

Basic Mental Health Awareness Training

Group Rules

- ◆ Keep sound on mute until you want to talk to avoid noise feedback
- ◆ Be present – don't be distracted by emails
- ◆ Get involved in the exercises
- ◆ Everyone is different. Be kind
- ◆ Evaluate at the end

Disclaimer

Information provided during the course of this training should not be used as a basis for the care, treatment or diagnosis of mental ill health.

All concerns regarding an individual's mental health should be referred to a suitably qualified health professional.

Aim

To equip participants with information to be able to identify the signs of mental health conditions, gain a basic understanding of what mental ill health is, the impact of stigma and how to support people to improve their mental health.

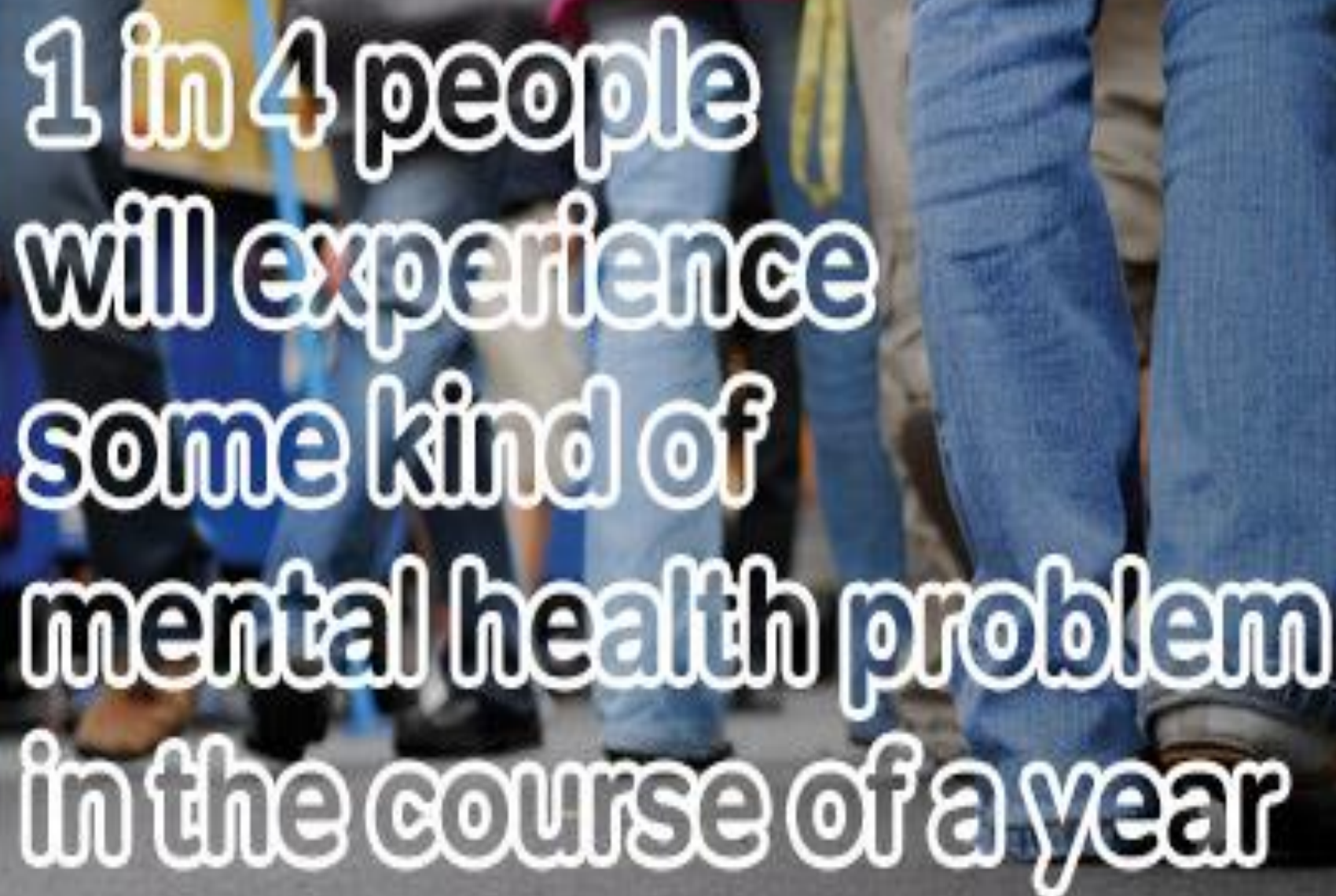
Objectives

- ◆ Understand the difference between mental health and mental illness
- ◆ Identify the signs and symptoms of mental health conditions
- ◆ Explore our perception of situations - as everything is not always as it seems
- ◆ Explore the key facts and myths about mental health conditions
- ◆ Understand the impact of stigma

Ice breaker

- ◆ What do the words “mental health” mean to you?
- ◆ What do you do to look after your own mental health?





**1 in 4 people
will experience
some kind of
mental health problem
in the course of a year**

Quiz – true or false

1. People with a mental health condition will suffer from ill health all their life?

FALSE

2. The majority of people with mental health problems wait two months before telling close family and friends about it?

FALSE

3. People identifying as LGBT+ are at higher risk of suffering from mental health?

TRUE

4. Mental health conditions are similar to learning disabilities?

FALSE

Quiz – true or false

5. The suicide rates for women are higher than men?

FALSE

6. A common symptom of schizophrenia is having a split personality?

FALSE

7. Regular consumption of alcohol leads to the brain becoming chemically altered resulting in depression?

TRUE

8. Women are more likely than men to have a mental health problem and are twice as likely to suffer from anxiety?

TRUE

Mental health vs mental illness

Mental health is not just the absence of mental disorder. It is defined as a state of well-being in which every individual realizes 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 her or his community.

(WHO 2008)

Mental health vs Mental illness

