

Mental Health Awareness:

Understanding mental health and mental illness

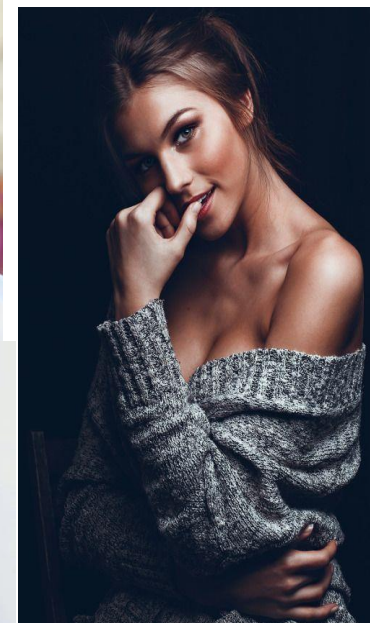


Learning outcome



- At the end of this session you should be able to:
 - Understand the difference between mental health and mental illness
 - Have an understanding of the different causes of mental illness and key features of common mental illnesses
 - Have a better understanding of what you can do to help and support people who are suffering with mental illness
 - Understand the impact of stigma associated with mental health and have knowledge of how you can challenge this
 - Better understand how to look after your own mental health and build mental resilience

Who has a mental illness?



Numbers....

- 1 in every 4 people will experience a mental health illness in any given year
- 450 million people worldwide each year
- Depression and Anxiety are the most common mental health illness, affecting 8 out of every 100 people in the UK at any given time equating to 8% of the population
- 1 in every 6 people will experience mental health illness symptoms at any given time.
- Source: MIND 2019

Young people numbers

- 1 in every 10 child in the UK aged 5-16 suffers with a diagnosable mental health illness (3 children in every school classroom)
- Half of all mental health illnesses in the UK are established by the age of 14
- 3 of every 4 mental health illnesses are established by the age of 24
- Currently in Great Britain, there are 9 specialist inpatient beds per every 100,000 young people.
- Furthermore, there are just 4.5 Psychiatrists specialising in Child & Adolescent Mental Health Services (CAMHS) per 100,000 young people in the UK
- Source: The Milestone Study 2019

What does mental health mean?



- Just as with physical health, everyone has mental health regardless of whether they have a mental illness or not.
- Just as with physical health, your mental health does not remain stagnant and is subject to continuous change as you move through different stages of your life
- It can have a profound affect on how people view themselves, their lives and the people around them
- It affects people's ability to cope with life situations
- Some refer to it as emotional health or wellbeing, and it's vital that we view it on equal par with physical health

Mental illness, what's the difference?



- An illness with psychological or behavioural manifestation and/or impairment in daily functioning, due to social, psychological, genetic, physical or biological disturbances (American Psychiatric Association)
- Mental Illnesses are understood as clinically significant conditions characterized by alterations in thinking, mood (emotions) or behaviour associated with personal distress and/ impaired functioning (World Health Organisation, 2001)
- In simple terms, a group or cluster of symptoms which can be recognised as indicating a particular disorder

IN SIMPLE TERMS....

- Mental Health – Your general state of well-being and state of mind. Something that should be handled with great care.
- Mental Illness – Something that disrupts your mental state and interrupts how you feel, think, communicate and behave.



Mental Illness explained

Biological Factors

- Genetics
- Illness
- Brain Injury

Psychological Factors

- Trauma
- Neglect
- Lack of or poor ability to sustain fulfilling relationships

Social & Environmental Factors

- Family life, Social & Cultural Expectations
- Work/ Education
- Substance Misuse
- Poverty

Common mental illness



- Anorexia Nervosa
- Bulimia Nervosa
- Schizophrenia
- Depression
- Substance Misuse
- Bipolar Disorder
- Obsessive Compulsive Disorder
- Fabricated Illness
- Schizo-affective Disorder
- Psychosis
- Anxiety Disorder
- Phobias
- Stress
- Neuropsychiatric Disorders
- Sleep Disorders
- Acute Stress Disorder
- Post Traumatic Stress Disorder
- Dementia
- Delirium
- Postnatal Depression/ Psychosis

