

INSIDE THIS ISSUE

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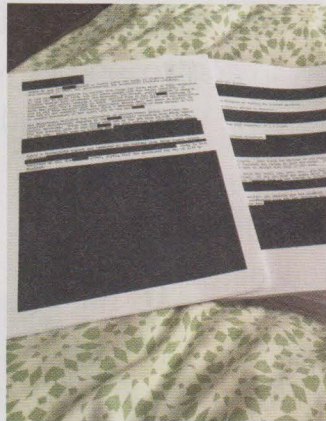
Vulnerable people may die this winter due to cost of living crisis

NEWS

People will die - social work warning

Troubling findings from PSW's cost of living survey

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NEWS

Care leavers denied data about childhood

Campaigners call out 'overzealous' redacting

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IN FOCUS

My mental health

Honest accounts plus 11-page special focus

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From the Editor
SHAHID NAQVI



Honest talk on mental health is example to all

A former BASW chief executive once said social work is all about mental health, or words to that effect.

It's true to say that mental health shapes our lives as much as physical health. Yet there remains a reluctance to talk about it, which suggests stigma still exists, despite progress made in recent years.

September 10 was Suicide Awareness Day. October 10 is World Mental Health Day.

This edition of PSW has a strong mental health theme as a result. We open an 11-page feature focus with BASW staff and members talking openly and eloquently about their own mental health.

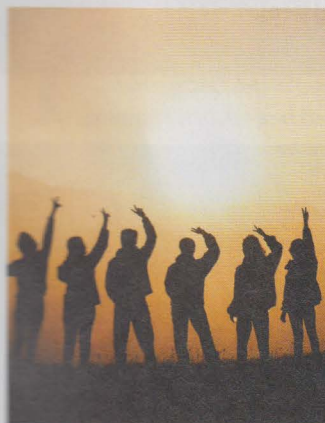
Writing so candidly in such a public forum takes a certain kind of bravery. Asking others to do so, it felt only right that I should do so myself.

They were probably the hardest words to write in this whole edition – because it is personal and can make you feel vulnerable. So all credit to those contributing – it's a humbling read.

The writers, who include BASW's chair and chief executive, are leading by example. For ultimately we should be in a place as a society where we all feel able to talk openly about our mental health. And perhaps more crucially, get the support we need.

In these current times it's never been more important.

If you have a view on any of our editorial content or ideas for future articles contact editor@basw.co.uk



IN FOCUS

Individuals or whole communities?

Why the time is ripe for a new focus

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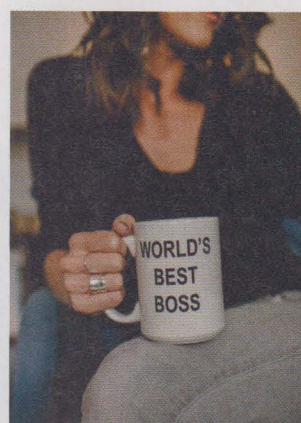


VIEWPOINT

Action to support workforce needed

Scotland is at 'tipping point', says Flora Aldridge

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AT THE BACK

How to be a social work manager

Alasdair Kennedy's top seven tips

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