Mental illness is a term used by doctors and other health professionals to describe clinically recognisable patterns of psychological symptoms or behaviour causing acute or chronic ill health, personal distress or distress to others.

(WHO 1992)

Scenario one

There is a young man in his late teens out in the street wearing only his underwear. He seems to be disorientated and he looks scared. He is shouting and keeps shouting “leave me alone” but not at anyone in particular. A crowd has gathered; people seem to be responding in different ways. Some are concerned but others are laughing.

Scenario two

Jenny is a colleague of yours and she always seems to wear long sleeved shirts. Today it is really hot and she has rolled up her sleeves. You cannot help but notice that she has cuts on her arms, some are old and others seem new and they look painful and infected. She looks uncomfortable when she sees you looking at the cuts.

Scenario three

There is an incident outside Bargain Booze. Ken has thrown a brick through the window and is standing in the street outside the shop shouting. Ken had asked for credit and had been refused. Ken recently lost his job and he has been banned from driving for a year. Today he received a letter saying his house is going to be repossessed.

Scenario four

William confided in you a few weeks ago that he was feeling like he didn't fit in at work and that his wife only cares about him paying the bills. He felt that no-one cared about him and he said "no-one would notice if I wasn't here". Today you saw him and he appeared to be the happiest he has been in months.

Pressure vs stress

- ◆ What is pressure and what is stress?
- ◆ Is there a difference?



What is stress?

“ The adverse reaction people have to excessive pressures or other types of demands placed upon them”

(Source: HSE)

Pressure v stress

Depression (mild – severe)

Symptoms include:

- ◆ Continuous low mood or sadness
- ◆ Low self-esteem
- ◆ Tearfulness
- ◆ Lack of motivation
- ◆ Suicidal thoughts
- ◆ Change in appetite / weight
- ◆ Reduced hobbies / interests
- ◆ Reduced sex drive
- ◆ Disturbed sleep patterns
- ◆ Digestive complaints
- ◆ Slowed movement / speech
- ◆ Feelings of hopelessness
- ◆ Not performing well at work
- ◆ Unexplained aches and pains
- ◆ Feeling irritable & intolerant

Treatment = exercise, social prescribing, anti-depressant medication & psychological interventions

Anxiety

Includes:

- ◆ generalised anxiety
- ◆ panic attacks
- ◆ phobias
- ◆ obsessive compulsive disorder
- ◆ post traumatic stress disorder

