

better *together*

Basic Mental Health Awareness Training



Community Development Workers

Introductions

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Perception

What do you see here?



Rabbit

Duck



Mental Health Knowledge

Please fill in the blanks.

better *together*



Group Activity

**Mental
Health**

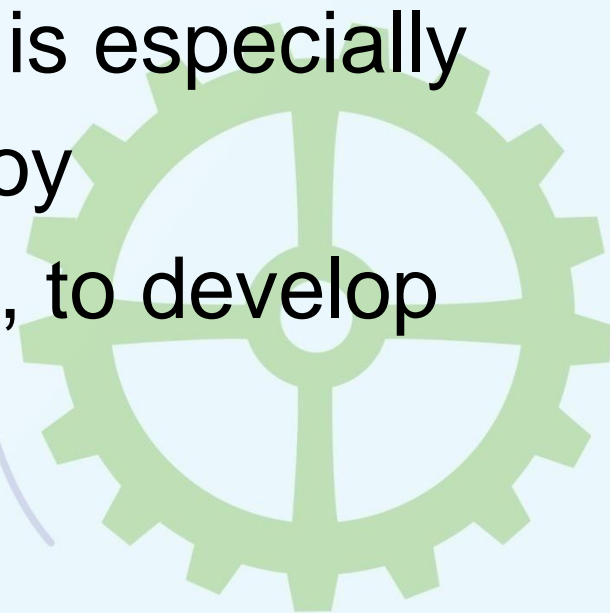
**Mental
illness /
health
problem**



A Definition of Mental Health

“The capacity to live a full, productive life as well as the flexibility to deal with its ups and downs.

In children and young people it is especially about the capacity to learn, enjoy friendships, to meet challenges, to develop talents and capabilities.”



Types of Mental Health Problems

- **Depression** – low mood, hopelessness, loss of energy
- **Anxiety disorders** – sense of worry, panic, dread on a level that has a negative impact on the person's life
- **Eating disorders** – sometimes distorted view of body shape and weight – not just about dieting. Often low self esteem or control.
- **Self harm** – often a way of coping with emotional difficulties.
- **Psychosis** – change of reality. Sometimes hearing voices and seeing things that others don't see / hear. May feel paranoid.

Why do People Develop Mental Health Problems

- Some people feel it is a chemical imbalance
- Some feel it is all about trauma (everyone has a personal story of trauma, abuse, grief, separation loss etc)
- Some feel it is about deprivation
- There are a lot of views but it is important that the individual's own view is listened to, considered important and respected
- **There is no one answer**

Stigma and Discrimination

- **A definition of stigma:** The experience of shame or disgrace that sets people apart and identifies them as being different or undesirable
- **A definition of discrimination:** Less favourable treatment of people, which might include being less able to access opportunities and resources

Stigma and Discrimination Affect

- Self-confidence and well-being
- Beliefs in society about violence and danger
- Family and friendships
- Relationships
- Education
- Physical health



Agree / Disagree?

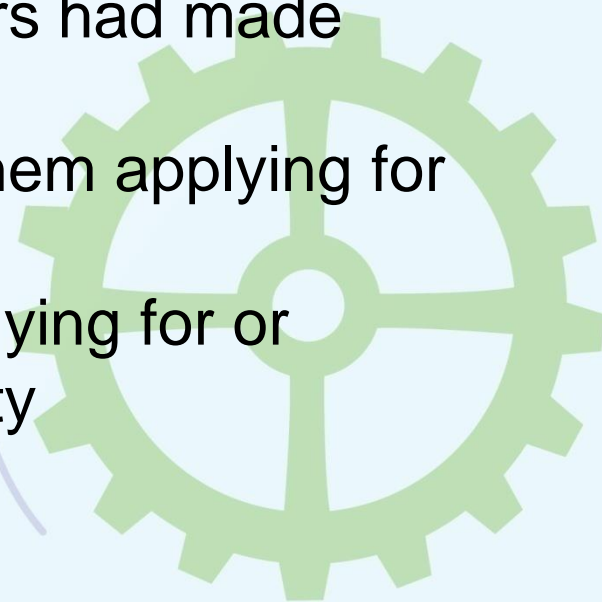
- People with mental health problems are different from 'normal' people
- I know someone with a mental health problem
- After experiencing a mental health problem people are weaker
- People aren't discriminated against because of mental health problems



