

KNOWLEDGE ORGANISER- MENTAL HEALTH

LEARNING
DEVELOPMENT

“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

St Brendan's Sixth Form

Key people:

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Who is affected by Mental Health?

- Everybody has mental health
- 1 in 4 adults and 1 in 10 children experience a mental health problem every year
- Young people experiencing anxiety in childhood are 3.5 times more likely than others to experience depression or anxiety in adulthood.
- Black and Minority Ethnic Groups are at higher risk of mental health problems and also may find it more difficult to use mental health services.

Children with Autism are more likely to suffer with depression or an anxiety disorder. Autistic adults are 9 times more likely to commit suicide

Stress

Stress is not a mental illness however it is at the root of many mental health problems, such as anxiety and depression.

A traumatic event could lead to Post Traumatic Stress Disorder

Potential Triggers

• Parental Health	• Alternative Care-giver	• Change
• Poverty	• Neglect	• Bullying
• Physical/sexual/emotional abuse	• Divorce	• Traumatic events
• Poor Housing	• Loss	• New Arrivals

For Yourself

Build resilience and reduce stress by:

- Accepting change
- Having a positive network of friends
- Treating yourself
- Take care of your physical health (exercise, sleep well, eat well)
- Helping others
- Plan your time and take breaks
- Creative arts, music, yoga, meditation
- Ask for help, accept support

For Others

- Encourage talking and listen without judgement
- Do not try and solve the problem
- Ask them how they are and what support they need
- Be positive, remember their strengths as well as their problems
- One kind act can make a big difference
- Do not label, make a stand against stigma and discrimination
- Be realistic about your role. Be clear about your capacity to help
- Find ways to talk about mental health that work for you.
- Start by discussing celebrities who are talking about their mental health in the media.
- It can be easier to talk side-by-side, rather than face-to-face.
- Talking about mental health problems, even relatively sensitive subjects like self-harm and suicide won't make them any more likely to experience it. Actually being open about it might mean they feel comfortable asking for help sooner.

General Strategies

ANGER

Anger only becomes a problem when it gets out of control and harms you or people around you.

This can happen when:

- You regularly express your anger through unhelpful or destructive behaviour
- Your anger is having a negative impact on your overall mental and physical health
- Anger becomes your go-to emotion, blocking out your ability to feel other emotions
- You haven't developed healthy ways to express your anger

(Mind,2019)

Helplines

- [mensadviceline.org.uk](https://www.mensadviceline.org.uk)
- [mindtools.com](https://www.mindtools.com)
- [turning-point.co.uk](https://www.turning-point.co.uk)
- [womensaid.org.uk](https://www.womensaid.org.uk)
- [respect.uk.net](https://www.respect.uk.net)

Strategies

- Stay calm
- Try to listen to them
- Give them space
- Set boundaries
- Help them identify their triggers
- Support them to seek professional help
- Look after your own wellbeing.

Helplines

- anxietycare.org.uk
- www.topuk.org
- Anxiety UK: 03444 775 774 (Monday–Friday 9.30am–5.30pm)

ANXIETY

Anxiety is what we feel when we are worried, tense or afraid – particularly about things that are about to happen, or which we think could happen in the future.

Anxiety is a natural human response when we perceive that we are under threat. It can be experienced through our thoughts, feelings and physical sensations.

(Mind,2019)

Strategies

- Don't pressure them
- Find out as much as you can about anxiety.
- Ask about their experience
- Ask how you can help
- Offer support when they attend appointments

DEPRESSION

Depression is a low mood that lasts for a long time, and affects your everyday life. In its mildest form, depression can mean just being in low spirits. It doesn't stop you leading your normal life but makes everything harder to do and seem less worthwhile. At its most severe, depression can be life-threatening because it can make you feel suicidal.

(Mind,2019)

Helplines

- depressionuk.org
- sane.org.uk
- bigwhitewall.com
- thecalmzone.net
0800 58 58 58

Strategies

- Support them to get help
- Be open about depression
- Keep in touch
- Don't be critical
- Keep a balance
- Take care of yourself

EATING DISORDERS

Helplines

- mengetedstoo.co.uk
- anorexiabulimiacare.org.uk
- 03000 11 12 13
parent helpline: Option 1
sufferer helpline: Option 2
self-harm helpline: Option 3

An eating problem is any relationship with food that you find difficult.

Food plays an important part in our lives and most of us will spend time thinking about what we eat.

Sometimes we may try to eat more healthily, have cravings, eat more than usual or lose our appetite.

Changing your eating habits every now and again is normal.

But if food and eating feels like it's taking over your life then it may become a problem.

(Mind, 2019)

Strategies

- Let them know you are there
- Try not to get angry with them
- Don't make assumptions
- Remember that even accepting they have a problem takes time
- Don't focus or comment on their appearance. Be gentle - you can't force someone to change their behaviour.
- Include the person in social activities
- Make meal times as stress free as possible
- Find safe ways to talk about it
- Help them find good information, and avoid bad information.
- Encourage them to seek professional help
- Accept that recovery is a long process
- Look after yourself

OBSESSIVE COMPULSIVE DISORDER

Obsessive-compulsive disorder (OCD) has two main parts: obsessions and compulsions.