Symptoms include:

- ◆ restlessness / disturbed sleep patterns
- ◆ sense of dread
- ◆ feeling on edge / irritability
- ◆ dizziness / headache
- ◆ digestive complaints
- ◆ excessive thirst, urinating, sweating
- ◆ palpitations / shortness of breath
- ◆ dry mouth

Treatment =
psychological interventions (CBT),
anti-depressants, beta blockers,

Bi-polar Disorder (manic depression)

Episodes of illness (manic phase / depressive phase)

Mania – feeling euphoric / full of energy / not needing to sleep or eat / irritable / doing lots of pleasurable things regardless of consequences / easily distracted / loss of inhibitions / feelings of self-importance

Depressive – feeling sad or hopeless / lack of energy / suicidal thoughts / loss of interest in daily activities / feelings of guilt and despair/ feelings of emptiness or worthlessness / difficult to concentrate / pessimistic

Treatment = mood stabilizers, self-management

Schizophrenia

Episodes of illness (**psychosis**)

Change in the usual thinking process can include:

- delusions
- hallucinations (visual, auditory, smell, taste)
- thought disorder (thought insertion, broadcasting, withdrawal)

Other symptoms include:

- lack of energy / social withdrawal / lack of motivation / flattening of emotions / increasingly uncommunicative

Treatment = anti-psychotic medication & psychological interventions, self-management.

How to help (mental health and suicide)

- ◆ Tell the person that you care, and want to help
- ◆ Express empathy and understanding
- ◆ Explain that there is help available
- ◆ Tell them that thoughts of suicide are common and do not need to be acted on
- ◆ Discuss ways to address specific problems, it may not be possible to 'solve' everything but it may give some hope of other ways/resources to help
- ◆ Don't use threats or guilt to prevent suicide
- ◆ Never agree to keep a plan for suicide a secret
- ◆ Identify who else can help the person and what they can be told
- ◆ Seek professional help

One in 6 adults every week experience a common mental health problem, such as anxiety or depression

Over 25% of people in the UK say they have experienced panic attacks

More than four in 10 people have experienced depression

Only 13 percent of people in the UK report living with high levels of good mental health



