



Mental Health
Awareness


A Holistic Approach
to Mental Health

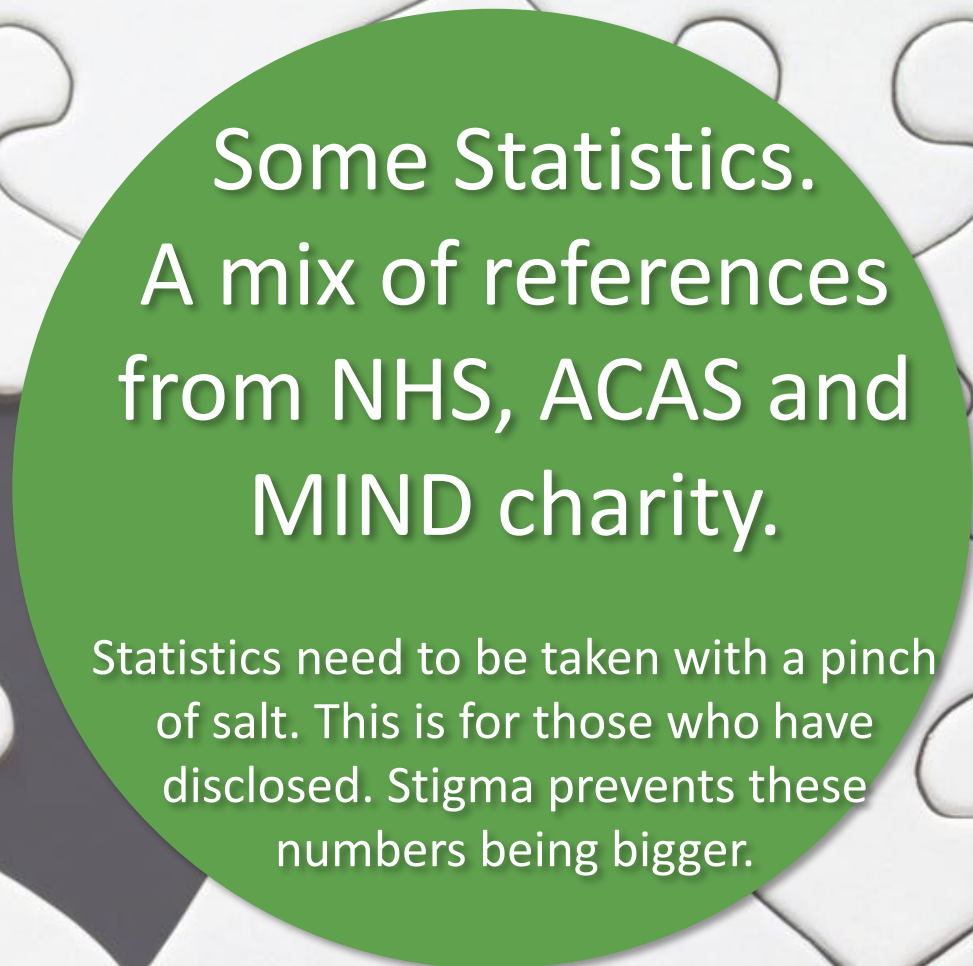
The conversation
that we should all
be having

ABC life support
First aid training for all

A person wearing a dark blue and white plaid shirt is shown from the chest up. Their right hand is raised, with fingers spread, over their chest area. A large, semi-transparent white circle is centered over the hand and chest. Inside this circle, the text "How are you?" is written in a dark green, sans-serif font. The background is a plain, light grey wall.

How are you?

- 
- At any given time 1 in 6 working age adults have symptoms associated with mental health.
 - Mental ill health is responsible for 72 million working days lost and cost £34.9 billion each year.
 - Half of all mental ill health starts by age 15 and 75% develops by age 18.
 - Presenteeism accounts for 2 times more losses than absences
 - 69% of UK line managers say that supporting employee wellbeing is a core skill but only 13% have received mental health training.



Some Statistics.
A mix of references
from NHS, ACAS and
MIND charity.

Statistics need to be taken with a pinch of salt. This is for those who have disclosed. Stigma prevents these numbers being bigger.

What does the term
'Mental Health'
mean to you?



What does the term
'Mental Health'
mean to you?



“

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.

”

World Health Organisation



Stress
Container
Activity

What is stress?



Stress Container Activity



A VIDEO

A good exercise to do when you have the time is to address things that are going on in your life. This helps with perspective and action.

