hard to know who to turn to and where to go to for help and support. That's why we've created this pack, to help point you and the people you care about in the right direction. We strongly advise parents to check out our toolkit for service providers for information on practical resources and further information that may be of use too.

## WHAT DO YOU DO IN AN EMERGENCY?

[Call 999](#) if you or someone you know experiences an acute life-threatening medical or mental health emergency. You can go to A&E directly if you need immediate help and are worried about your safety. [Find your nearest A&E](#); once you're there you will get support for your immediate physical and mental health needs.

You can [call NHS 111](#) if you or someone you know needs urgent care, but it's not life threatening.

For example:

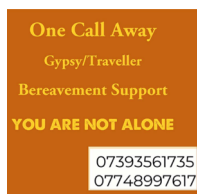
- if you have an existing mental health problem and your symptoms get worse
- if you experience a mental health problem for the first time
- if someone has self-harmed but it does not appear to be life threatening, or they're talking about wanting to self-harm
- if a person shows signs of possible dementia
- if a person is experiencing [domestic violence or physical, sexual or emotional abuse](#)

Book an emergency GP appointment; in a crisis, you should be offered an appointment with the first available doctor. For more information, and to find your local GP visit here: <https://www.nhs.uk/Service-Search/GP/LocationSearch/4>

## BEREAVEMENT SUPPORT



Gypsies and Travellers often live in close and large extended families which mean that bereavements can be common from an early age. However, unresolved grief from bereavements can have an impact on your long-term health, including depression and anxiety. Bottling things up won't help; talking about the loss of a loved one is an important part of getting through the pain you may be feeling. Someone in your family may be good to open up to because they're likely to understand how you're feeling. A close friend can also be a good listener, even if they haven't one through this themselves. If you'd rather speak to someone in confidence, here are some services that can offer help.



[One Call Away](#) offer a Gypsy and Traveller led bereavement support helpline. Call or Whatsapp them on 07748997617. Visit their Facebook page to find out more: <https://www.facebook.com/ONE-CALL-AWAY-Comfort-those-who-mourn-103382457768487/>



[Your GP](#): If you're concerned you're not coping, feel depressed, have trouble eating or sleeping, are thinking about hurting yourself, or if you're not starting to feel better after a few months: they may suggest you have [counselling](#). Counselling is where you can talk things over with someone, who will listen to your problems, help to find solutions and support you through the bad times.



[Cruse Bereavement](#) have a young people's helpline you can call on 0808 808 1677. They also run a website [Hope Again](#), for young people going through a bereavement, where you can find information, read other people's experiences, and add your own. More information is available on their website: <https://www.cruse.org.uk/>



If you're a parent or carer and want some help speaking to your child about the death of a loved one you can download this [free e-book](#) written for [young Gypsies and Travellers](#) by Dr Carol Rogers. It's designed to help young people understand what death means, what we do and how we feel when someone dies. Download the free e-book here: <https://www.blurb.co.uk/ebooks/reader.html?e=478231#/spread/front>

## LGBT+ SUPPORT



LGBT+ issues can often remain a taboo subject within Gypsy and Traveller communities, which can often lead to young LGBT+ Gypsies and Travellers feeling isolated. Isolation can make existing mental health problems worse or even create them. Connecting with other LGBT+ Travellers can help combat feelings of isolation and heighten confidence and self-esteem. Here are some support services that are working to raise visibility of LGBTQIA+ Traveller identities.

If you're an LGBTQIA+ Traveller and are in a crisis, please call the **Samaritans** on 116 123



[Traveller LGBT Pride](https://www.lgbttravellerpride.com/): is a network that provides guidance and information to make life easier for LGBTQIA+ Travellers. Formed in 2019, they were the first ever GRT LGBTQIA+ contingent to march at London Pride. More information is available on their website: <https://www.lgbttravellerpride.com/>



[LGBT Pavee support Group](http://lgbtpavee.yolasite.com): This site was voluntarily constructed and independently maintained by and for members of the Travelling and Roma community, for its Gay, Lesbian, Transgender and Questioning members. It also includes a help for parents' section. More information is available on their website: <http://lgbtpavee.yolasite.com>



