

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 well-being 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 3 adults in Scotland experiences a mental health problem each year
- The prevalence of mental health symptoms often varies with age, with younger adults (16-34) and those aged 55-64 often reporting higher rates of anxiety and depression
- People with lifelong mental health conditions are more likely to die 15-20 years prematurely due to physical health problems.
- 1 in 9 young adults report having attempted suicide and 1 in 6 report self-harm
- Adults living in Scotland's most socially disadvantaged areas are twice as likely to experience anxiety or depression; are three times more likely to die by suicide

Statistics

- LGBTQIA+ people are at more risk of suicidal behaviour and self-harm than non-LGBTQIA+ people
- People with disabilities, particularly learning difficulties are likely to experience anxiety and depression
- Refugees and asylum seekers are more likely to experience mental health problems than the general population, including higher rates of depression, anxiety and Post Traumatic Stress Disorder
- Poor mental health is estimated to cost the Scottish economy £8.8 billion annually

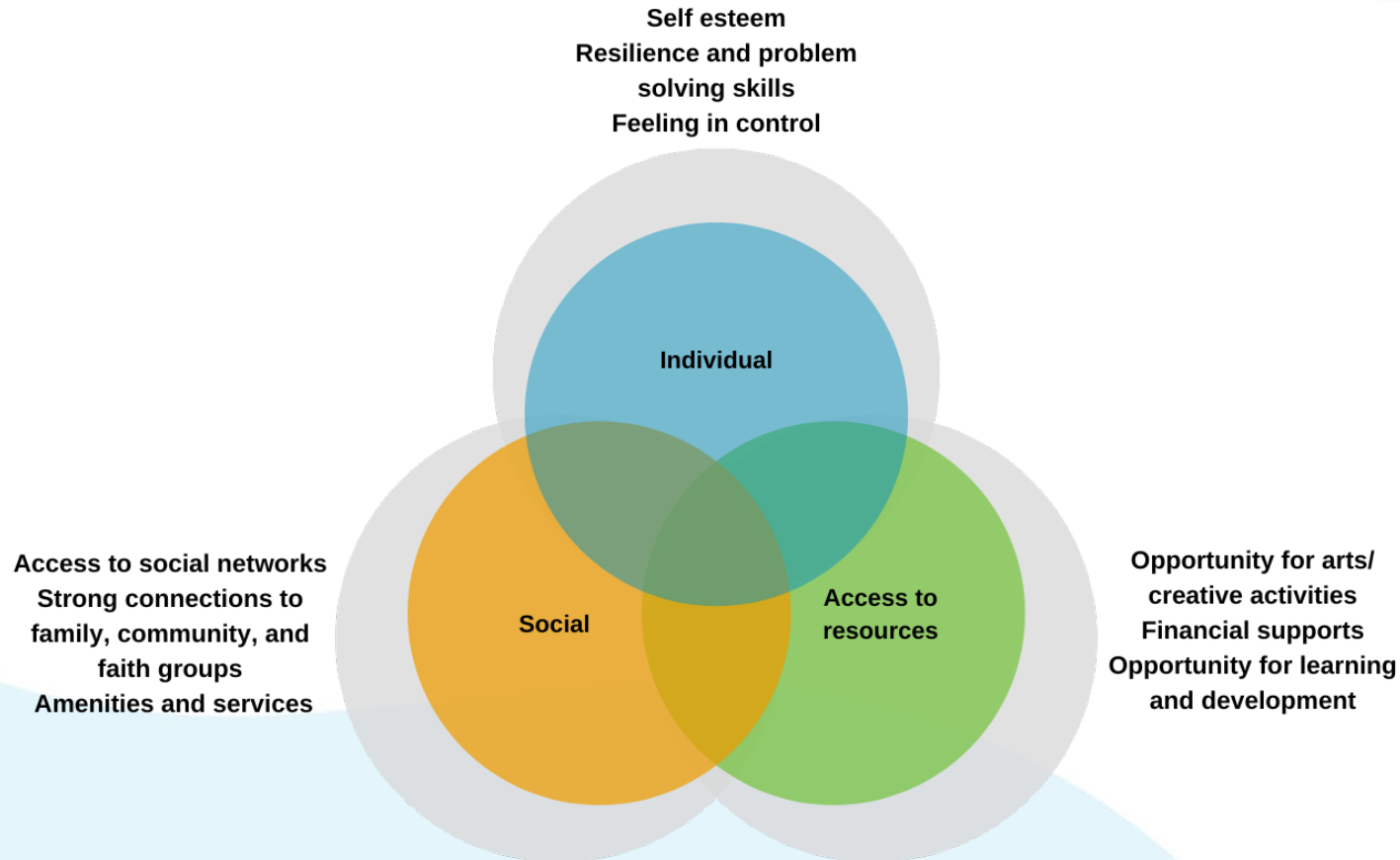
What can affect mental health ?

- 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- Withdrawn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 (alcohol, drugs, risk taking)
- Lack of interest in things they used to enjoy
- Changes in eating and/or sleeping habits

Protecting, promoting and supporting mental health



Looking after yourself

Things I can do

.....by myself

.....with others

People I can talk to.....