• **Obsessions** are unwelcome thoughts, images, urges, worries or doubts that repeatedly appear in your mind. They can make you feel very anxious (although some people describe it as 'mental discomfort' rather than anxiety).

• **Compulsions** are repetitive activities that you do to reduce the anxiety caused by the obsession. It could be something like repeatedly checking a door is locked, repeating a specific phrase in your head or checking how your body feels.

(Mind,2019)

Helplines

- ocdaction.org.uk
- topuk.org
- ocduk.org
- OCD-UK 0845 1 20 3778

Strategies

- Be patient
- Stay calm and don't judge
- Find out as much as you can about OCD
- Work out how to deal with compulsions together
- Agree on an approach that feels right for you both
- Encourage them to challenge compulsions where appropriate
- Offer emotional support
- Seek advice
- Accept that sometimes it will be impossible not to offer reassurance or to help with a compulsion.

PANIC ATTACKS

Helplines

- anxietyuk.org.uk
- nomorepanic.co.uk
- samaritans.org
- Samaritans: 116 123 (24 hours a day)

During a panic attack, physical symptoms can build up very quickly. These can include:

- a pounding or racing heartbeat
- feeling faint, dizzy or light-headed
- feeling very hot or very cold
- sweating, trembling or shaking
- nausea (feeling sick)
- pain in your chest or abdomen
- struggling to breathe or feeling like you're choking
- feeling like your legs are shaky or are turning to jelly
- feeling disconnected from your mind, body or surroundings

Strategies

Helping someone who is having a panic attack:

- Try to stay calm
- Gently let them know that you think they might be having a panic attack and that you are there for them
- Encourage them to breathe slowly and deeply - it can help to count out loud, or ask them to watch while you gently raise your arm up and down
- Encourage them to stamp their feet on the spot
- Encourage them to sit somewhere quietly until they feel better.
- You should never encourage someone to breathe into a paper bag during a panic attack. This isn't recommended and it might not be safe.

POST TRAUMATIC STRESS DISORDER

Post-traumatic stress disorder (PTSD) is a type of anxiety disorder which you may develop after being involved in, or witnessing, traumatic events.

The condition was first recognised in war veterans and has been known by a variety of names, such as 'shell shock'. But it's not only diagnosed in soldiers – a wide range of traumatic experiences can cause PTSD.

(Mind,2019)

Helplines

- ptsdresolution.org
- thesurvivorstrust.org
- lifecentre.uk.com
- freedomfromtorture.org
- assisttraumacare.org.uk

0178 856 0800

Strategies

Tips on helping someone who is experiencing a flashback

Flashbacks are vivid experiences in which someone relives aspects of a traumatic event. It can be hard to know how to help during a flashback, but you don't need special training to support someone who is having one. It could help if you:

- Try to stay calm
- Gently tell them that they are having a flashback
- Avoid making any sudden movements
- Encourage them to breathe slowly and deeply
- Encourage them to describe their surroundings

Helplines

- itsgoodtotalk.org.uk
- lifesigns.org.uk
- samaritans.org
- The Mix-0808 808 4994
- 116 123 (24-hour)

SELF HARM

Self-harm is when you hurt yourself as a way of dealing with very difficult feelings, painful memories or overwhelming situations and experiences.

(Mind,2019)

Strategies

- Try to be non-judgemental
- Let the person know that you are there for them
- Relate to them as a whole person, not just their self-harm
- Try to have empathy and understanding about what they are doing.
- Let them be in control of their decisions
- Offer to help them find support Remind them of their positive qualities and things they do well
- Try to have honest communication, where you take responsibility for any fears you have

SUICIDAL THOUGHTS

Suicide is the act of intentionally taking your own life.

Suicidal feelings can range from being preoccupied by abstract thoughts about ending your life, or feeling that people would be better off without you, to thinking about methods of suicide, or making clear plans to take your own life.

(Mind,2019)

Helplines

- bigwhitewall.com
- thecalmzone.net
- elefriends.org.uk
- gendertrust.org.uk
- moodjuice.scot.nhs.uk
- NHS 111
- HOPELINEUK: 0800 068 41 41

Strategies

If you're thinking of harming yourself, **find self-harm coping techniques that work for you**, such as:

- holding an ice cube in your hand until it melts and focus on how cold it feels
- tearing something up into hundreds of pieces
- take a very cold shower or bath.

Focus on your senses. Taking time to think about what you can smell, taste, touch, hear and see can help to ground your thoughts.

Steady your breathing. Take long deep breaths; breathing out for longer than you breathe in can help you to feel calmer.

Look after your needs. Avoid taking drugs or drinking alcohol as this can make you feel worse. If you can: get a glass of water, eat something if you're hungry, sit somewhere comfortable and write down how you're feeling.

Get outside. If you are feeling numb, feeling the rain, sun or wind against your skin can help you to feel more connected to your body.

Reach out. If you can't talk to someone you know, contact a telephone support service or use online peer support

USEFUL ORGANISATIONS

- Mind
- Time to Change
- Off the Record
- Mental Health Foundation