

MENTAL HEALTH – WE ALL HAVE IT



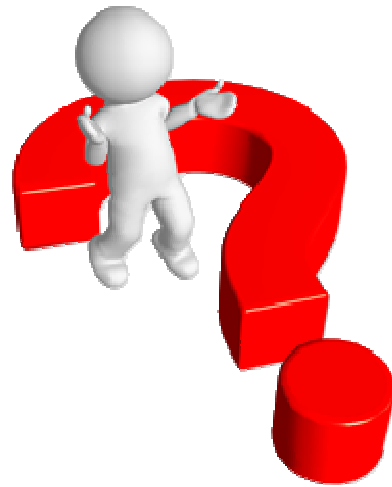
Mental Health Awareness Raising

Karen Spence – Public Health Specialist

We all have mental health, like we all have physical health. Both change throughout our lives. And, like our bodies, our minds can become unwell.



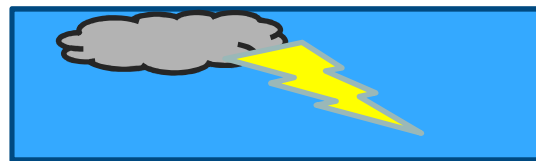
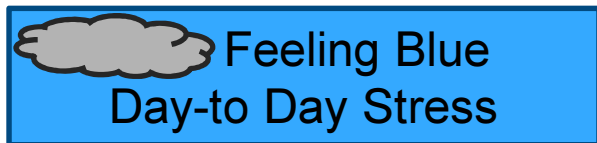
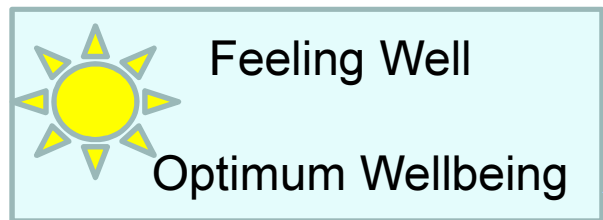
What do we mean by 'mental health'?



- We all have **mental health** as well as **physical health**. They are linked together and we need to look after both
- Mental health is about how we: **think** and **feel about ourselves and others** and **how we interpret events**.
- Our **mental health influences** how we cope, our relationships with others and our self-esteem

About a quarter of the population will experience some kind of mental health problem in the course of a year, with mixed anxiety and depression **the most common mental disorder in Britain**