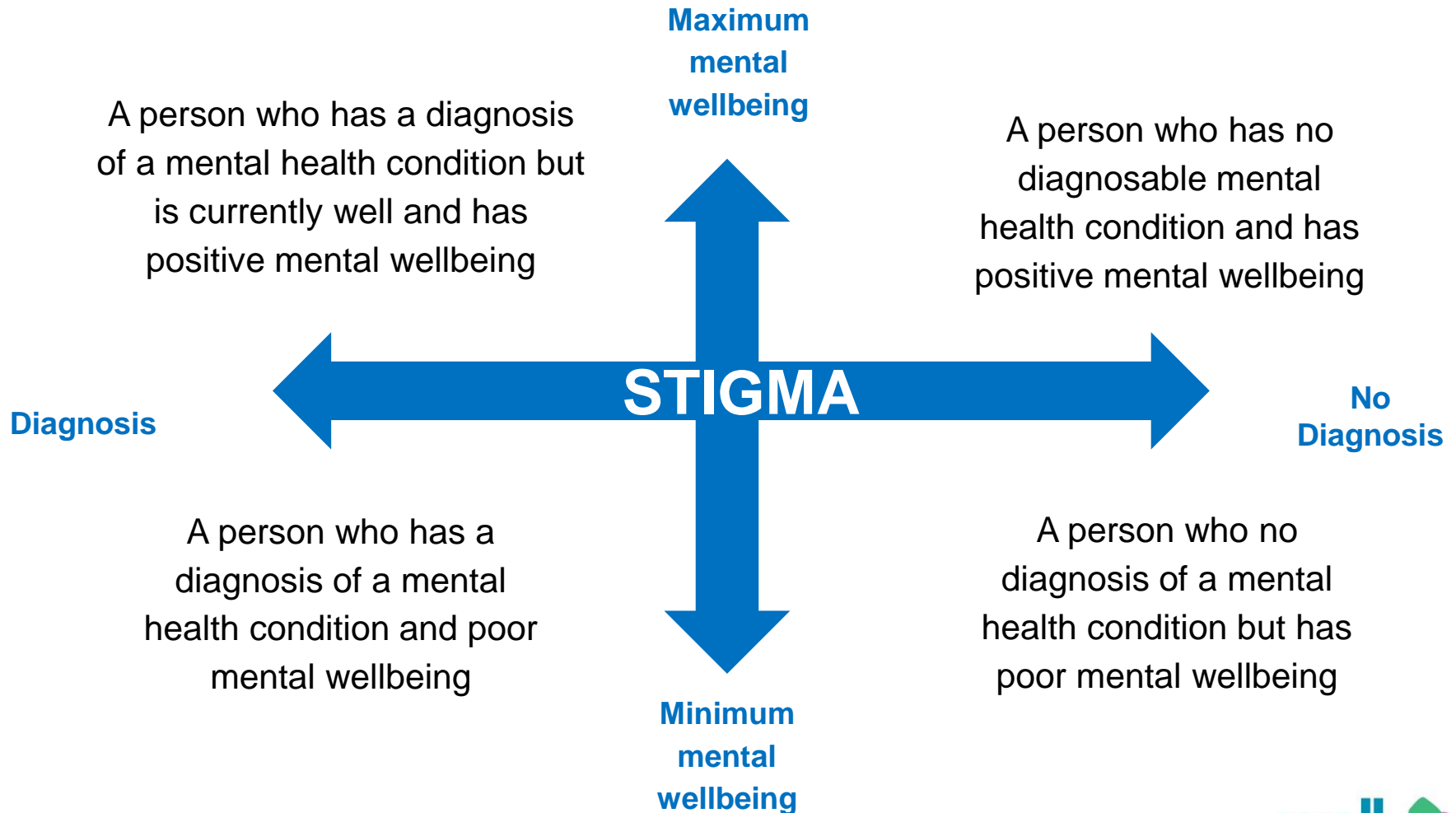
66% two thirds of those in work, experience mental health problems

Seven in every 10 women say they have experienced a mental health problem

Only 33% of UK workers who have experienced a mental health problem have felt supported at work by their manager

Over 70 percent of young people, aged 18-34, reported experiencing mental health problems

Mental health continuum



Stigma

Research showed that the overwhelming majority of people with mental health problems say the way in which family, friends, neighbours and colleagues behave around them can have a big impact on their lives.

Source: Stigma Shout

www.time-to-change.org.uk

Time to Talk

How are
you
feeling
today?

I'm
Fine!!