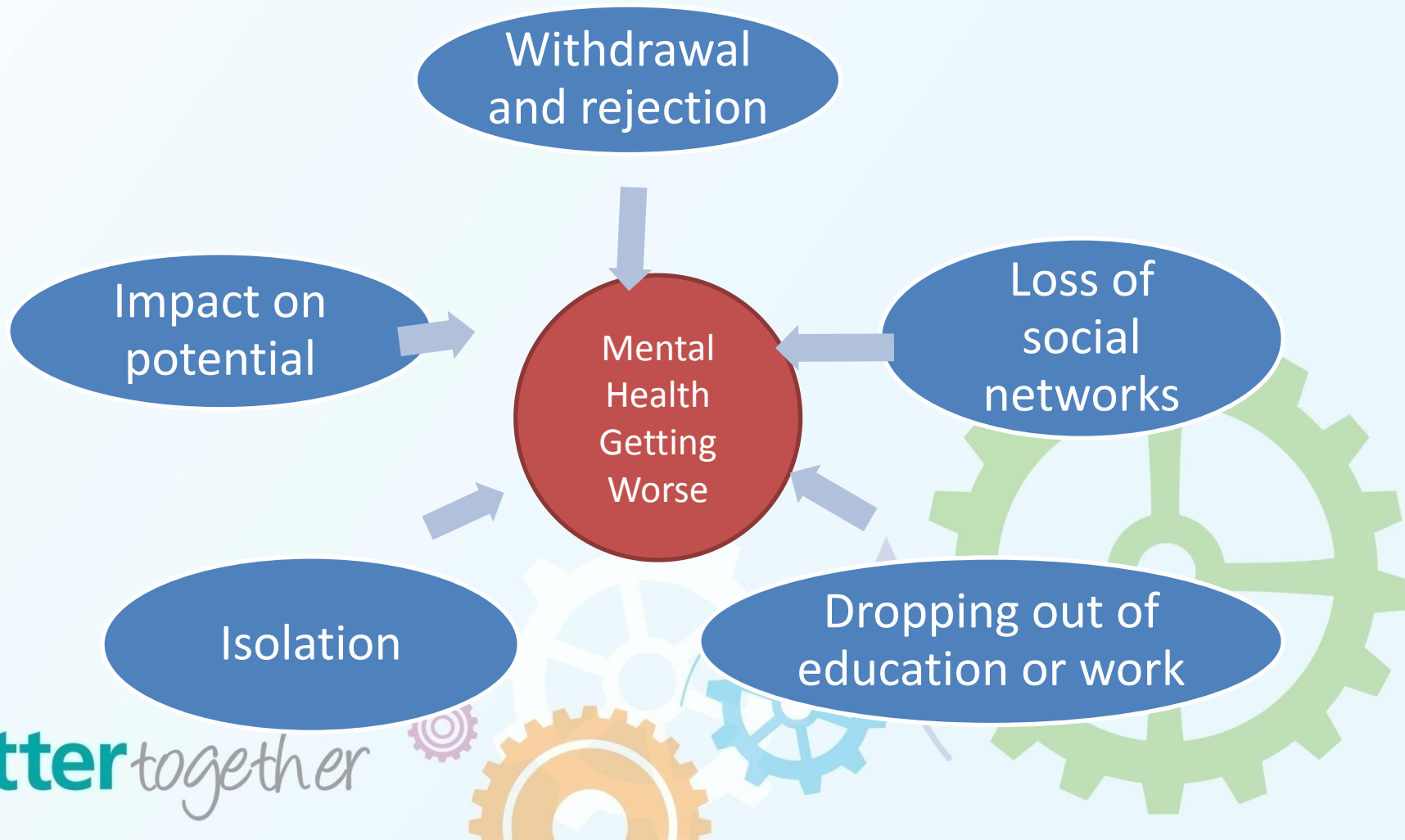
Impact of Stigma

Young People report that they have experienced stigma from:

- friends (70%)
- parents (57%)
- boyfriends and girlfriends (45%)
- teachers (40%)
- 26% said negative reactions from others had made them want to give up on life
- 57% said fear of stigma had stopped them applying for a job
- 32% said that it had stopped them applying for or taking up a place at college or university