Schizophrenia

- It's a common myth that people with Schizophrenia are likely to commit violence – however most people with schizophrenia do not commit violent crimes and are more likely to be victims of violence than perpetrators
- Similarly, there is a common misconception that Schizophrenia leads people to have split personalities when this is not the case.
- In reality, Schizophrenia's most common symptoms are hallucinations, delusions and hearing voices

Bipolar disorder

- Bipolar Disorder, previously known as Manic Depression, is a mental illness that is characterized by severe mood swings from one extreme to the other.
- People with Bipolar Disorder will experience episodes of depression where they feel very low and lethargic
- This is coupled with episodes of mania where people will feel very high and overactive
- Unlike simple mood swings, each extreme episode can last for several weeks (sometimes even longer)
- Some people may have long periods of normal mood in between episodes whilst others may not experience a normal mood very often

- Norwegian Prime Minister Kjell Magne Bondevik publicly declared in 1998 that he was suffering with Depression and took a period of absence before returning to office and later being re-elected. He received thousands of supportive letters.



Depression

Depression is a serious mental illness that negatively impacts the way you think, the way you feel and the way you behave. It causes people to experience:

- Low mood
- Loss of interest
- Loss of pleasure/ enjoyment
- Feelings of guilt
- Low self worth
- Inability to enjoy relationships
- Disrupted sleep
- Loss of appetite
- Constant low energy levels
- Inability to/ poor concentration

Depression continued

- Most common mental illness in the UK and Worldwide
- Affects 1 in 10 people during their lifetime
- 3 million people diagnosed with Depression in the UK
- 4% of children in the UK suffer with depression
- Depressive episode lasts between 6-8 months on average
- Women are twice as likely as men to develop depression
- Second leading cause of Disability worldwide (behind lower back pain).
- Source: MIND 2019

Depression in the workplace



- <https://www.youtube.com/watch?v=5zv2jO1Usig>

Signs of depression amongst colleagues

- Decreased productivity
- Morale issues
- Sudden or unusual lack of co-operation
- Safety issues
- Absenteeism
- Presenteeism
- Complaints of or appearing tired all the time
- Complaints of unexplained aches and pains
- Substance misuse

Ok not to be ok



- <https://www.youtube.com/watch?v=PAiu45iOlsg>

What can you do to help?

5 TIPS TO SUPPORT SOMEONE



1. LISTEN

Be open and responsive, but don't feel like you have to have all the answers. Often just spending time with them will let them know you care and can help you to understand what they're going through.



2. RESEARCH

There are a lot of myths about mental health. Using reliable information resources like our charity partner websites might help you understand and be more confident when you're offering support.



3. ASK HOW YOU CAN HELP

There could be simple, practical things you can do to help them feel better, like giving them a call or inviting them out for activities you enjoy together.



4. HELP GET SUPPORT

If someone's struggles are seriously interfering with their everyday life, encourage them to see a professional. If you feel comfortable, offer to go with them.



5. TAKE CARE OF YOURSELF

Supporting someone who is struggling can be difficult. It's very important to put your own wellbeing first. Keep up with your usual routine, and make time for other relationships and hobbies.

YOUNGMINDS
The charity that works with young people with mental health problems



#HEADSTOGETHER
www.headstogether.org.uk

10 tips to make talking mental health easier

- Don't just think or see physical health – think HEALTH
- Treat everyone as normal, with dignity and respect – don't be part of the negative stigma
- Use open ended questions
- Let people tell you as much or as little as they are comfortable with
- Never laugh at how people present or what they tell you is going on in their mind – how they feel is very real to them even if it seems impossible to you

10 tips continued

- Never try to diagnose a person or second guess their feelings
- Show empathy as opposed to sympathy*
- Talk about wellbeing
- Listen carefully to what people tell you - demonstrate good active listening skills
- Know your own limits and never put yourself in danger

Mental health first aid



- In the same manner as Physical First Aid, Mental Health First Aid is a set of skills which enables people to provide an initial response to someone who is suffering with an acute mental illness or even when in Crisis.
- They are not Mental Health experts, however they are able to provide an immediate response to a person suffering an acute mental episode, emotional distress or Crisis within the Trust and ensure that the person is able to access the support that they need.
- To date, the ROH have 106 qualified Mental Health First Aiders who are able to provide an initial response to a Mental Health Crisis 24 hours a day, 365 days of the year.
- They are accessible via the bleep holder or alternatively you can find out who is a registered Mental Health First Aider by checking the Mental Health Notice Board within your area

