

Mental Health and Wellbeing

Some people call mental health 'emotional health' or 'wellbeing'. We all have times when we feel down, stressed or frightened. Most of the time those feelings pass, but sometimes they develop into a more serious problem, and this could happen to any one of us.

Everyone is different. You may bounce back from a setback, while someone else may feel weighed down by it for a long time. Your mental health doesn't always stay the same. It can change as circumstances change and as you move through different stages in your life.

Results of the **2018** study by the **Mental Health's Foundation** shows that over the past year, **74%** of people felt *so stressed* they have been *overwhelmed or unable to cope*.

Behavioural effects:

46% reported that *they ate too much or ate unhealthily due to stress*. **29%** reported that they *started drinking or increased their drinking* and **16%** reported that they *started smoking or increased their smoking*.

Psychological effects:

51% of adults who felt stressed reported *feeling depressed* and **61%** reported *feeling anxious*. Of the people who said they had felt stressed at some point of their lives, **16%** had *self-harmed* and **32%** had *suicidal thoughts and feelings*. **37%** of adults who reported feeling stressed reported *feeling lonely* as a result.

Causes of stress:

- **36%** of all adults who reported stress, stated that either *their own or a friend/relative's long term health condition* as a factor. This rose to **44%** for over 55's.
- **49%** of 18-24 year olds who have experienced high levels of stress, felt that *comparing themselves to others*, contributed as a cause to their stress.
- **36%** of women who felt high levels of stress related this to the *comfort with their appearance and body image*, compared to **23%** of men.
- Younger people have higher stress levels related to the *pressure to succeed*. **60%** of 18-24 year olds and **41%** of 25-34 year olds stated this.

If you are feeling stressed or unable to cope, please talk to someone like your Safeguarding Lead or the Safeguarding Team at JTM, a friend, relative, work colleague or you can contact your GP for support and advice. **You are not alone, and there is support available.** Some helpful contacts are:

