

STAMP



NHS
England
North

70
YEARS
OF THE NHS
1948 - 2018

Chilypep STAMP group are a group of young people trained to be **Young Commissioners for Mental Health Services in Sheffield** under the Local Area Transformation Plan.

They launched their **#NotTheOnlyOne** Campaign as a response to the stigma surrounding mental health and a lack of awareness amongst young people of where to go for support.

To find out more about the **#NotTheOnlyOne** campaign please visit our Facebook page at: www.facebook.com/NotTheOnlyOneSTAMPoutstigma

“The posters address stigma surrounding mental illnesses such as obsessive compulsive disorder (OCD), self-harm and bi-polar disorder”



The **#NotTheOnlyOne** Campaign coincided with the launch of the Sheffield **‘Let’s Talk Directory’**, an online directory of services for children and young people.

Posters featuring football shirts in a P.E locker room with mental health issues on the back of each shirt, pencils etched with different mental health issues and a bowling ball smashing the stigma surrounding them have been distributed across schools, colleges and youth settings within the City.



Sheffield Children's
NHS Foundation Trust



NHS
Sheffield
Clinical Commissioning Group

Celebrating 70 Years of Progress in Mental Health across the North of England