In 2018 [The Traveller Movement](https://travellermovement.org.uk/advocacy-support/lgbt) launched a campaign 'On the Road to being you' to raise awareness of LGBTQIA+ people within Gypsy, Roma and Traveller (GRT) communities. The initiative aims to challenge homophobic attitudes, as well as providing valuable resources and support for LGBTQIA+ Gypsies and Travellers who often feel they have nowhere to turn. Including a [Support sheet for Gypsy, Roma and Traveller LGBT+ people and their families](#) it includes useful advice and a list of organisations that can offer support. You can also watch [their YouTube video here](#) to listen to the stories of LGBTQIA+ Travellers. More information is available on their website: <https://travellermovement.org.uk/advocacy-support/lgbt>

## EDUCATION SUPPORT



Negative reporting in the media and lack of positive representation of Gypsy and Traveller history, language and culture in schools can lead many young people feeling conflicted about whether or not to be open about their identity. Many young people feel like they have to hide their ethnicity to avoid being singled out or treated differently. This can all have an impact on self-esteem. Self-esteem is how we see and feel about ourselves. Many people will have low self-esteem at some point in their lives. It can be caused by a number of things – how you feel you or your families' identity is understood by society, comparing yourself to others, or problems at home or at school.



Check out these 7 tips from Young Minds to support your self-esteem today: <https://youngminds.org.uk/find-help/looking-after-yourself/believe-in-yourself/>

Here are few websites where you can find out more about your vibrant history and heritage. You may even decide that you want to share some of this information with your school:

- Travellers' Times - <https://www.travellerstimes.org.uk/index.php/heritage/roads-past-short-history-Britains-Gypsies-Roma-and-Travellers>
- Open Society Foundations - <https://www.opensocietyfoundations.org/voices/gypsies-roma-travellers-animated-history>
- For use in schools aimed to help people begin to understand the way of life of Gypsy, Roma and Travellers and the purpose of Gypsy, Roma and Traveller history month - <https://www.twinkl.co.uk/resource/t2-t-16580-gypsy-roma-and-traveller-history-month-assembly-pack>

[Did you know June is Gypsy Roma Traveller History Month?](https://www.travellerstimes.org.uk/heritage/gypsy-roma-and-traveller-history-month) Not all schools are even aware that this exists; why not let yours know? It's a great chance for schools to teach pupils about the histories and cultures of Gypsies and Travellers. Find out more here: <https://www.travellerstimes.org.uk/heritage/gypsy-roma-and-traveller-history-month>

If you're a parent you can insist on your child's school celebrating Gypsy, Roma and Traveller history month. It can also be useful to tick the Gypsy/Roma or Traveller of Irish heritage ethnicity box on school admissions forms.



If you're a parent or carer and would like some advice or support on any of the issues above you can contact [Friends Families and Travellers](https://www.friendsfamiliesandtravellers.org) national helpline on **01273 234 777** or [email `fft@gypsy-traveller.org`](mailto:fft@gypsy-traveller.org) They also host a [directory of support services](https://www.gypsy-traveller.org/services-directory/) available to Travellers across England available here: <https://www.gypsy-traveller.org/services-directory/>

## EDUCATION SUPPORT



It is well documented that many young Gypsies and Travellers experience racial discrimination in school. In fact, a [report](#) by the Traveller Movement (2017) found 70% of Gypsies and Travellers had experienced discrimination in every aspect of their education. The research also found, that at all levels of education people were confronted with ill-informed stereotypes.

Racial bullying is a type of racism where the bullying focuses on race, ethnicity or culture. Racism and racial bullying are wrong and can have an impact on the way you feel about yourself. It's important to tell someone what's going on. If you feel like a teacher doesn't want to help, you can speak to the head teacher. Each school should have an anti-bullying policy which is there to protect you.

The Equalities Act (2010) is a law that sets out rules for employers, colleges, schools and services to follow to make sure everyone is treated the same. Romany Gypsies and Irish Travellers are recognised ethnic groups and are protected in education, at work, clubs or when you buy things like food and clothing. Remember that any form of discrimination is wrong, you are entitled to be treated fairly and equally when you use services. This includes when you're at school.

