

Basic Mental Health Awareness

Overview

- What is mental health?
- The statistics
- What affects mental health?
- What to look out for?
- Protecting, promoting and supporting mental health
- Looking after yourself

What is mental health?

- “Mental health is defined as a state of wellbeing in which every individual realises 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)

Statistics

- 1 in 4 people in UK will experience a mental health problem each year
- Mental health and substance use disorders are some of the largest causes of death and disability in Scotland after cancer and cardio-vascular diseases
- People with life-long mental health illness are likely to die 15-20 years prematurely because of physical ill health
- 11% of 18 to 34 year olds reported having attempted suicide and 16% report self-harm at some stage in their lives

Statistics

- Adults living in the most socially disadvantaged areas are approximately twice as likely to have common mental health problems as those in the least deprived areas
- Half of LGBT people (49%) have experienced depression in the last year, including seven in ten trans people (72%)
- People with disabilities, particularly learning difficulties, are likely to experience anxiety and depression
- Rates of mental health problems can be higher among people from ethnic minority communities than among White people

What can affect mental health?

- Poverty
- Bereavement
- Imprisonment
- Divorce/separation
- Loneliness/Isolation
- Long term illness
- Racism
- Relationships
- Unemployment
- Pregnancy
- Sexual abuse
- Addiction
- Environment
- Caring responsibilities

What to look out for?

- Withdrawn
- Feeling very low over a period of time
- Physical appearance
- Social isolation
- Non attendance at work, hobbies, appointments
- Self harming behaviours
- Lack of interest in things they used to enjoy
- Changes in eating/sleeping habits

Protecting, promoting and supporting mental health

Self esteem
Resilience and problem
solving skills
Feeling in control

Individual

Access to social networks
Strong connections to
family, community, and
faith groups
Amenities and services

Social

Access to
resources

Opportunity for arts/
creative activities
Financial supports
Opportunity for learning
and development

Looking after yourself

Things I can do

.....by myself

.....with others

People I can talk to.....