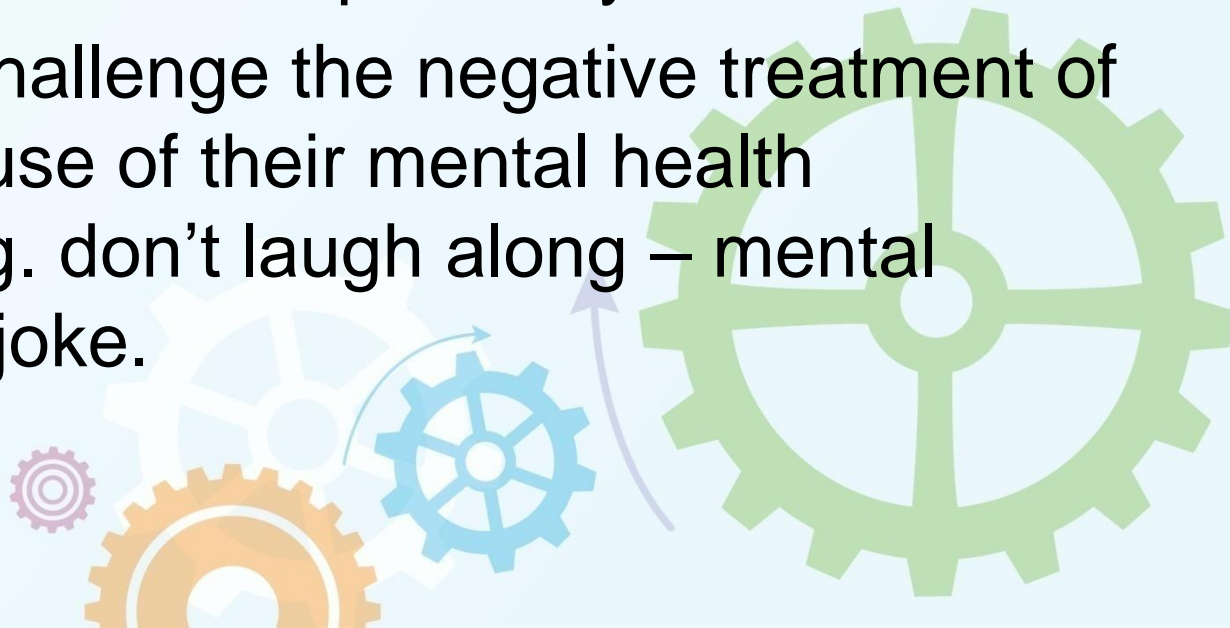


Impact of Mental Health Worsening



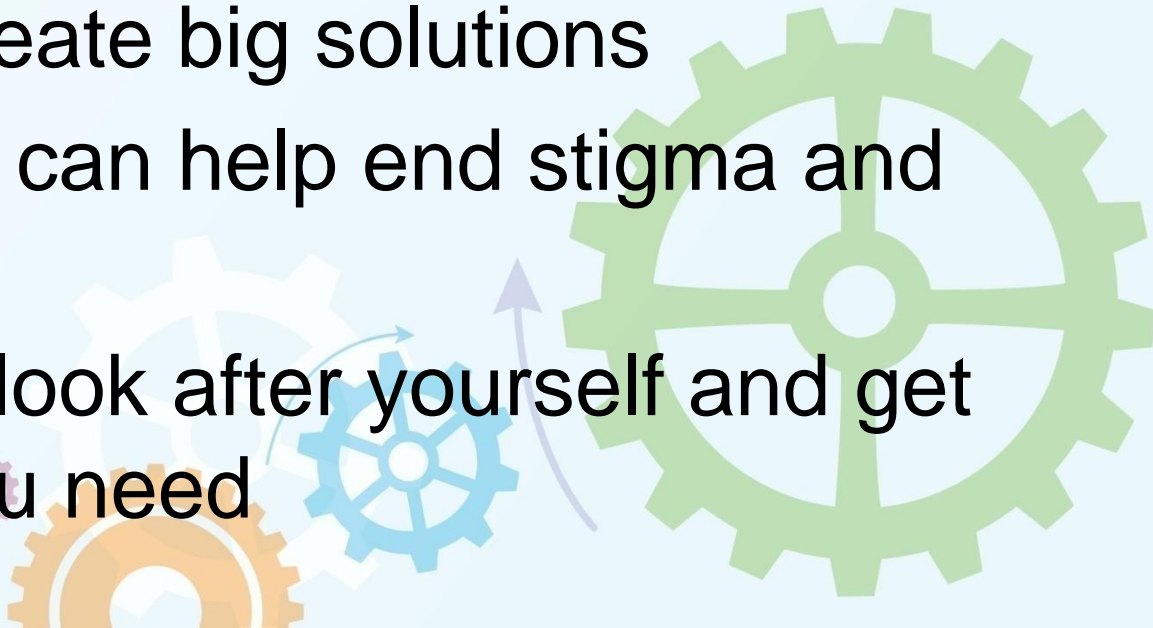
How to Challenge Stigma and Discrimination

- Increase your awareness of mental health problems
- Consider it could be your friend, your family or even yourself at some point in your life
- If you can, challenge the negative treatment of others because of their mental health problems e.g. don't laugh along – mental illness is no joke.



How to Challenge Stigma and Discrimination

- Continue to be friendly
- Ask how they are
- Ask them what support they need
- Small steps create big solutions
- Know that you can help end stigma and discrimination
- Remember to look after yourself and get the support you need



