

# 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 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)*

# Statistics

- Approx 1 in 4 people in UK will experience a mental health problem each year
- Mental health and substance use disorders are the third largest cause 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

# Social Relationships and Mortality

2010 review of 148 studies with 308,849 participants, 50% increased likelihood of survival for participants with stronger social relationships – **social isolation is an independent variable for life expectancy**

Loneliness is estimated to be as bad for people's health as smoking 15 cigarettes a day

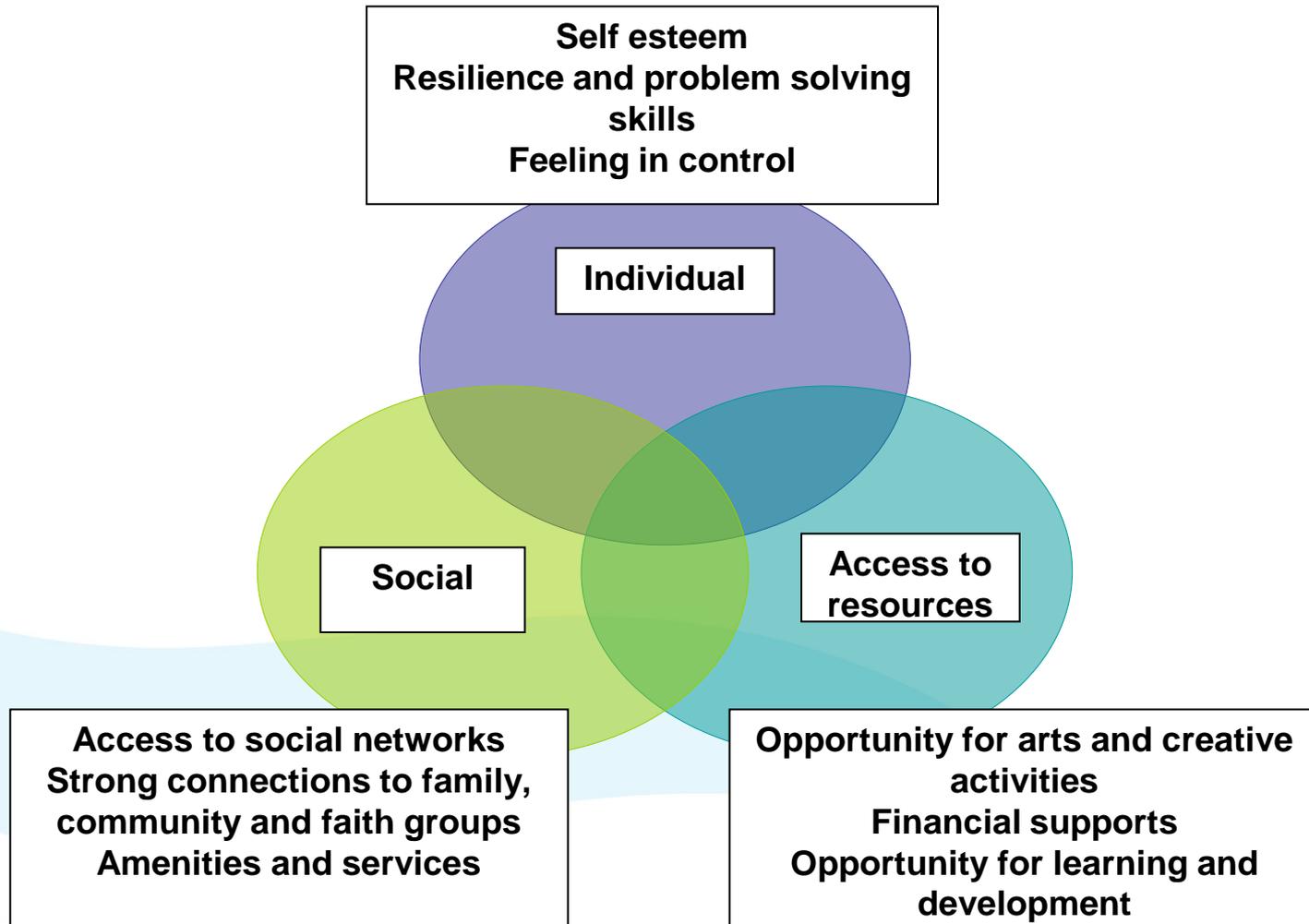
## What can affect mental health ?

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

## What to look out for?

- Withdrawn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

# Protecting, promoting and supporting mental health



# Looking after yourself

Things I can do

.....by myself

.....with others

People I can talk to.....