Citizens Advice Bureau (CAB) can give you advice on dealing with different kinds of discrimination: <https://www.citizensadvice.org.uk/>



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[ChildLine](#) offer lots of advice and guidance on how to deal with [racism](#) and [racist bullying](#). More information is available on their website: <https://childline.org.uk/info-advice/bullying-abuse-safety/crime-law/racism-racial-bullying/>

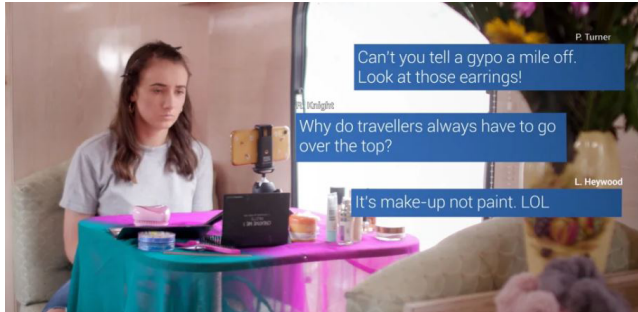


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If you're a parent and would like some advice or support on any of the issues above contact The Traveller Movement [Education, Advice & Advocacy Unit](#) on [education@travellermovement.org.uk](mailto:education@travellermovement.org.uk) or call 020 7607 2002 More information is available on their website: <https://travellermovement.org.uk/>



## ONLINE SAFETY SUPPORT



### #Online Haters

Social media can be an amazing way to connect and stay in touch with people, but sometimes it can also be draining and stressful. It's so easy to begin basing your self-worth on the number of likes your last post got or get caught up comparing yourself to others. It's important to check in with how you feel regularly and take a break from social media when you need too.

You may also come across things that are upsetting or shocking online. This could include someone targeting you or other people you know with the same ethnic or cultural identity. If you think it was motivated by hostility or

prejudice based on your ethnicity, then this is a hate incident.

Read this page to find out more about hate incidents and hate crime: <https://www.citizensadvice.org.uk/law-and-courts/discrimination/hate-crime/what-are-hate-incidents-and-hate-crime/> If you've experienced a hate incident or hate crime you can report it to the police. If you've seen or experienced hate on social media, it's important to:

- Report what's happened on the site or app
- Block the people spreading hate
- Take screenshots of nasty messages, but don't reply to them
- Tell someone you trust, like your parent, carer or a teacher.



If you're a young person or a parent and would like some advice or support about reporting a hate crime, contact [ReportRacismGRT](https://www.reportracismgtr.com) a Gypsy Traveller led project run by [GATEHERTS](https://www.gateherts.com). You can email: [josie@reportracism.com](mailto:josie@reportracism.com) or call 01920 444 327. More information is available on their website: <http://reportracismgtr.com>



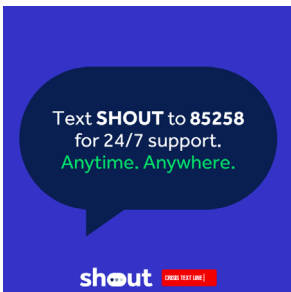
[ChildLine](https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/bullying-social-media/) offer lots of advice and tips for staying safe online. More information is available on their website: <https://www.childline.org.uk/info-advice/bullying-abuse-safety/types-bullying/bullying-social-media/>

## SUPPORT & ADVICE



One Call Away Gypsy Traveller led mental health support helpline for people in a crisis. Call or WhatsApp them on 07748997617. Visit their Facebook page to find out more: <https://www.facebook.com/One-Call-Away-Gypsytraveller-Depressionsuicide-Confidential-support-1933351813355932/>

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In a crisis? Anxious? Worried? Stressed? **TEXT 85258**  
Shout is a 24/7 free texting service, for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. For more information: <https://www.giveusashout.org/>

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Papyrus provide support for young people who feel suicidal [www.papyrus-uk.org](http://www.papyrus-uk.org)

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Kooth provide free, safe and confidential advice and support for young people. <https://kooth.com>

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Time to Change is a growing social movement working to change the way we all think and act about mental health problems. <https://www.time-to-change.org.uk/>