ROH and The mental health act 1983



Mental Health Act 1983

- The ROH is not a mental health care provider and has no acute mental health services, therefore the likelihood of applying the Mental Health Act should always remain extremely low
- However, there are 3 key sections of the Mental Health Act which in extremely rare circumstances may be necessary to be applied at ROH. They are as follows;

Roh and The mental health act 1983

- Section 5.2 Doctors Holding Power – If an **Inpatient** becomes so unwell that either theirs or the public's safety could be compromised, Section 5.2 gives Doctors the ability to temporarily hold someone against their will for up to 72 hours, during which a formal assessment should be completed by a Mental Health team to determine if further detention is required.
- Section 135/136 Police Holding Powers – If someone who is **not an inpatient** becomes unwell to the point their own or the public's safety is compromised in a public place or private dwelling, they can be detained by the Police and taken to a place of safety for a Mental Health assessment.
- Section 17 leave – If someone who is already detained under the Mental Health Act within a Mental Health Facility requires treatment or medical assessment at ROH, the patient will be granted leave to the ROH by their responsible clinician.
- For further information, please refer to the Trust's Mental Health Act 1983 Compliance and Procedure Policy available on the Trust Intranet page Policy or speak to the Trust's Mental Health lead nurse Nathan Samuels.

MENTAL HEALTH STIGMA

**"IT'S JUST SO BIZARRE HOW IN THIS
WORLD IF YOU HAVE ASTHMA, YOU
TAKE ASTHMA MEDICATION.
IF YOU HAVE DIABETES, YOU TAKE
DIABETES MEDICATION.
BUT AS SOON AS YOU HAVE TO TAKE
MEDICINE FOR YOUR MIND, IT'S SUCH
A STIGMA BEHIND IT."**