A photograph of a stack of smooth, dark, rounded stones on a beach. The stones are stacked in a slightly irregular manner, with some larger stones at the base and smaller ones on top. The background shows a calm ocean under a bright, hazy sky, suggesting a sunrise or sunset. A large, semi-transparent white circle is centered over the image, containing the text.

The Continuum: We
Are All On It
Somewhere...

Maximum mental health/wellbeing

Somebody with no
mental illness or
disorder and has
positive/good
mental health

**Severe diagnosis of
mental illness**

**No diagnosis of mental
illness**

Minimum mental health/wellbeing



Maximum mental health/wellbeing

Somebody with no
mental illness or
disorder and has
positive/good
mental health

Somebody with no
diagnosis of
mental illness but
has poor mental
health

**Severe diagnosis of
mental illness**

**No diagnosis of mental
illness**

Minimum mental health/wellbeing



Maximum mental health/wellbeing

Somebody with no
mental illness or
disorder and has
positive/good
mental health

**Severe diagnosis of
mental illness**

Somebody with a
diagnosis of a
serious mental
illness but has
poor mental health

**No diagnosis of mental
illness**

Somebody with no
diagnosis of
mental illness but
has poor mental
health

Minimum mental health/wellbeing



Maximum mental health/wellbeing

Somebody with a diagnosis of a serious mental illness but copes well and has positive/good mental health

Somebody with no mental illness or disorder and has positive/good mental health

**Severe diagnosis of
mental illness**

Somebody with a diagnosis of a serious mental illness but has poor mental health

Somebody with no diagnosis of mental illness but has poor mental health

**No diagnosis of mental
illness**

Minimum mental health/wellbeing




Summary of the Continuum

You have all heard
of diagnosis like
depression, anxiety
and bipolar
disorder


But having a diagnosis does not necessarily mean that someone's mental health is poor right now. You could have a diagnosis of a mental health condition but, right now, be able to manage it and function well at work and at home.

Equally, they might not have a particular diagnosis, but be finding things very difficult.



“Everyone is somewhere on the mental health spectrum, so this is a business productivity issue which should be dealt with alongside other health and safety considerations. Creating a positive environment for mental health demonstrably costs less than failing to do so.”

Nigel Carrington, University of the Arts London – Thriving at Work

A person with long, dark, wavy hair is shown from the chest up. They are covering their face with both hands, with their fingers spread, suggesting a state of distress or emotional pain. The background is a soft, out-of-focus blue. Overlaid on the center of the image is a semi-transparent white circle containing text.

Some signs and
symptoms that
may indicate
that a person is
becoming
unwell...



Poor
concentration

Sleeping
more
or less

Feeling less
interested in
day-to-day
activities

Drinking or
eating more

Being easily
distracted

Feeling
overwhelmed
by things

Aggression

Talking more,
talking very fast,
jumping between
topics and
ideas

Tiredness and
lack of energy

Worrying
more

Talking less
and avoiding
social
activities


Finding it
hard to make
decisions

Irritability and
short temper

Low
mood

Tearfulness

Finding it
difficult to
control your
emotions



Workplace recognition of stress/mental ill- health

A change in the way someone thinks or feels can also be a sign of stress, for example:

- **mood swings**
- **being withdrawn**
- **loss of motivation, commitment and confidence**
- **increased emotional reactions – being more tearful, sensitive or aggressive**

A change in the way someone acts can be a sign of stress, for example they may:

- **take more time off**
- **arrive for work later**
- **be more twitchy or nervous**

What can we do
to support
ourselves and
others





Review current provision honestly and with buy in from each department lead

Identify training requirement MHFA?

Awareness for EVERY employee

Outsource and seek advice STRATEGY?

Secure buy In from communication department and embark of program all year round



MHFA England

Mental Health First Aider courses.

- Encourage people to challenge the language we use around mental health
- Explore our different frames of reference and the stigma attached to mental health
- Help people to understand what good mental health looks like
- Explore the factors that can have an impact on our mental health
- Look at how to support yourself and others with self-care, giving the skills to influence your own mental health and help prevent mental ill health
- Teach how to intervene (including in a crisis), reassure and signpost to further support
- Promote Actively listening – SEE VIDEO
- Teach about diagnosable mental health conditions, what unwell looks like and how to spot these signs in yourself and others

GIVE

**KEEP
LEARNING**

CONNECT

**BE
ACTIVE**

**TAKE
NOTICE**



Thank you



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First aid training for all