Young Minds Text the Young Minds Crisis Messenger, for free 24/7 support across the UK if you are experiencing a mental health crisis. If you need urgent help text YM to 85258; All texts are answered by trained volunteers, with support from experienced clinical supervisors <https://youngminds.org.uk/>

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B-eat is the UK's leading eating disorder charity providing help and support for young people through their confidential helpline. [www.b-eat.co.uk](http://www.b-eat.co.uk)

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OCD-UK is the leading national charity, independently working with and for almost one million children and adults whose lives are affected by Obsessive-Compulsive Disorder (OCD). [www.ocduk.org](http://www.ocduk.org)

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Essential support for under 25s

The Mix is the UK's leading support service for young people. They are there to help young people take on any challenge they're facing – from mental health to money, from homelessness to finding a job, from break-ups to drugs. Talk to The Mix via online, social or their free, confidential helpline. <https://www.themix.org.uk/mental-health>

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Samaritans provide around the clock support to help people with difficult issues through their confidential service. [www.samaritans.org.uk](http://www.samaritans.org.uk)



Childline is a free, private and confidential service for young people to seek help and advice on any issues or worries they are experiencing, including mental health problems. They operate a 24h helpline: 0800 1111 [www.childline.org.uk](http://www.childline.org.uk)

# CAMHS

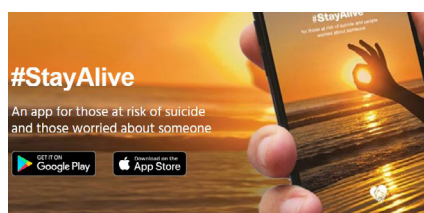
## Child and Adolescent Mental Health Services

self-esteem issues, difficulties arising from trauma, obsessions and compulsions, relationship problems, sleep problems, self-harm and suicidal thinking. Getting help from a specialist CAMHS can depend on where you live and waiting times can vary. <https://www.nhs.uk/using-the-nhs/nhsservices/mental-health-services/child-andadolescent-mental-health-services-camhs>

CAMHS is used as a term for all NHS services that work with children and young people. Children can be referred to CAMHS with a whole range of emotional, behavioural and mental health difficulties that are affecting their own wellbeing, family life, school or the wider world. These include, violence and aggression, depression, eating difficulties and disorders, anxiety and phobias,



For support and advice on bullying call their confidential helpline on 0808 800 2222 or email them at [askus@familylives.org.uk](mailto:askus@familylives.org.uk). More information is available on their website: <https://www.bullying.co.uk/general-advice/>



The Stay Alive app is a suicide prevention app packed full of useful information and tools to help you stay safe in crisis. You can use it if you are having thoughts of suicide or if you are concerned about someone else who may be considering suicide. [https://www.prevent-suicide.org.uk/stay\\_alive\\_suicide\\_prevention\\_mobile\\_phone\\_application.html](https://www.prevent-suicide.org.uk/stay_alive_suicide_prevention_mobile_phone_application.html)



The Headspace app can support your path to health and happiness. It can help you focus, breathe, stay calm, perform at your best, and get a better night's rest through the skills of relaxation, meditation and mindfulness. You can download this guided meditation, mindfulness, and sleep app for free. <https://www.headspace.com/headspace-meditation-app>








ACERT is a community-led national charity that works for equalities and human rights of Gypsy, Roma and Traveller families. They have a specific focus on equal access equal access to education, safe and secure accommodation, equal access to health and other community services, good community relations and an end to discrimination on racial and other grounds. For more information visit their website: <https://acert.org.uk>



There are a number of charities and organisations working nationally to improve the lives of Gypsy and Traveller people. There information and contact details can be found on the Travellers' Times website on the Get Advice page: <http://www.travellerstimes.org.uk>

