

The facts and figures around **Mental Health** can be alarming.

- 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
- Women are more likely to have been treated for a mental health problem than men and about ten percent of children have a mental health problem at any one time
- Depression affects 1 in 5 older people
- Suicides rates show that British men are three times as likely to die by suicide than British women and self-harm statistics for the UK show one of the highest rates in Europe: 400 per 100,000 population
- Only 1 in 10 prisoners has no mental disorder.
- Anxiety and depression are the most common problems, with around 1 in 10 people affected at any one time
- Between one and two in every 100 people experience a severe mental illness, such as bi-polar disorder or schizophrenia, and have periods when they lose touch with reality

Mental Health affects us all. How we think and feel about ourselves and our lives impacts on our behaviour and how we cope in tough times.

It affects our ability to make the most of the opportunities that come our way and play a full part amongst our family, workplace, community and friends. It's also closely linked with our physical health.

Whether we call it well-being, emotional welfare or mental health, it's key to living a fulfilling life.

Mental health problems range from the worries we all experience as part of everyday life to serious long-term conditions. The majority of people who experience mental health problems can get over them or learn to live with them, especially if they get help early on.

Mental health problems are usually defined and classified to enable professionals to refer people for appropriate care and treatment. Some diagnoses are controversial and there is concern in the mental health field that people are too often treated according to or described by their 'label', which can have a profound effect on their quality of life, but diagnoses remain as a way of dividing and classifying symptoms into groups.

Many people who live with a mental health problem or are developing one try to keep their feelings hidden because they are afraid of other people's reactions. And many people feel troubled without having a diagnosed, or diagnosable, mental health problem - although that doesn't mean they aren't struggling to cope with daily life.

Source: Mental Health Foundation – www.mentalhealth.org.uk

Talking about **Mental Health** – being there for someone.

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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.

Find out more about mental health and how to be there for someone at time-to-change.org.uk

Someone you know has a mental health problem.

Ready to start your conversation?

it's time to talk. it's time to change

let's end mental health discrimination

Take the lead: Don't be afraid to ask how someone is – give them the option to talk to you if they want to.

Avoid clichés: Phrases like 'Cheer up', 'I'm sure it'll pass' and 'Pull yourself together' won't help.

Think about body language: Try to be relaxed and open; regular clock watching or looking uncomfortable won't go unnoticed.

Ask how you can help: People will want support at different times in different ways.

Don't just talk about mental health: People don't want to be defined by their mental health problem so keep talking about the things you always talked about – spending time and lending an ear is important.

Don't avoid the issue: Asking for support can be a hard step to take.

Give them time: Some people might prefer a text or email rather than talking on the phone or face to face. This means they can get back to you when they feel ready. What's important is that they know you'll be there when they're ready to get in touch.

Famous People speaking out about **Mental Health** say:

Stephen Fry – "I want to speak out, to fight the public stigma and to give a clearer picture of mental illness that most people know little about."

Gary Lineker – "We all have moments when life can feel like a struggle. It doesn't matter who you are or what you do, a mental health problem can affect just about anyone. It's something we shouldn't be ashamed of and it's something we all need to be open about. It's time to talk. It's time to change."

Davina McCall – "Talking about mental health problems should be as easy as talking about physical health problems - you wouldn't be ashamed or scared to tell someone you were ill would you? Being open about mental health goes a long way to breaking down the stigma."

Source: Time to change – www.time-to-change.org.uk

A person may be more likely to have suicidal thoughts if they have a mental condition, However "the majority of people who feel suicidal do not actually want to die; they do not want to live the life they have."

Source: Samaritans.



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To obtain an indication into the seriousness of a suicide threat – ask open questions as to whether:

- The person has a current plan
- The person has attempted suicide before
- The person has the means by which to take their own life

There are some immediate actions that can be taken:

- If a person is not with you – encourage them to phone the Samaritans and / or contact the Police on 101 to arrange for a welfare visit to take place or make an appointment with their GP or present at A&E for an immediate assessment.
- If a person is with you – actively listen, encourage them to phone the Samaritans (you are not an expert) or make contact with their GP or present at A& E for an immediate assessment.

Some organisations that support Mental Health are listed below and further details of local organisations can be found in our Centres and in the directory of local organisations in the Safeguarding page on the intranet.

	What they do	Contact details
Rethink	Offers practical help on the Mental Health Act, community care, welfare benefits, debt, criminal justice and carer's rights.	www.rethink.org.uk Tel: 0300 5000 927 Mon – Fri 10am to 2pm not including Bank Holidays
Mind	Support over 400,000 people across England and Wales. Their services include supported housing, crisis helplines, drop-in centres, employment and training schemes, counselling and befriending.	www.mind.org.uk/information-support/local-minds
Young Minds	Does not offer advice to young people – <u>our helpline service is for parents or carers</u> worried about a child or young person.	PARENTS HELPLINE: Call: 0808 802 5544 (Monday to Friday 9.30am – 4pm, free for mobiles and landlines).
Young Minds can't refer you to CAMHS services. To find your local CAMHS service : visit <u>NHS Choices – Child and Adolescent Mental Health Services</u> and search for services in your area, or speak to your GP who can refer you.		
SANE	Work to improve quality of life for anyone affected by mental illness.	Helpline – 0845 7678000