

Mental Health Awareness Week 10th - 16th May 2021

What is Mental health?



Mental Health

We all have mental health just as we all have physical health

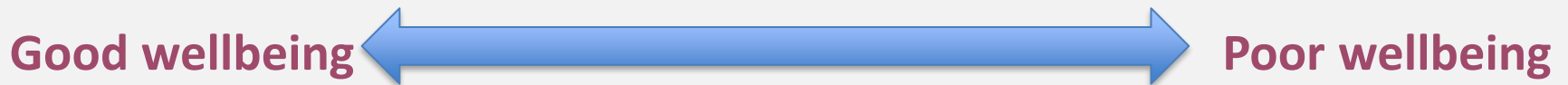
Mental health includes our emotional, psychological, and social well-being. It can affect how we think, feel, and act

Positive mental health allows people to develop, learn, and cope with the stresses of life

Anyone can develop a mental health problem

Mental wellbeing scale

We can think of mental wellbeing as a sliding scale: one side is good wellbeing, and the other side is poor wellbeing



Many factors in our lives might make our wellbeing move up or down the scale

Some common mental health problems

Depression – Prolonged low mood, hopelessness, loss of energy

Anxiety disorders – Sense of worry, panic, dread which is affecting someone's ability to live their life as usual

Eating disorders – May have an unrealistic view of their body shape and weight. Not just about dieting - often low self esteem or a lack of control over other things

Self harm – Often a way of coping with emotional difficulties by relieving unbearable tension.

Psychosis – Change of reality. Sometimes hearing voices and seeing things that others don't see/hear. May experience delusions and paranoia

Bipolar Disorder – Likely to experience extreme swings, from low mood (depression) to periods of overactive behaviour (mania)

OCD – Typically has two sides, obsessions and compulsions

8 Ways to Wellbeing

Talking

being open with people you trust about how you're feeling.

Exercising

looking after your body, playing sport, eating healthy.

Calming

trying meditation, good sleep habits like turning your phone off early.

Learning

a new skill, a great way to gain confidence.

Relating

spending time with the people you care about.

Contributing

helping others or contributing to causes you believe in.

Creating

expressing yourself creatively e.g. music, art, drama, writing.

Congratulating

being kind to yourself or listing the qualities that you value in yourself.

Key points

- We all have mental health
- Anyone can develop a mental health problem
- There's help to recover



More Support

- The Mix - www.themix.org.uk
- Samaritans - 116 123
- SANE - 0300 304 7000
- Mind - www.mind.org
- Local GP



time to change

let's end mental health discrimination

Thank You