Common Mental Health Disorders

- Depression
- Anxiety
- Stress

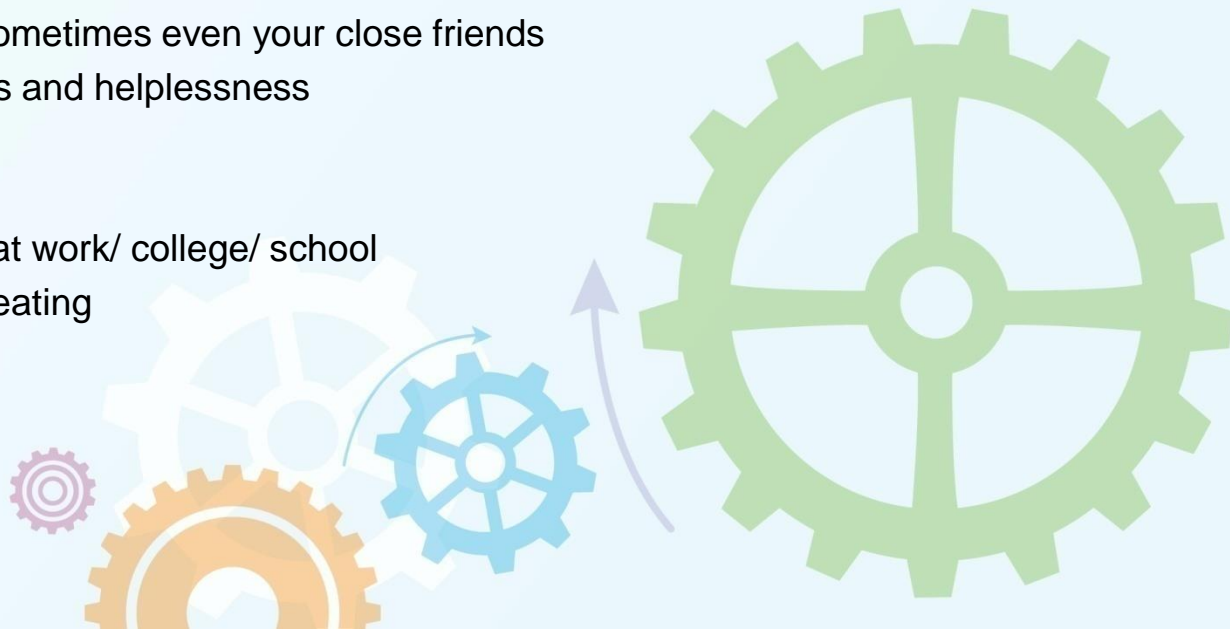


What is Depression ?

An unusually low mood that lasts for at least 2 weeks and affects an individuals ability to carry out their normal tasks

Signs and symptoms

- Tiredness and loss of energy
- Sadness that doesn't go away
- Loss of self-confidence and self-esteem
- Difficulty concentrating
- Feeling anxious all the time
- Avoiding other people, sometimes even your close friends
- Feelings of hopelessness and helplessness
- Wishing they were dead
- Sleeping problems
- Finding hard to function at work/ college/ school
- Loss of appetite or over eating



What is Anxiety?

Anxiety is a natural response to a situation perceived as threatening or dangerous. This response is sometimes called '*fight or flight*'

Although anxiety is a normal reaction it can become a problem when it occurs more frequently.

Symptoms

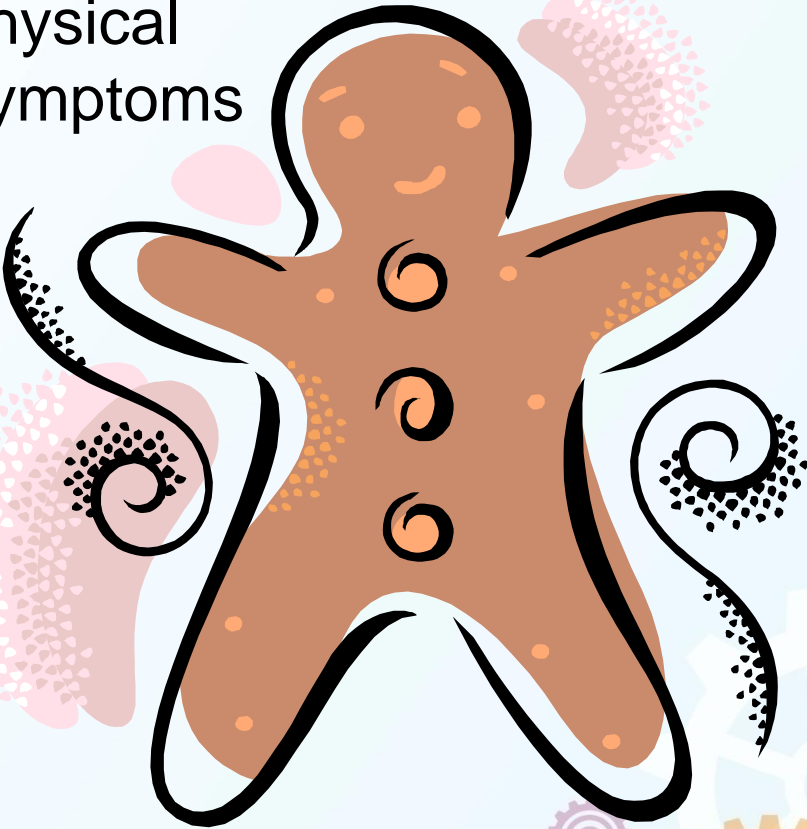
- Psychological Symptoms
- Physical Symptoms