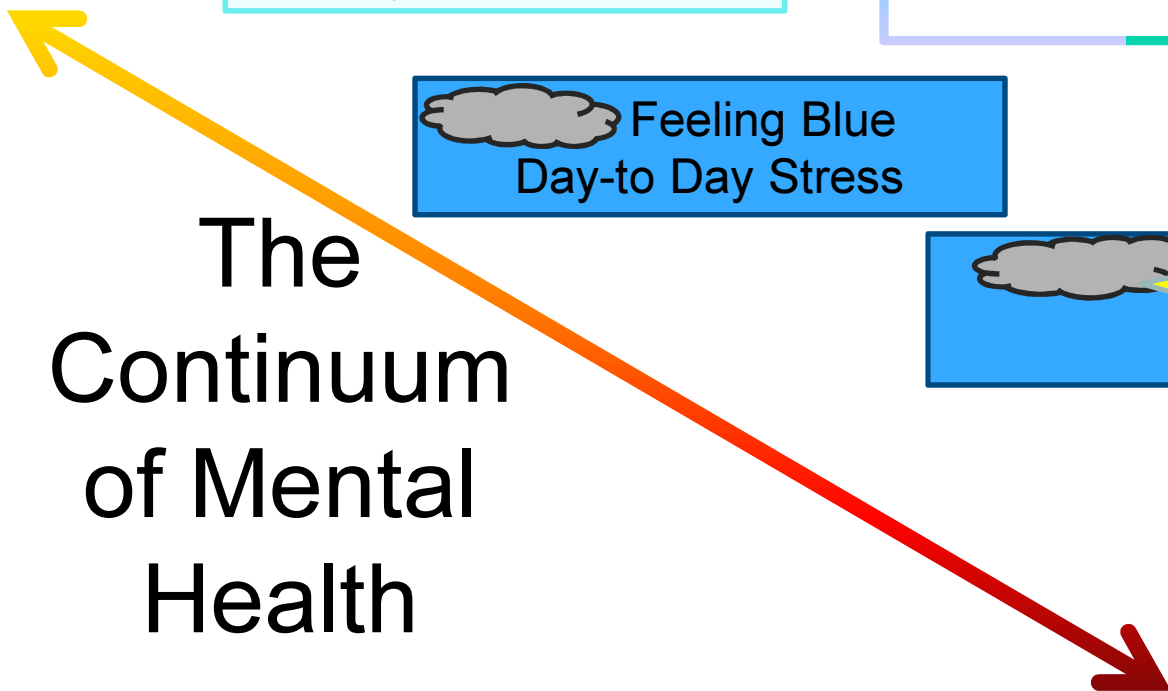




We all move up and down
The Continuum.

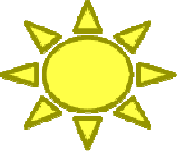
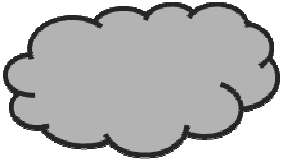
People recover from
mental health difficulties

Mental health
problems are
common
1 in 4 people



The
Continuum
of Mental
Health

Our mental health is like the weather..... changeable!

- It all depends on how **we are thinking and feeling** about what is **happening in our lives**
- There are lots of things that can influence our emotional or mental health **for the better** 
- and sometimes for the worst 

What's in your Stress Bucket ?



