

MENTAL HEALTH AWARENESS

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OBJECTIVES

- Explore what is meant by mental ill health
- How to recognise potential signs and symptoms
- How to support someone with poor mental health



WHAT IS MENTAL HEALTH?

Mental Health

“A state of wellbeing in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community”.



The state of our mental health will influence how we think, feel and behave.



MENTAL HEALTH RISK FACTORS



Risk Factors

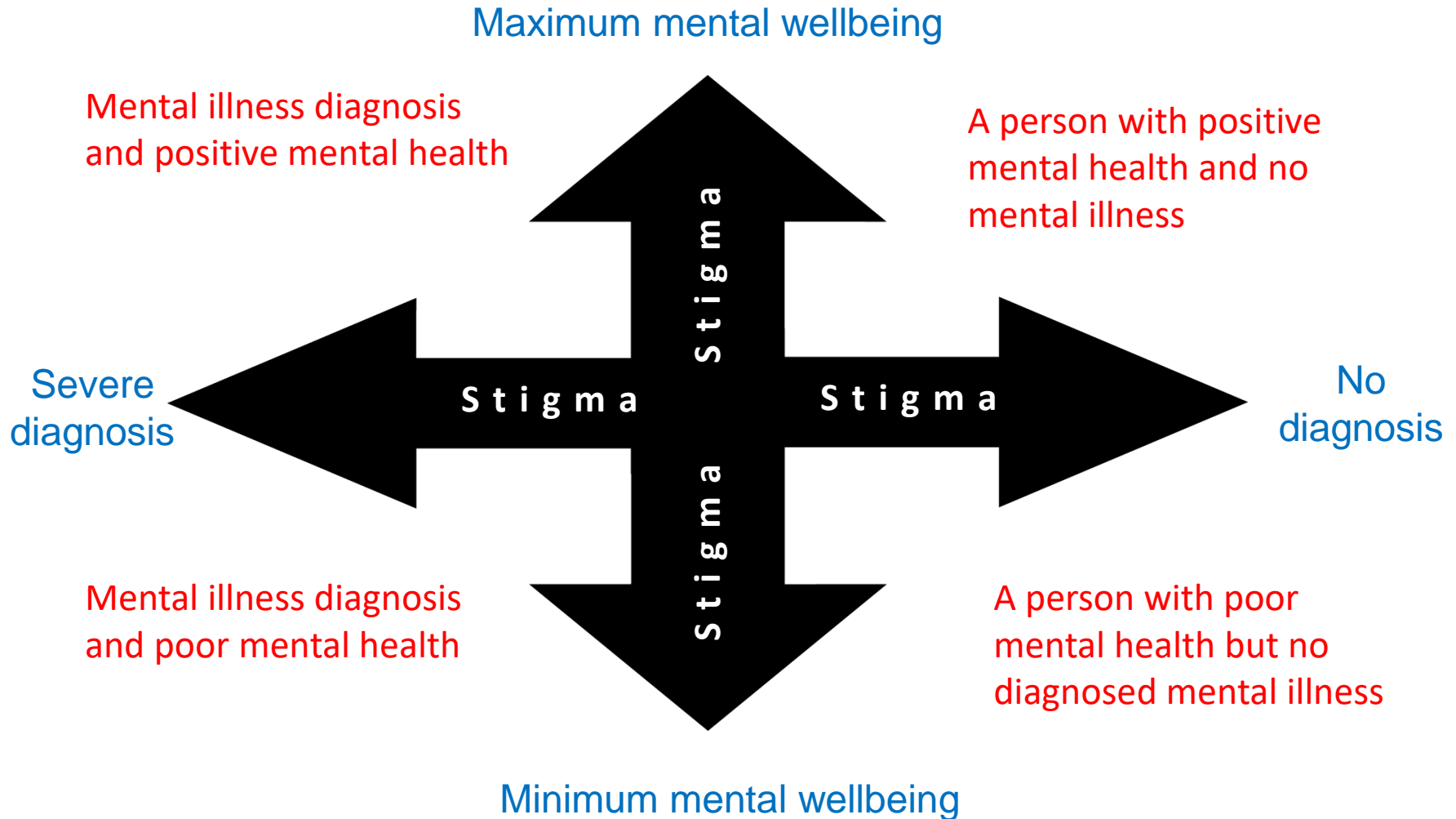
Alcohol/Drug use
Lack of Sleep
Poor Diet
Social Isolation
Physical Illness
Mental Health Condition
Stigma and Discrimination
Unemployment

Protective Factors

Healthy Lifestyle
Rest and Reflection
Tolerant Community
Social Inclusion
Arts and Culture
Community Engagement
Stable Home/Housing
Financial Stability



MENTAL HEALTH CONTINUUM



We ALL fall within the continuum..... there are no absolutes



WARNING SIGNS



DEPRESSION

- A common disorder – 1 in 10 affected at some stage in their lives.
- 3 Core Symptoms – low mood/sadness, lack of energy/tiredness, loss of enjoyment in usual things.
- Medical advice should be sought if symptoms are persistent for 2 weeks or more
- The average episode lasts 6-8 months

Most people will fully recover after just one episode of depression but some people live with depression throughout their lives.



ANXIETY

- Over 100 symptoms which are more severe and last longer than normal anxiety
- Interferes with work and relationships
- Common, often undiagnosed
- Is often co-existent with depression
- There are different types of anxiety disorders. The most common are-
 - generalized anxiety disorder (GAD),
 - panic disorder,
 - phobias,
 - obsessive compulsive disorder (OCD)
 - post-traumatic stress disorder (PTSD)



SUPPORT

- Encourage them to talk, listen and try not to worry about saying the wrong thing, ask what you can do to help.
- Be patient, allow silence, as this can be very supportive.
- Do not label or stereotype.
- Offer support rather than solutions.
- Signpost to appropriate professional help and other support



5 WAYS TO WELLBEING



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



Your time,
your words,
your presence

Activity – Identify actions for
each of the 5 ways!



FURTHER TRAINING

- Mindfulness, meditation and sleep education
- Understanding and Managing Stress
- Menopause Awareness
- Food and Mood



ASIST



SFA
Suicide First Aid
Understanding Suicide Intervention



MHFA England
Mental Health First Aid