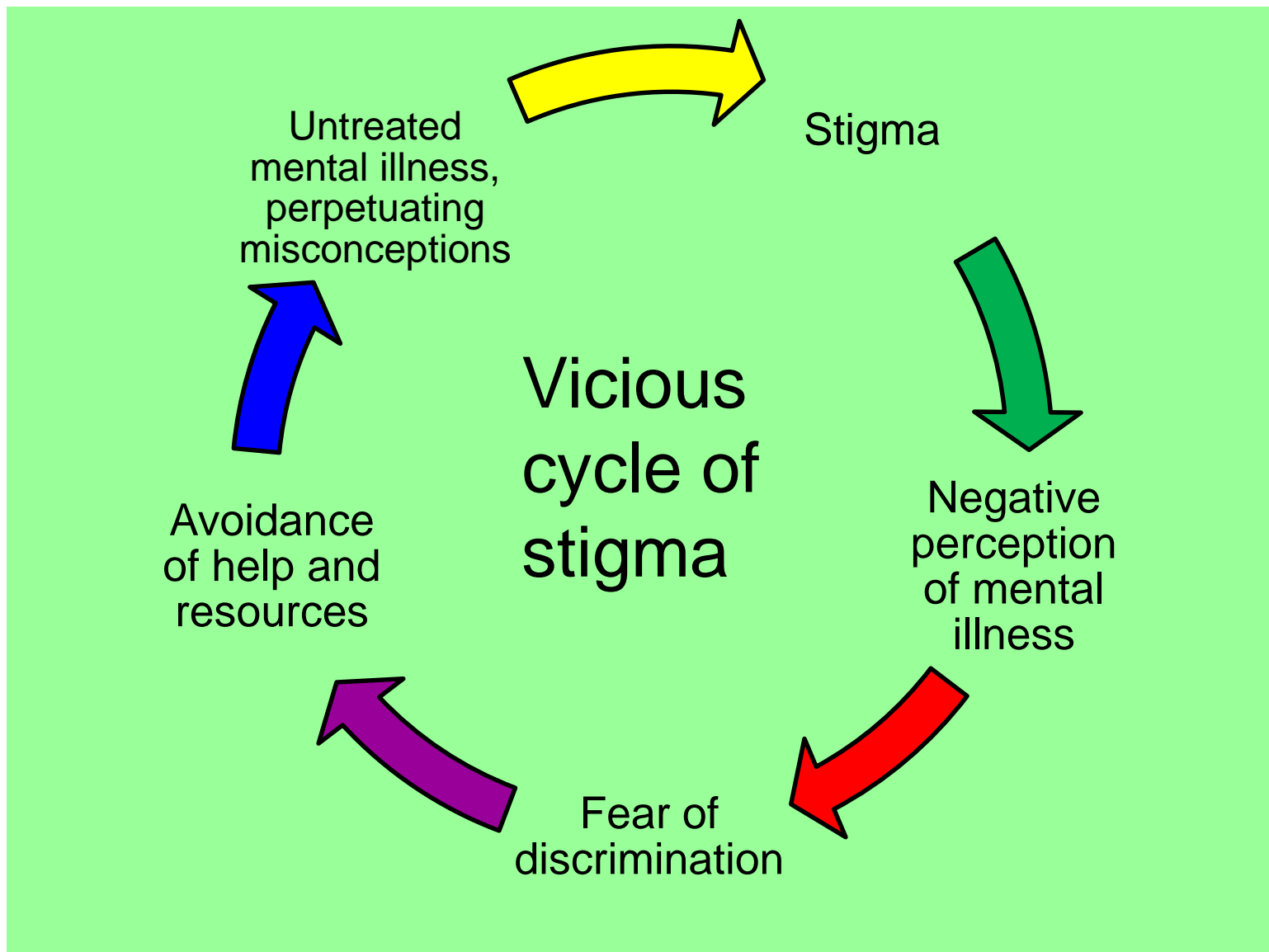
Stigma & discrimination

Stigma, discrimination and lack of inclusion can seriously affect the health, welfare and quality of life of people with mental health problems.

They are also an extra burden to cope with for people already living with a mental health problem.

Stigma and discrimination:

- Isolate people
- Exclude people from day-to-day activities
- Stop people getting and keeping jobs
- Prevent people seeking help
- Have a negative impact on physical health
- Delay treatment and impair recovery



Five ways to well-being

Evidence suggests that building five simple actions into our day-to-day lives is important for well-being

The concept of well-being comprises of two elements:

Feeling good

feelings of happiness, contentment, enjoyment, curiosity and engagement are characteristic of someone who has a positive experience of their life

Functioning well

Experiencing positive relationships, having some control over one's life and having a sense of purpose

Foresight Programme (2008)