Anxiety

Activity

Physical
Symptoms



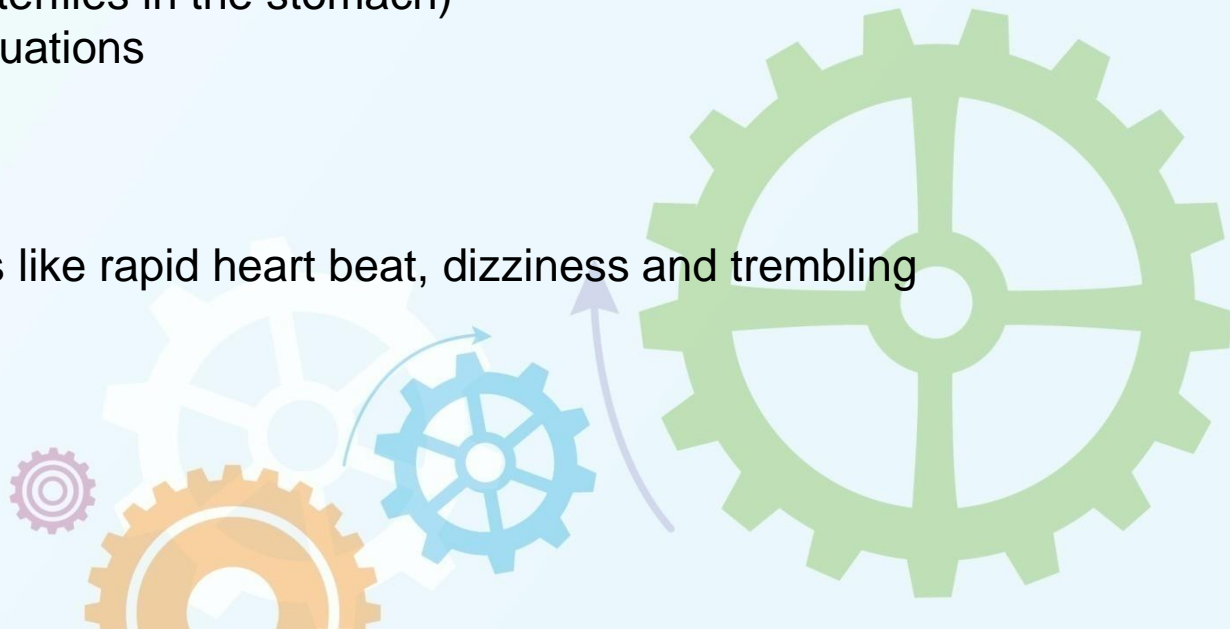
Psychological
Symptoms



Although anxiety is a normal reaction it can become a problem when it occurs more frequently and in a variety of situations so that it starts to impact on our day to day living.

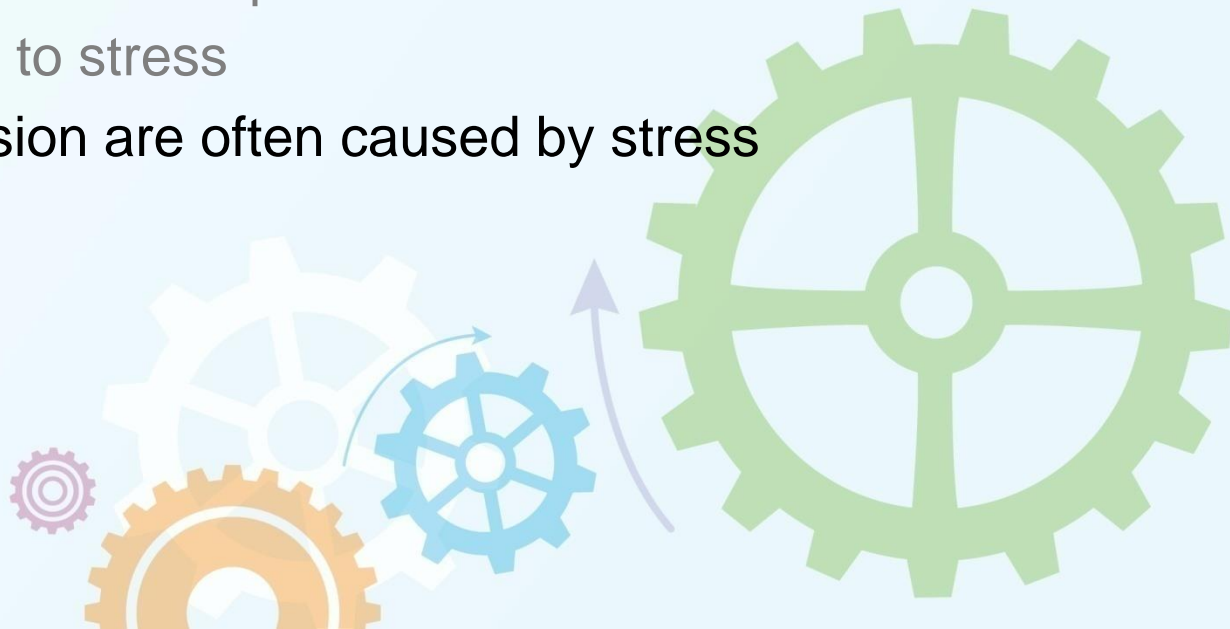
Symptoms can include:

- unrealistic or excessive fear and worry
- irritability
- worrying about things a lot
- feeling that something terrible is going to happen
- feeling scared (butterflies in the stomach)
- avoiding certain situations
- disturbed sleep
- muscle tension
- restlessness
- physical symptoms like rapid heart beat, dizziness and trembling



What is Stress?

