



Written by: Matthew Mills
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Media Release & Photocall

DATE: Monday, January 21

TIME: 12.30-1.30pm

LOCATION: Student Union building, At John's Campus, Henwick Grove, Worcester, WR2 6AJ.

A group of students from Worcester University have created wristbands to promote positive mental health on campus.

Lead by Katie Watts, the group all have experience with mental health issues, and hope to challenge the stigma around it while also signposting people to support.

The wristbands will be handed out during the University's Sports Mental Health Week, starting on Monday January 21st.

'There is a lot of stigma around mental health in sports,' explains Katie, who is Chair of the Student Mind Committee. 'I think men in particular are too proud to talk about it, so this project is about encouraging that and letting people know what support is out there.'

The wristbands were made in collaboration with [Fixers](#), the charity giving young people a voice, and are emblazoned with the words 'WORC towards positive mental wellbeing' and the hashtag #teamworc.

'I myself suffer from depression and anxiety, and have accessed support at uni,' says Katie, 20, who is in her second year studying law. 'That was one of the motivations for getting involved with the project, because I know what it is like to need help.'

'You have to refer yourself to the support services, and that is why it is important to know what help is available so that you can. We chose to design a wristband because everybody wears them, and you can still wear them during sports. It's about raising positive awareness as oppose to stigma.'

Also involved is fellow law student Alia Moorhouse, 19, who explains why the project is aimed at sports teams in particular.

'I think we all felt there is a culture in sport where people think they have to be strong, but while someone may be strong on the pitch they might not be strong mentally.'

'I play rugby and participate in athletics, which I love, and I also suffer from anxiety, depression and PTSD. We want to spread the message that it's ok not to be ok sometimes, and that there is no shame in seeking help.'

'People often don't want to talk about mental health because they don't want to say the wrong thing,' says Katie. 'All of us have accessed support, and want to encourage people to do the same.'

Their project was supported by the [Worcester Community Foundation](#).

Picture attached: Katie Watts and wristbands.

For more images, interviews or information, please contact Matthew Mills on matthew@fixers.org.uk or phone 01962 810970.

Notes to editors

About Fixers:

Fixers works with young people aged 16-25 across the UK by providing them with professional resources to help them campaign on issues they feel strongly about.

The charity has helped more than 23,600 youngsters across the UK to have a voice in their community on issues such as cyber-bullying, self-harm, suicide or transphobia.

For more information or to make a donation to fund more Fixer projects, visit www.fixers.org.uk

- Since 2008 more than 23,600 young people have become Fixers and created over 2,400 projects. With a £7.2 million grant from the Big Lottery Fund, Fixers extended from England into Wales, Northern Ireland and Scotland as well in 2013.
- There are lots more stories about young people doing great things on the Fixers website, Twitter and Facebook pages:
www.fixers.org.uk
www.twitter.com/FixersUK
www.facebook.com/FixersUK