-Jennifer Lawrence



Hartford HealthCare
Behavioral Health Network
StoptheStigmaCT.org

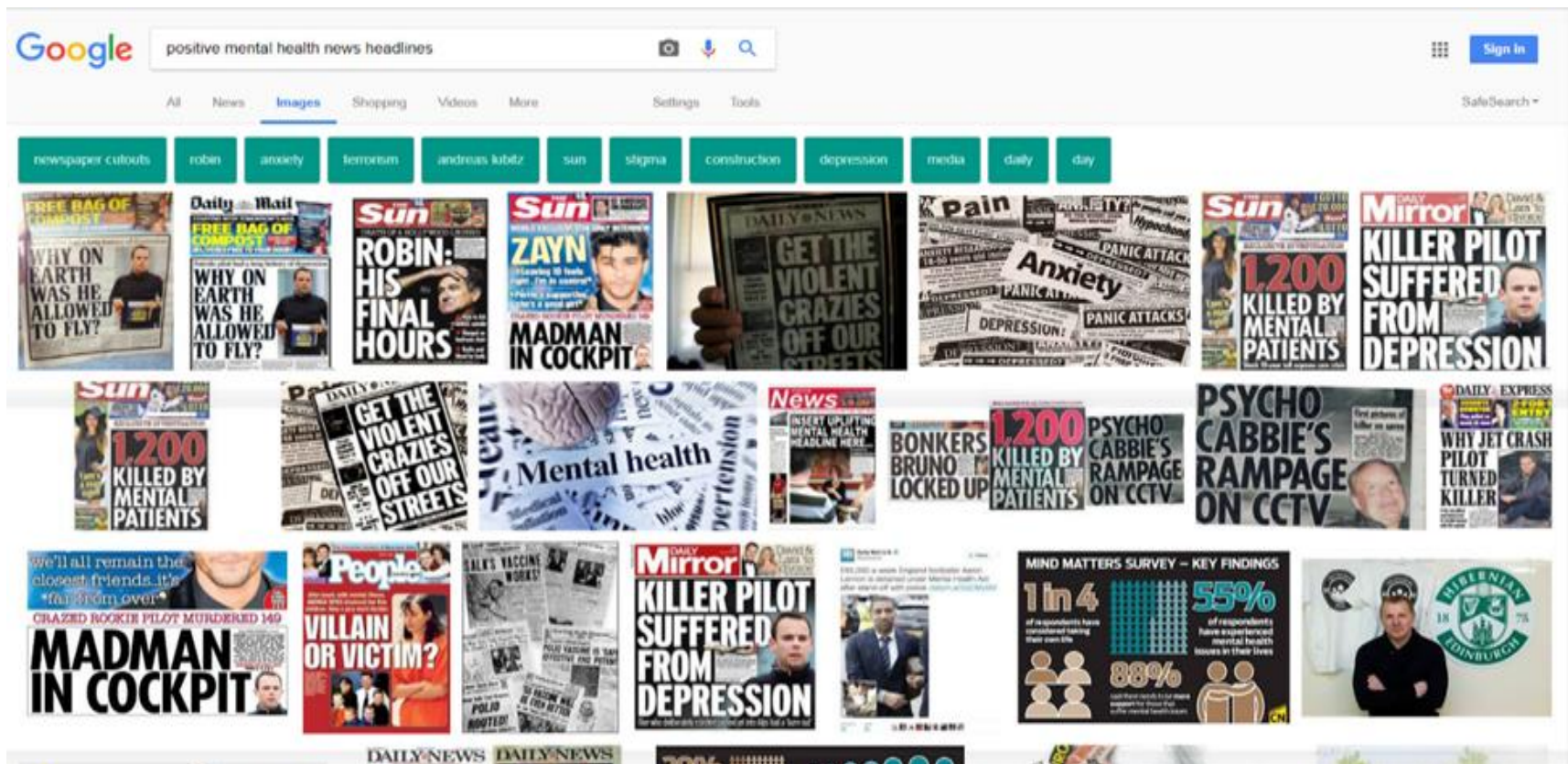
Mental health stigma continued

- People suffering with mental illness say that the social stigma and consequent discrimination they receive make their conditions worse and recovery much harder
- People suffering with mental illness describe discrimination not just from society, but particularly from their friends, families and employers
- This is exacerbated by the media in particular who often portray people with mental illness as dangerous, criminal, evil and not normal people
- More than the majority of people who experience mental illness recover fully and are able to live with and manage their illness, especially if they receive help early

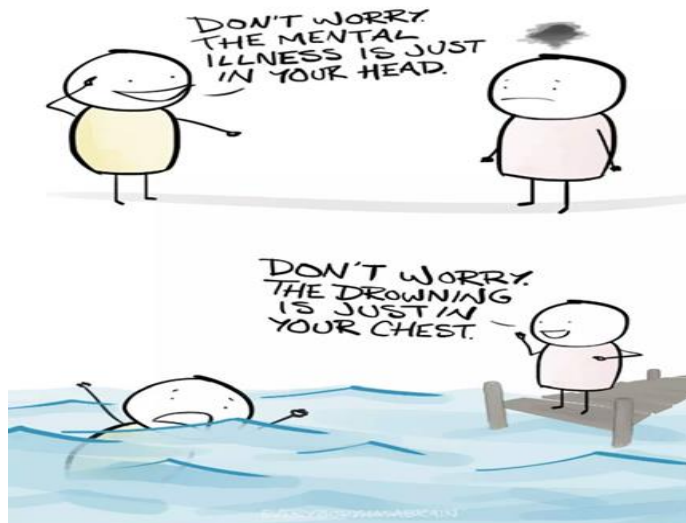
Mental health stigma continued

- Despite a more recent shift towards mental health acceptance, statistics strongly show that people suffering with mental illness today will be least likely to
 - Find work or maintain a job long term
 - Be in a steady, long term relationship
 - Live in decent housing
 - Be socially included in mainstream society
- On average, the majority of people suffering with a mental health illness suffer in silence for over a year before telling the people closest to them about it (Time to Change, 2019)

