



Mental Health & Developing Resilience



There are many things that can have an impact on our mental wellbeing such as:



"I'm fine" is a phrase that we often automatically use when we are asked if we are ok, but sometimes it can be at a time when we are actually not 'fine'.

Statistics show that...

75% of mental illnesses start before the age of 18, excluding dementia.

6,507 suicides were completed in 2018.

1 in 4 of us will experience a form of mental ill health.

52% of LGBTQ people, experienced depression in the last year – we are still in society were LGBTQ people are struggling.

70-75% of people with diagnosable mental illness receive no treatment at all.

What supporting mechanisms are out there?



Samaritans have **3.6 million** phone calls, **675,000** texts, **30,000** face to face contacts, **330,000** emails and **1,200** letters.

1 in 4 of the phone calls were expressing suicidal feelings.

The average length of phone calls is **21 minutes** when they phone the Samaritans.

What is encouraging is that we know we all have **21 minutes spare in our day that we can speak to someone to check that they are ok and feel more connected.** It does not mean that you are trying to take on a role of a Samaritan or trained counsellors, it means often people just need someone to talk to and someone to listen to them, which we can all help with.



ChildLine is a huge source of support for many under 18 year olds in society.

The statistics show that:

- ChildLine provide around **250,281** counselling sessions to children and young people
- Number **one** concern is mental and emotional health
- **75%** of all ChildLine counselling sessions are about mental and emotional health and wellbeing
- **The top three** concerns that children and young people were counselled about were: mental and emotional health; family relationships; suicidal thoughts and feelings



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Breaking the stigma- how can we all help?



LISTEN

We are not trying to cure anyone or offer advice, we can be there purely to listen



Ask questions like, 'how are you doing today, are you ok?' This can be incredibly impactful by letting someone be seen and heard and know they have someone to talk to



Encourage and empower staff to talk about mental health



Share and promote information, resources and services available



Ensure that there is NO judgement



Talk as a team – especially during these difficult times, reach out to your colleagues and check on their mental health and how they are looking after their wellbeing

The Power of Language!

I am so OCD!

People may say this phrase to describe someone who is organised and likes being clean and tidy. However, being clean and tidy is not the same as living with clinical Obsessive Compulsive Disorder and so by using this phrase you are impacting and potentially minimising someone who has OCD.

They are bipolar

People may say this when they are trying to be supportive. They might be trying to explain a behaviour or raise awareness. However, someone 'isn't just' their mental health condition. They might be funny, caring and smart. Having bipolar isn't within their control and does not define who they are. **Instead use the phrase 'they have bipolar'.**

Suffering from mental illness

People may say this to describe someone who has openly disclosed their mental illness. However, someone who is experiencing mental illness may not be 'suffering' they might be coping well and striving and using a phrase like this adds to the stigma. **Instead, use the phrase, 'living with, or experiencing, a mental illness'.**

Failed suicide attempt

People may say this if someone had thoughts about suicide and took action on those thoughts, which did not result in the person dying. A person who takes that action can often feel worthless. A 'failed suicide attempt', just adds to the list of things they feel are not good enough. **Instead, use the phrase 'they took action to end their life and thankfully they survived'.**

Committed suicide

People may say this when a person has acted on their thoughts of suicide and died. 'Committed' comes from a time when suicide was a crime and punishable by law – we categorically know better now. **We should not be using this language and instead should use 'completed suicide or died by suicide'.**



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What can you look out for?

There are lots of things that we can look out for both in ourselves and in others, such as:

- Appearing anxious or worried
- Emotional outbursts
- Trouble sleeping
- Weight or appetite changes
- Feeling guilty or useless
- Avoiding friends or social events
- Nightmares
- Unmanageable self-expectations
- Substance misuse

Sometimes there can be **no signs whatsoever**

Mental health is something that we all have but it's also something that a huge amount of society does not want to share with other people and they want to make sure that it's not seen.

One powerful example is Robin Williams. He spoke about his mental health and explained he was always the life and soul of the party, always quick to smile etc. but he was fighting a very real battle with his mental health.

If we are taking those steps to break the stigma, we are giving people who might have had **no signs whatsoever**, the chance of feeling of security to come forward and talk about it.



You are not alone! There is a lot of support out there!



Helpline: 03444 775 774
Text Service: 07537416905



Helpline: 0844 967 4848
Youth Helpline: 0330 606 1174



Helpline: 0800 58 58 58



Helpline: 0300 123 3393



Hopeline: 0800 068 41 41



Free phone: 116 123



Helpline: 07984 967 708

Self-care and Management. Key principles of self-care when working with others:



Everyone has mental health



You can't pour from an empty cup! Take care of yourself first.



Have a plan for yourself and how you personally manage your stress and share with people who may need it.

5 steps to mental wellbeing