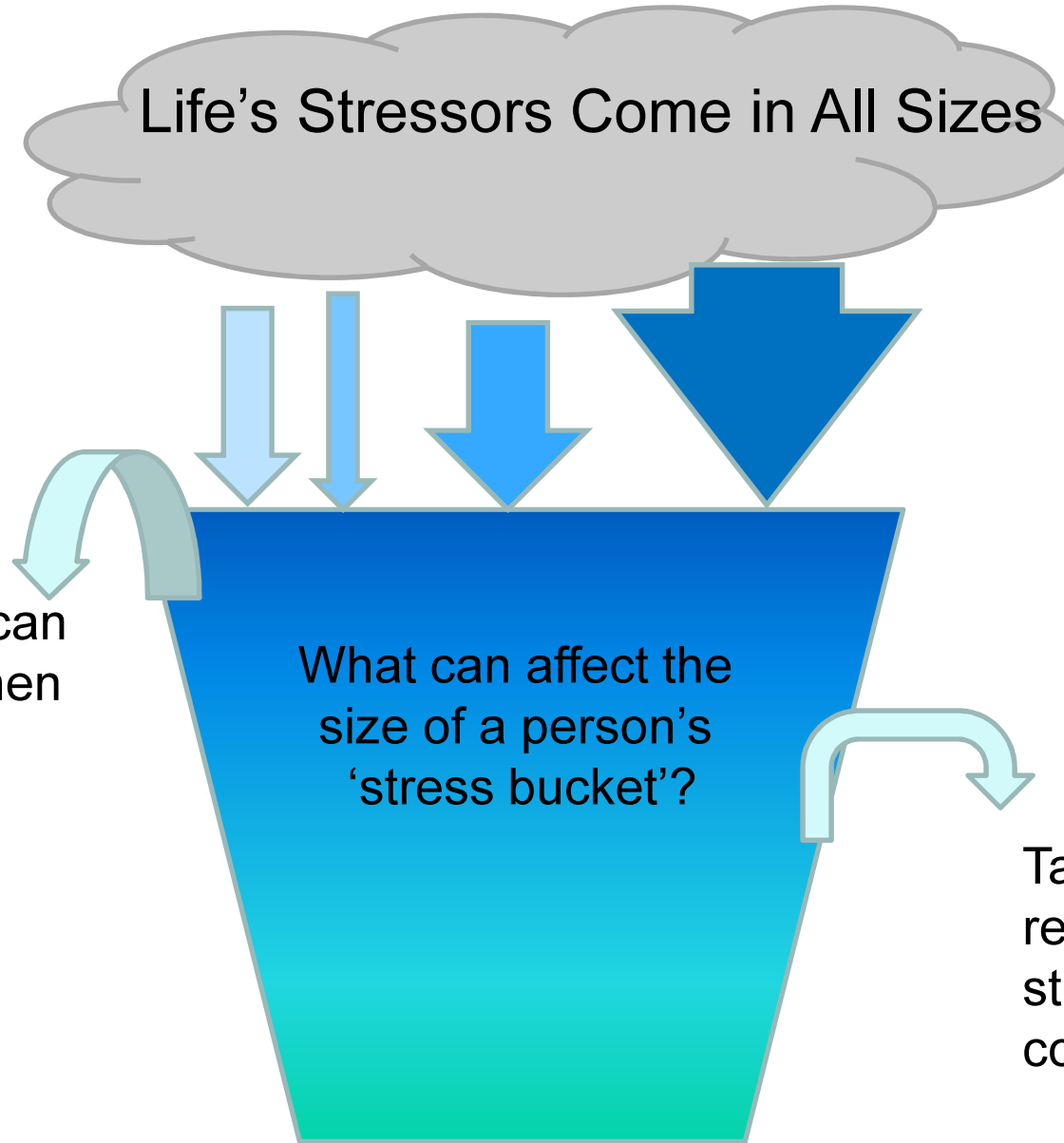
Life's Stressors Come in All Sizes

Problems can happen when our stress bucket overflows

What can affect the size of a person's 'stress bucket'?

Tap to release stress levels: coping skills

Source: Brabban and Turkington 2002



Worth remembering

- Everyone feels down and stressed sometimes, it's a normal part of life
- Stressful thoughts and feelings and events come and go,
- We all need ways of looking after ourselves and getting support
- For some of us, we may feel down or anxious for longer and it starts to affect our day-to-day life
- Then we may need extra things to help

TIP: Be Kind to Yourself and Others

Being well and staying well

There are lots of things we can do to look after ourselves

.....

and help others to do the same

In pairs: what makes you feel good and helps you cope with life's stressors?

TIP: Its scientifically proven that noticing the good stuff keeps us well!



Ways to look after your mental health

www.mentalhealth.org.uk

Mental Health Foundation

Five Ways to Wellbeing



1. **Keep connected** we all benefit from good relationships. Find ways to meet other people.
2. **Be active** look after your physical health
3. **Take notice** notice and appreciate what you have got. Take time to look around you, what do you see and hear? Take a moment to relax and enjoy!
4. **Keep learning** make time for your hobbies and interest. Learn something new. Have fun!
5. **Give** get involved in your community. Give to others. A smile goes along way!

TIP: spending time outdoors is proven to improve overall wellbeing

Five Ways to Wellbeing



Anxiety is one of the most prevalent mental health problems in the UK and elsewhere, yet it is still under-reported, under-diagnosed and under-treated



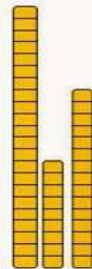
Mental Health in the Workplace

www.rightstepswellbeing.co.uk



91%

Of Brits feel their job prospects would be curtailed if they disclosed a mental illness¹



Cost of mental illness at work to the UK economy every year¹

£26 Billion



One in Six people in the UK are affected by mental illness at any one time¹

It is estimated that 70 million working days a year are lost to mental ill-health. Half of all days lost through mental ill-health are due to anxiety and stress conditions

The Sainsbury Centre for Mental Health

Early warning signs of stress can include:

- Increase in unexplained absences or sick leave
- Poor performance
- Poor time-keeping
- Withdrawal from social contact
- Unusual displays of emotion e.g. frequent irritability or tearfulness.
- Constant tiredness or low energy

What might be signs that a person needs extra support?