Mental health stigma continued



Tackling stigma

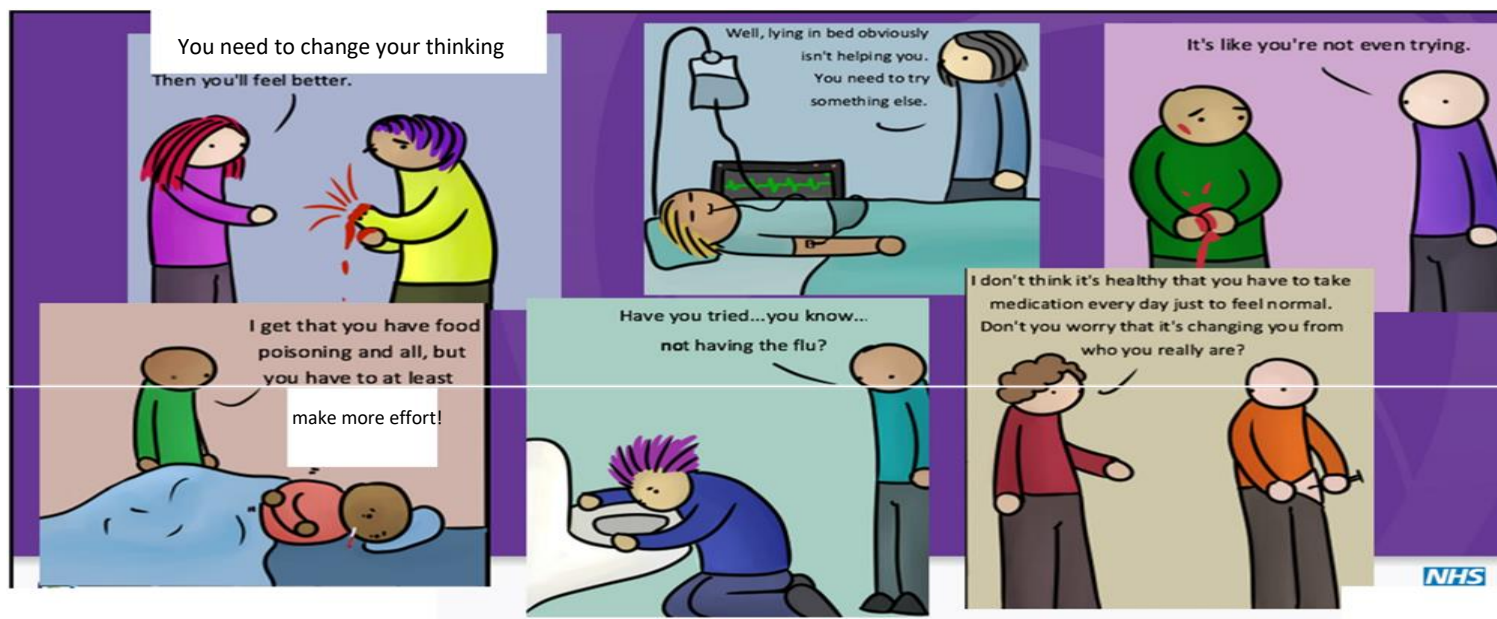


YES, I HAVE A MENTAL ILLNESS.
NO, IT IS NOT MY IDENTITY.
NO, I CAN'T JUST "GET OVER IT"
RECOVERY TAKES TIME!

If I had a physical illness
I can't imagine you would simply
tell me to
"GET OVER IT"
#breakthestigma


facebook.com/joymentalhealthmission











Changing attitudes



Ten keys to happier living

Ten keys to happier living



GIVING	 Do things for others	DIRECTION	 Have goals to look forward to
RELATING	 Connect with people	RESILIENCE	 Find ways to bounce back
EXERCISING	 Take care of your body	EMOTIONS	 Look for what's good
AWARENESS	 Live life mindfully	ACCEPTANCE	 Be comfortable with who you are
TRYING OUT	 Keep learning new things	MEANING	 Be part of something bigger

ACTION FOR HAPPINESS

In our own words



- https://www.youtube.com/watch?v=ETN7RXV_d3g

Take home message

- Someone you know will have a Mental Health illness right now. It could be a patient you're caring for, a family member, a friend, a colleague
- They may not feel able to tell you about what they're feeling
- Being open and making it okay to talk about Mental Health can break down the stigma surrounding it
- You don't have to be an expert to talk or to listen
- In most cases, it's the smallest things that make the biggest difference!

Further information....

- If you have any mental health related concerns, are worried about someone you know or would just like to know more about Mental Health and what the Trust are doing to support staff and patients please contact

Lisa Newton, Matron & Corporate
Mental Health Lead
Ext: 55381
Bleep: 2642
E-mail: lisa.newton2@nhs.net

Alternatively, you can visit our Mental Health Intranet page where you'll find a wealth of information on Mental Health, various local support services and what to do if faced with a Mental Health related concern.