#StopHateCrime –Campaigns

Say NO to Islamophobia

Islamophobia is described as a dislike or prejudice against Islam or Muslims. Throughout the world, many people practice different religions and as our world become more diverse, it is important to respect each other and our different beliefs. Putting in mind that People's **RESPECT FOR BELIEFS AND FAITH** are revealed in the way they are treated. This month we stand **AGAINST HATE CRIME** to protecting vulnerable groups and promoting a **CULTURE OF TOLERANCE** and ensuring inclusiveness for all. **HELP STOP** Islamophobia or discrimination against any person's **RELIGION** by respecting ourselves all.

No to Mental health stigmatisation

Mental illness is one of the major public health challenges in Scotland, One in three people are estimated to be affected by mental illness in any one year, and improving mental health is a priority for the Scottish Government. Around **ONE IN TEN** person are estimated to experience mental health problems. **DEPRESSION** is another mental health issue which is said to affect **ONE IN 12 PEOPLE** in the whole population, the rate of self-harm in the UK is high with 400 per 100,000 people.

Globally, over 450million people have been affected with mental health problem, but even with so much population affected social stigma attached and discrimination affect individual experience throughout their life time. This is an issue that makes affected people condition worsen due to **DISCRIMINATION** they experience from society, families, friends and employers. Nearly nine out of 10 people say that stigma and discrimination have affected them negatively. Many people believe people with mental health are violet and dangerous, when in fact they are the more at risk to be attacked or harming themselves than harming people.

If your friend is acting differently, **DON'T ISOLATE OR DISCRIMINATE**, instead **STEP IN** to help and encourage the person to the right services. Show a little **KINDNESS** today because your care can go a long way to reduce depression in people.

There are services on campus they can be directed,to get help:

For more information visit:

https://www.gcu.ac.uk/student/studentwellbeing/
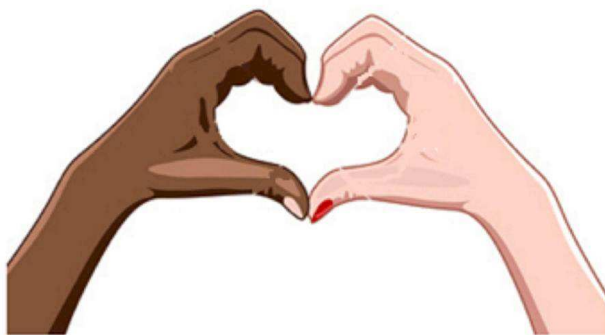
Stand against racism

Racism is the belief that a particular race is superior or inferior to another and that a person's social and moral traits are predetermined by his or her inborn biological characteristics. Otherwise can be termed as a form of hatred of one person by another (consciously or unconsciously) — or the belief that another person is less than human — because of skin color, language, customs, place of birth or any factor that supposedly reveals the basic nature of that person. It's a sad fact that racism can affect anyone and exists in all races and cultures. Being **ABUSED OR TREATED UNFAIRLY** just because of difference in race, background or culture is termed as racism, no matter where you come from.

Even as the world becomes more diverse today, it is sad that **RACIAL SEPARATISM** which is the belief that different races should remain segregated and apart from one another still exist. It is very necessary to take note that views, culture, understanding, behaviours will be different but what makes **EQUALITY REIGNS** is to **RESPECT** each other and **APPRECIATE** each other's values. Sure there will be racial difference but the truth is that we all belong to a common race which is the **HUMAN RACE.**

Diversity makes us stronger but discrimination prevents unity and peace.

Be kind to people, don't discriminate and appreciate differences, that life is worth living and equality is necessary among human race.

Stay positive.

Yetunde Ogedengbe

Vice President School of Health and Life Sciences

References

http://www.gov.scot/Topics/Health/Services/Mental-Health

https://www.mentalhealth.org.uk/a-to-z/s/stigma-and-discrimination

http://www.enar-eu.org/

https://www.theguardian.com/uk-news/2014/may/27/-sp-racism-on-rise-in-britain

https://www.childline.org.uk/info-advice/bullying-abuse-safety/crime-law/racism/