

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 a state of mental well-being that enables people to cope with the stresses of life, realise their abilities, learn well and work well, and contribute to their community. It has intrinsic and instrumental value and is integral to our well-being.

(World Health Organisation).

Statistics

- 1 in 5 adults shows signs of possible mental ill-health.
- Women are more affected than men.
- Mental distress is twice as high in the poorest areas compared to the wealthiest.
- People aged 16 to 34 report the highest rates of self-harm.
- Men account for over 70% of all suicide deaths.

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

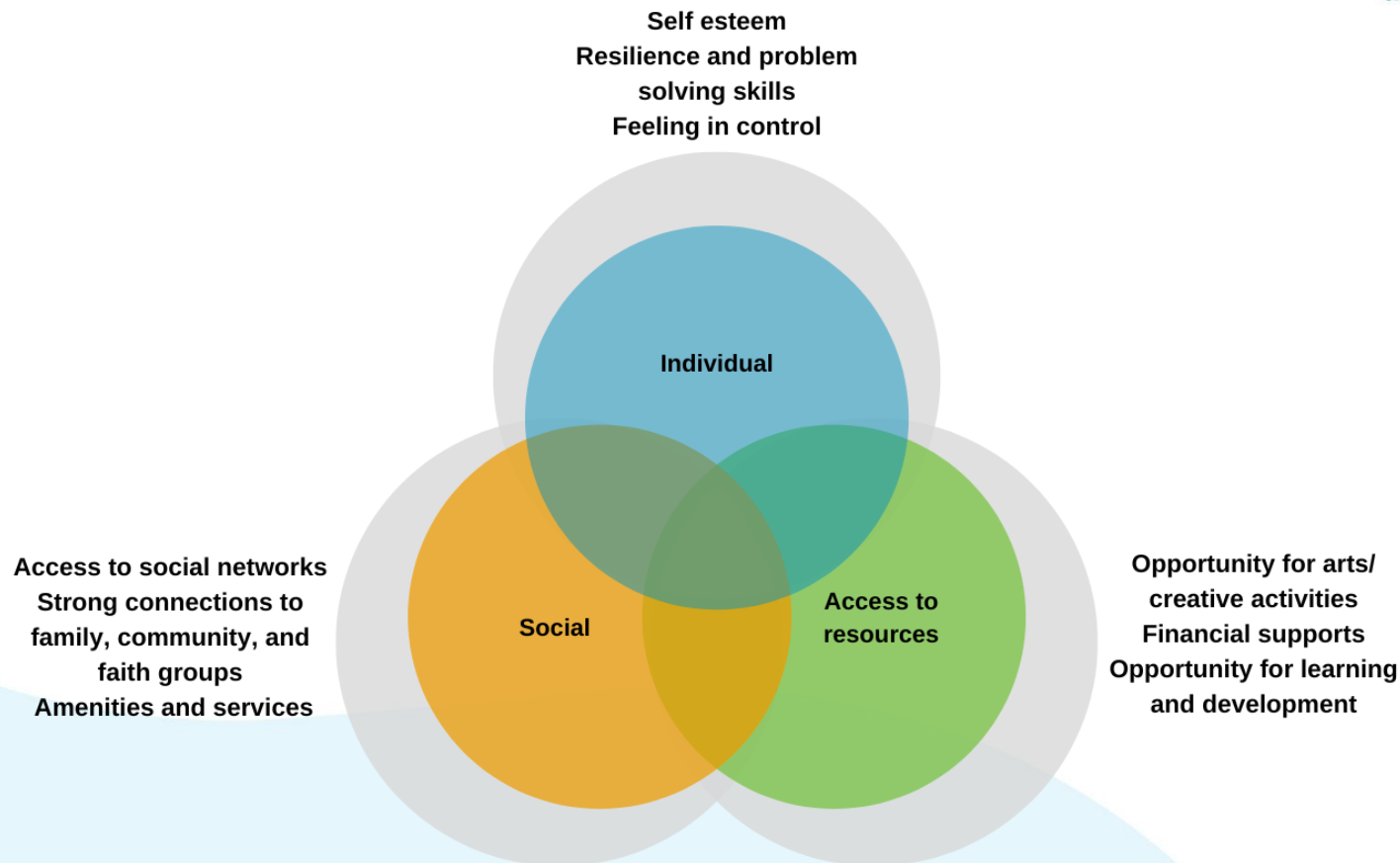
What can affect mental health ?

- 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- Withdrawn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.....