### Dealing with Negative Emotions

Emotion	Body	Thinking differently	Doing differently	Imagery
<p>What emotion am I feeling?</p>  <p>What am I thinking?</p> 	<ul style="list-style-type: none"> <li>What can I notice in my body?</li> <li>Where do I feel it?</li> </ul>	<ul style="list-style-type: none"> <li><b>STOPP!</b> Take a breath. <a href="http://www.getselfhelp.co.uk/stopp.htm">www.getselfhelp.co.uk/stopp.htm</a></li> <li>What am I reacting to? What's pressing my buttons here? What does this situation mean or say about me? Is this fact or opinion?</li> <li>Where is my focus of attention?</li> <li>How could I see things differently? What would I say to someone else in this situation? How important is this? Is my reaction in proportion to the event?</li> <li>Take the helicopter view!</li> </ul>	<ul style="list-style-type: none"> <li>Do what works!</li> <li>What will be the consequences of my action?</li> <li>What will be the most effective action?</li> <li>What will be best for me, for others and for this situation?</li> <li>Is this in keeping with my principles &amp; values?</li> </ul>	<ul style="list-style-type: none"> <li>Where do you feel this emotion in your body? If this feeling had a colour, what would it be? What shape is it? How big is it? What consistency is it?</li> <li>If you felt better: What colour would it be? What about the shape? The size? The consistency? Notice that feeling now.</li> </ul>
<p><b>Depression</b></p> <ul style="list-style-type: none"> <li>I'm useless, I'm worthless.</li> <li>Everything is hopeless</li> </ul> 	<p>Fatigue Slowed down Do less Stay in bed/home Disinterest Can't concentrate</p> <p><i>Action urge:</i> <i>Withdraw</i></p>	<p>It's okay to feel sad about this situation, but I can get through it. I'm looking through those 'gloomy specs' again. This doesn't mean I'm a worthless person. What would be a more helpful way of looking at things? If I do something anyway – I'll feel better.</p>	<p>Do things anyway – in spite of how I'm feeling. Get up. Get out. Do something enjoyable or useful. Be with or contact others. Focus attention outside of me and my situation.</p>	<p>In your mind's eye, see yourself doing and enjoying the things you used to or would like to enjoy doing, and successfully doing what you need to do.</p> <p><b>Visualise orange for positive energy.</b> Breathe in orange, and breathe out blue/black.</p>
<p><b>Anxiety</b></p> <ul style="list-style-type: none"> <li>Something bad is going to happen.</li> <li>I won't be able to cope</li> </ul> 	<p>Adrenaline response – Body's alarm system. Energised for fight or flight</p> <p><i>Action urge:</i> <i>Escape &amp; avoid</i></p>	<p>Is this threat a <u>real</u> one or is it <u>really bound</u> to happen? Am I exaggerating the threat? Am I misreading things? I feel bad, but that doesn't mean things really are so bad. I can cope with these feelings, I've got through it before. What would someone else say about this? What would be a more helpful way of looking at things?</p>	<p>How will doing this affect me in the long term? Don't avoid situations – go anyway, and stick it out. Problem solve or make plans if necessary. Take things slowly or gradually. Focus attention outside of me – external rather than internal focus.</p>	<p>Imagine yourself coping in a situation that you feel anxious about. See the situation through to a successful completion.</p> <p><b>Visualise blue for calm.</b> Breathe in blue and breathe out red.</p>
<p><b>Anger</b></p> <ul style="list-style-type: none"> <li>It's not fair.</li> <li>Others are bad.</li> <li>I won't stand for it.</li> </ul> 	<p>Adrenaline response – Body's alarm system. Energised for fight or flight</p> <p><i>Action urge:</i> <i>Attack</i></p>	<p>What am I reacting to? What's pressing my buttons? Am I over-reacting? Is my reaction in proportion to the actual event? How important is this? I feel like I'm being unfairly treated, but maybe they didn't mean it that way. Am I misreading things? What's the best thing to do here?</p>	<p>Take a breath. Do the best thing – best for me, for others and for the situation. Walk away or approach gently. When feeling calm, if still appropriate, do something about it in a calm, non-aggressive but assertive way.</p>	<p>Visualise yourself handling this situation in a calm, non-aggressive but assertive way, respecting the rights and opinions of everyone involved.</p> <p><b>Visualise blue for calm, or green for balance.</b> Breathe in green/blue &amp; breathe out red.</p>

[www.getselfhelp.co.uk](http://www.getselfhelp.co.uk)

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[www.get.gg](http://www.get.gg)