- **Extremes:** e.g. person is more anxious or low than is usual for them, in the context of what is going on in their life.
- **Duration:** e.g. their anxiety or low mood is becoming more frequent, it's not just going away.
- **Impact on day-to-day life:** e.g. noticeable negative impact on aspects of day-to-day living
- **Risk:** e.g. that things will get worse; that they can't maintain their usual responsibilities etc

You don't have to be an expert to talk about mental health.



Talk, but listen too: simply being there will mean a lot.



Keep in touch: meet up, phone, email or text.



Don't just talk about mental health: chat about everyday things as well.



Remind them you care: small things can make a big difference.



Be patient: ups and downs can happen.

Recovery

- With the right help and support, people can and do recover from even the most severe mental ill-health.

Recovery is about much more than the absence of symptoms

- Recovery is about living a meaningful and satisfying life in the presence or absence of symptoms of mental ill-health
- A belief that a more meaningful and satisfying life is possible and attainable is central to recovery
- Stigma, pessimistic attitudes and undervaluing the contributions that people with mental ill-health make can be barriers to recovery

Where to turn in a mental health crisis

- **Crisis could involve:** e.g. actively suicidal; significant change to thinking and perception of reality (psychosis); behaviour that puts others at risk e.g. linked to their dementia etc.

Where to turn:

- GP includes the on call service
- Accident and Emergency Department
- Wiltshire Health and Social Care Service
- Mental health service if person already known
- Samaritans (insert link)
- **Police if safety is an issue**

Reporting Concerns	Mental Health 'Crisis' & other services
<p style="text-align: center;">GP Service</p> <ul style="list-style-type: none"> • Out of hours service • Advice, contact, initial treatment • Referral to crisis services 	<p style="text-align: center;">Accident and Emergency</p> <ul style="list-style-type: none"> • Treatment for self harm/suicide attempt • Psychiatric Liaison Service and 24 hr on call psychiatrist • Admission to hospital: only if acutely ill & presenting significant risk to self or others + Patients detained under MHA
<p style="text-align: center;">Adult Social Care</p> <ul style="list-style-type: none"> • Contact Emergency Duty Team to report concerns about vulnerable adults with MH issues and/or concerns when children involved 	<p style="text-align: center;">Primary Care Liaison (PCL)</p> <ul style="list-style-type: none"> • AWP assessment service linked to GPs • Takes health and social care referrals for assessment and access into mental health services
<p style="text-align: center;">Police</p> <ul style="list-style-type: none"> • Contact police if there is a safety issue 	<p style="text-align: center;">Specialist/other mental health Services</p> <ul style="list-style-type: none"> • AWP Specialist mental health services • Eating Disorder Service (level 3) – Oxford Health Referrals • CAMHS

Some of the support available in Wiltshire

Available in various locations across the county

- Wiltshire IAPT – wide variety of group and 1:1 sessions
<https://iapt-wilts.awp.nhs.uk/all-courses/browse-wiltshire-courses/>
- Wiltshire MIND – counselling and group sessions plus other services <http://www.wiltshiremind.co.uk/>
- Other community based services
 - Revival (rape and sexual abuse support)
 - Soundwell (music therapy)
 - Richmond Fellowship (employment/vocational support)
 - Advocacy services
 - WSUN Service user engagement and support

Some more support available in Wiltshire

Available in specific locations only

- Debt and Benefit Advice
- Arts on prescription
- Library Reading groups
- Wiltshire Wildlife Trust

AND

Groups and activities available in communities

www.yourcareyoursupportwiltshire.org.uk

Finally.....

www.mind.org.uk and www.nhs.uk/choices

For more information on
looking after mental health
and

www.wellaware.org.uk

For information on all sorts of local
resources and services

