

Cyflwynwyd yr ymateb i ymgynghoriad y [Pwyllgor Iechyd a Gofal Cymdeithasol ar anghydraddoldebau iechyd meddwl](#)

This response was submitted to the [Health and Social Care Committee](#) consultation on [mental health inequalities](#)

MHI 91

Ymateb gan: | Response from: Samantha Yarwood

Hi, the age groups are the full spectrum. Mental health does not discriminate against age, race or walk of life.

I have 17 years experience in dealing with mental health and working alongside mental health services. I have worked alongside Welsh government, Area Planning Board and front line services regionally and nationally.

I have worked alongside homeless services for 6 years.

I currently work within recovery and rehabilitation from all forms of mind or mood altering substances and dealt with severe mental health in all aspects of my work.

I believe in 70/75% of cases do not need to be medicated. If the mind can make you emotionally unwell, then the mind can make you emotionally well.

I believe people are feeling overwhelmed in some cases which they mislabel as depression. Doctors don't have the time to deal with this and often prescribe medication which is not needed. For me it takes an hour to change get people organised in their life so they don't feel overwhelmed.

The thoughts and emotions are not the problem, it's what people think about their thoughts and emotions is the problem which creates resistance. What we resist persists.

Perception and belief system is key to change for good mental health. Perception is absolutely everything. We don't need to change people, places, things, future and the past, we just need to the way we look at them.

All problems are created in the mind because people are unable to see the good that comes out of the negative. Without what appears to be negative emotions there is no positive emotion. One does not exist without the other.

A big part of the problem is social conditioning and thinking installed from other people which I call group sickness.

I focus on reprogramming people's relationship with their thoughts and emotions which puts them in a place of ease and comfort. I can teach a completely new thinking matrix which is life challenging.

Barriers are accessing mental health services, long waiting lists and treatment with little results in a lot of cases because MHS are still using the same structure as they did many years ago.

I started a new approach to mental health, I give people an appointment with in seven days and ease/fix mental health within a few sessions. This is highly cost affective, massive harm reduction and stabilises people which gets them better relationships, better family life and a better work life.

I have also created a program to go into schools to create a treatment free generation. People will highly less likely need therapy in later life. This would reduce harm, save the system a lot of money, reduce the crime rate and potentially save lives.

I have a new suicide prevention tool that can help treat suicidal thoughts without getting people to open up and talk about it. Its the only one.

I am solution based, how Welsh government run in my opinion from the ground is they are more of a business than to help the community. "This is my experience"
Lots of talk of change from WG but not much change on the ground from my experience.

Hope this helps,

kind regards samantha yarwood