- Stress is when your body reacts to something it cannot handle
 - The mind becomes over loaded
 - Emotions cannot cope
 - The body is constantly 'alert'
- It is the way you feel when pressure is placed on you
 - A little bit of pressure can be productive
 - Too much can lead to stress
- Anxiety and depression are often caused by stress



Stress

Reasons for feeling stressed

- Work
- Family breakdown (divorced parents, loss of family member)
- New family ties (step-brothers/sisters/parents)
- Health problems
- Financial problems
- Major changes at work (new manager, bullying, harrassment)
- Death of someone close
- Fell out with friend



Severe Mental Health Disorders

- Psychosis
- Bi-Polar
- Schizophrenia



Psychosis

A mental condition where somebody is unable to distinguish between reality and their imagination.

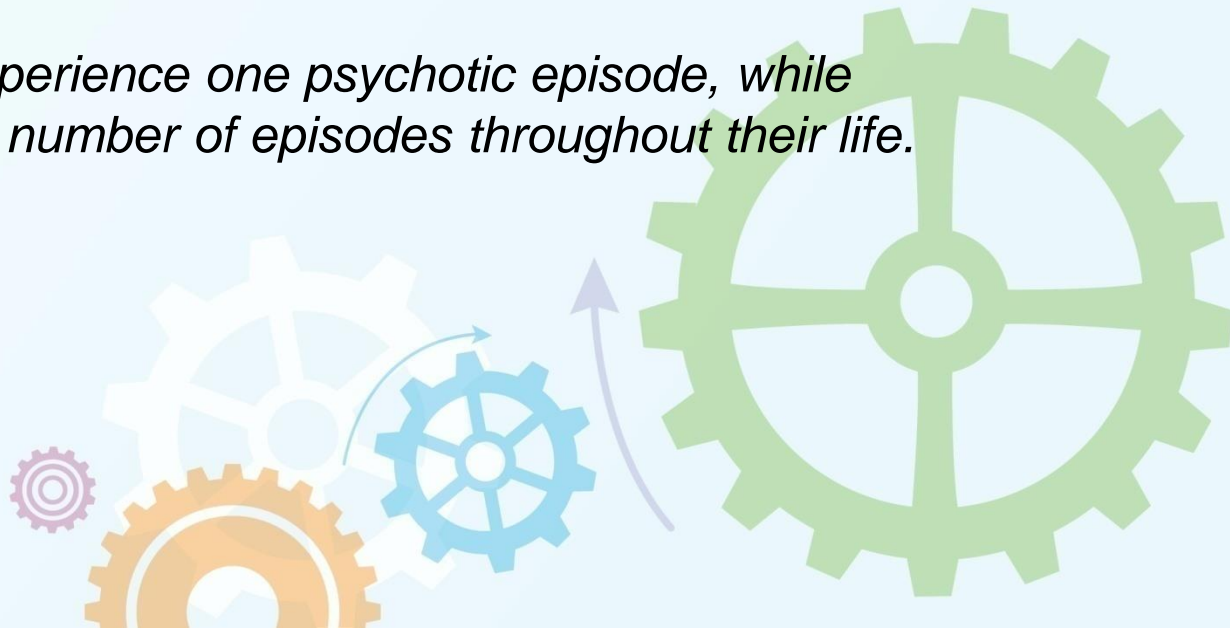
People with psychosis often experience:

Hallucinations - where you hear or see things that are not there

Delusions - where you believe things that are untrue

Psychosis is more common than most people realise. It is estimated that one in every 200 people in the UK has experienced psychosis.

Some people will only experience one psychotic episode, while others may experience a number of episodes throughout their life.