Five ways to well-being

1. Connect
2. Be active
3. Take notice
4. Keep learning
5. Give

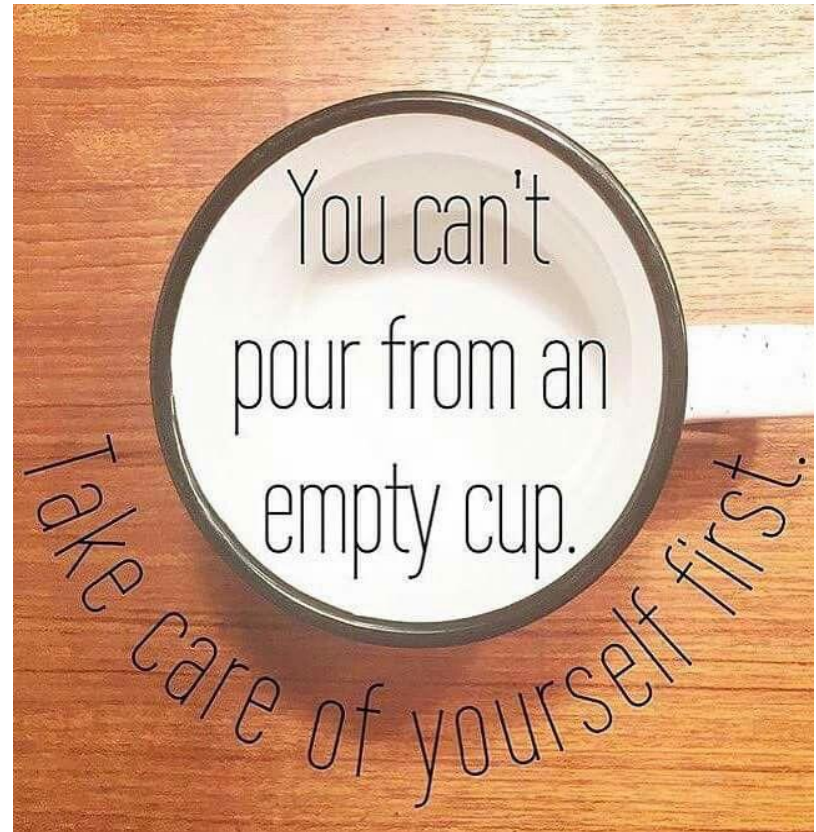


Self Care

Self-care is any activity that we do deliberately in order to take care of our mental, emotional, and physical health.

Although it's a simple concept in theory, it's something we very often overlook.

Good self-care is key to improved mood and reduced anxiety.



Self Care

- ◆ Try and have a nutritious, healthy diet.
- ◆ Get enough quality sleep.
- ◆ Do a form of exercise that you like!
- ◆ Use relaxation exercises
- ◆ Practice meditation
- ◆ Spend enough time with your loved ones
- ◆ Have a social media break
- ◆ Do at least one relaxing activity every day
- ◆ Do at least one pleasurable activity every day
- ◆ Look for opportunities to laugh
- ◆ Read a book
- ◆ Spend time with a pet
- ◆ Have a bath, have a nap
- ◆ Do not compare yourself to others

Tips for staying mentally well during covid-19

- ◆ Do not compare yourself to others
- ◆ Have a break from social media and the news
- ◆ It's ok to have a wobble
- ◆ Set boundaries between work and personal life
- ◆ Keep a gratitude journal
- ◆ Concentrate on your needs and not expectations
- ◆ Know when it is time to seek help for your mental health
- ◆ Society runs the risk of pathologising the **natural process** of adapting to radically changed circumstances

Support

Crisis Team – Single Point of Access

An all age, single point of access telephone number to call in a mental health emergency. The phone line, which is open 24 hours a day, seven days a week, offers callers, including those with learning disabilities and/or autism, a series of options which will divert them to their local service. **Freephone:0800 0516 171**

The Samaritans

Free confidential listening support service for anyone who needs to talk. Available 24/7 **Free** from any phone

Tel: 116 123 Text: jo@samaritans.org www.samaritans.org

Shout

UK's first free 24/7 text service for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. 24/7 free text service **Text Shout to 85258**

Support

Every Mind Matters

The NHS online resource Every Mind Matters is a dedicated web based mental health and wellbeing support service. It offers confidential and reliable self-help information.

<https://www.nhs.uk/oneyou/every-mind-matters/>

Durham Locate

The source of people's stress and low mood might be a specific problem or issue to overcome rather than depression or anxiety. Durham Locate is an online directory allowing residents to connect with local services.

<https://www.durhamlocate.org.uk/>

Video links used

Depression

<https://www.youtube.com/watch?v=XiCrniLQGYc&list=Tlpf8QaZUK8ZDyoqnzLT5nSOdluds063B3>

Anxiety

<https://youtu.be/vknh8grC9qc>

Bi-polar

<https://youtu.be/B139W3-GZTo>

Schizophrenia

https://youtu.be/_VMkXdt9DIU

Thank you

www.wellbeingforlife.net/training-courses