Schizophrenia

- chronic mental health condition that causes range of different symptoms

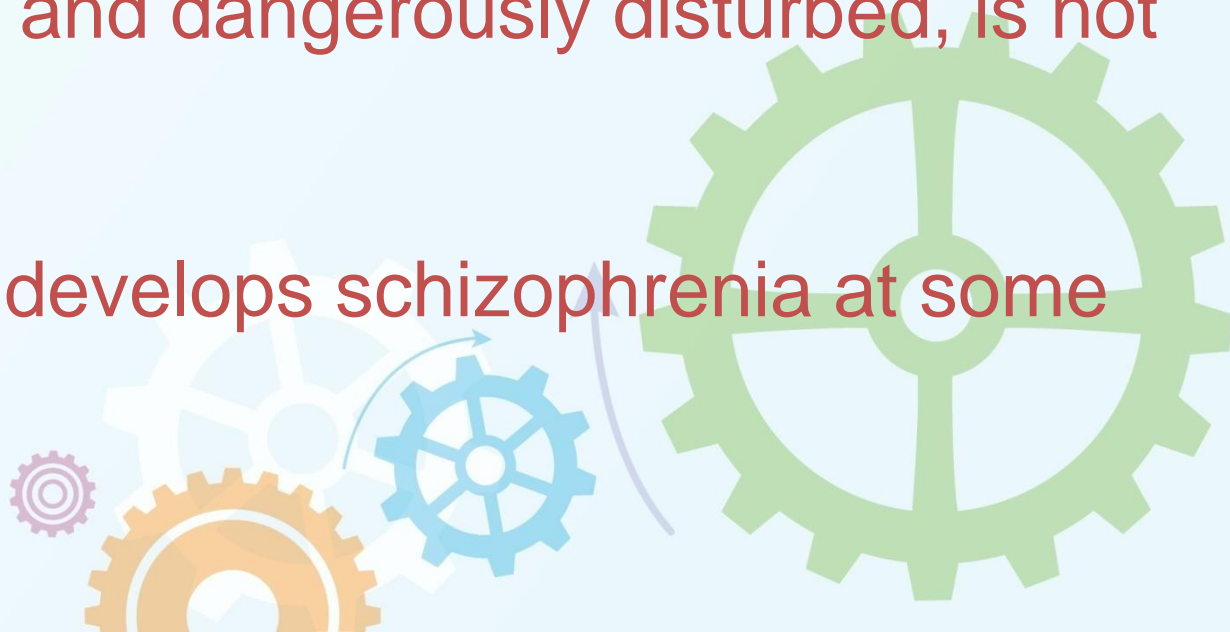
Bipolar Disorder

- previously known as manic depression
- affects your moods
- periods, or 'episodes' of:
 - Depression
 - Mania



What is Schizophrenia

- Firstly and most importantly Schizophrenia is not a split personality
- This idea that the behavior and personality of people with Schizophrenia swing dramatically between normal and dangerously disturbed, is not true
- 1 in 100 people develops schizophrenia at some time in their life



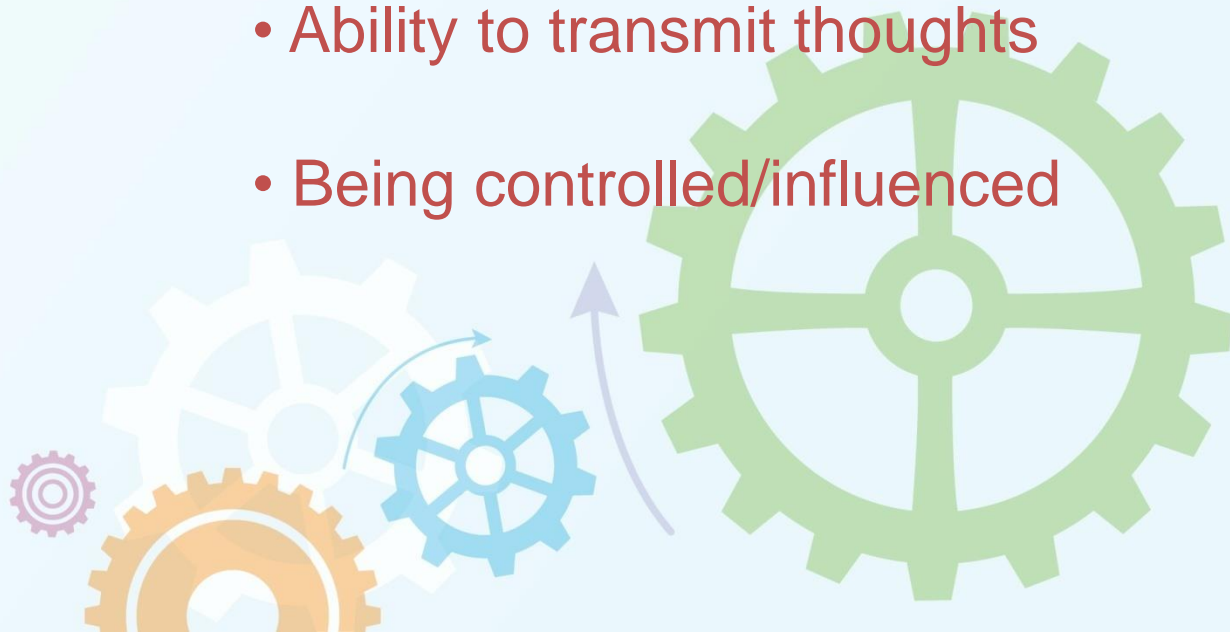
Schizophrenia

Hallucinations

- Hearing voices
- Smell
- Feel (Tactile)
- See (Visual)

Thought Broadcast

- Someone taking thoughts
- Someone inserting thoughts
- Ability to transmit thoughts
- Being controlled/influenced



What is Bipolar

- Bipolar illness presents as a *mood disorder* which can involve extreme swings of mood ranging from severe depression to severe mania (lows to highs).
- There may be long periods of stability in between.
- Each individual will have a unique pattern of severity and duration.
- Severe and frequent recurrent depression



- Anybody can suffer from bipolar disorder.
- Men suffer as often as women and people of higher social class, as often as people of lower social class.
- It is estimated that 1% of the population will suffer from bipolar disorder at some point in their lives.
- Which means 700,000 people are suffering with this illness in Britain today.
- Sufferers may have elated manic periods, also low depressive periods, with treatment and support these extremes can be established
- **Most people recover to lead very normal lives**



5 Ways Mandela

- To help with relaxation
- Focus on Creation



5 Ways to Well-being

Take Notice

Keep Learning

Give

Connect

Be Active



Connect

Evidence:

- Psychiatric morbidity studies show the most significant factor is social participation
- Weak social networks (3 or less) predicts future Common Mental Disorders

Examples:

- Join in, use your library, join a social club, keep in touch with friends and family, use your local community organisations, churches, temples and voluntary groups, go to the pub or club rather than drink at home, talk to your neighbours



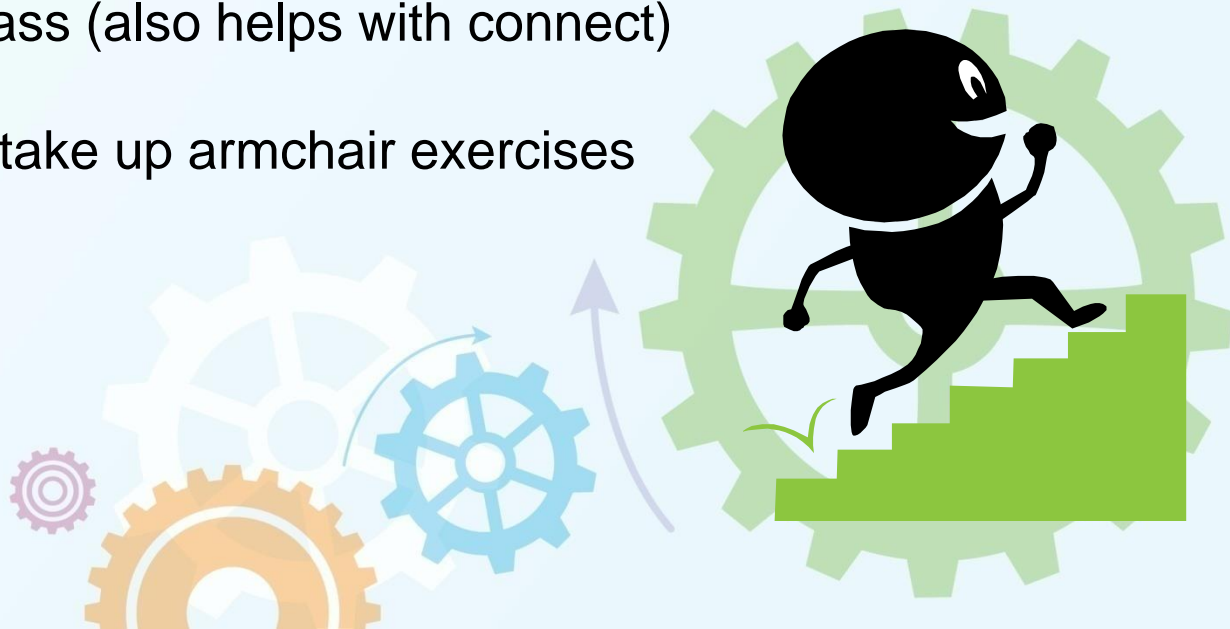
Be active

Evidence:

- Longitudinal studies indicate exercise protects against cognitive decline, reduces anxiety and lifts mood

Examples:

- Run, Walk the dog, walk to the shops, walk as much as possible, cycle, join a gym
- Join a local exercise class (also helps with connect)
- Join a walking group
- If mobility is a problem take up armchair exercises
- Take the stairs



Take notice

Evidence:

- Mindfulness (state of being attentive and aware of what is taking place in the present) is predictive of future positive mental states

Examples:

- Lose yourself in nature (birds, weather, seasons)
- Have some 'quiet time' each day, relax and listen to your breathing for 10 minutes
- Practice relaxation, yoga, meditation or if religious prayer
- Take your time over food, enjoy the tastes and smells



Keep Learning

Evidence:

- Learning through life encourages social interaction and promotes self-esteem and there is evidence that learning can lift depression amongst older people

Examples:

- Take up and learn a new skill or hobby
- Cook a meal you have not made before
- Enrol on a course – library or community association
- Do puzzles such as sudoku or crosswords



Give

Evidence

- Volunteering (especially amongst older people) has a strong impact on positive mood and increased meaning in life. Acts of kindness have an immediate positive effect and if carried on a longer term benefit

Examples:

- Smile, say hello to neighbours
- Give compliments
- Volunteer, help people out
- Be a good listener to others
- Practice random acts of kindness

