

Introduction to Mental Health Awareness



OAKWOOD
HEALTH



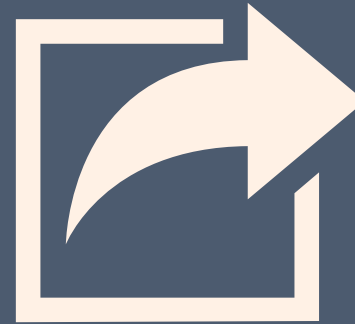
Our Approach...

How to support...

Look after yourself...



What are the signs?



Signpost...



What is Mental Health?

...a state of well-being in which every individual:

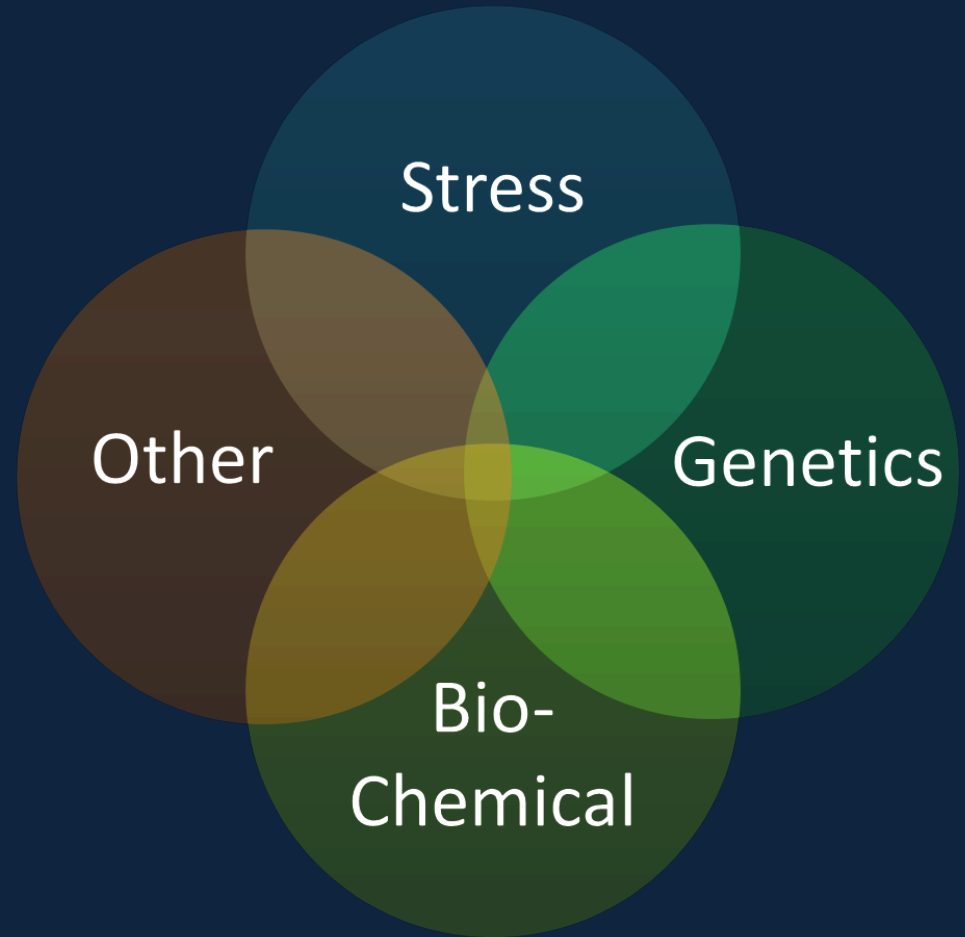
realizes his or her own potential

can cope with the normal stresses of life

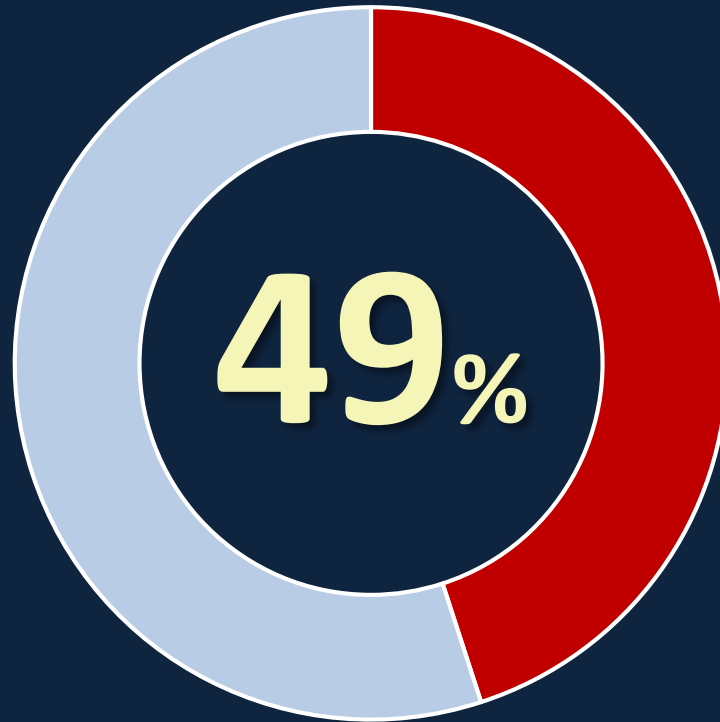
can work productively and fruitfully

able to make a contribution to her or his community

What Causes Mental Ill Health?



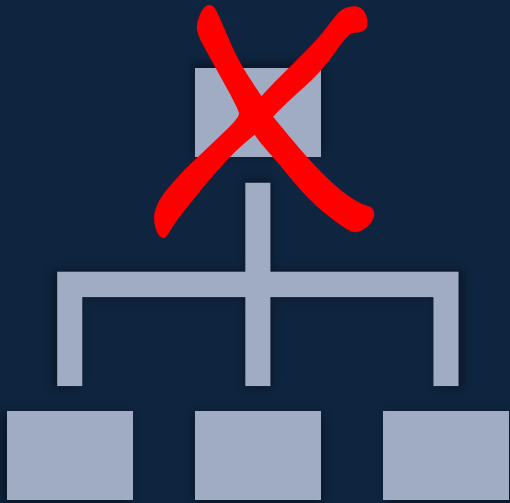
Why it's important...



**of working days lost is down to
Stress, Anxiety and Depression**

Among the main reasons...

Lack of Support



Work Pressure

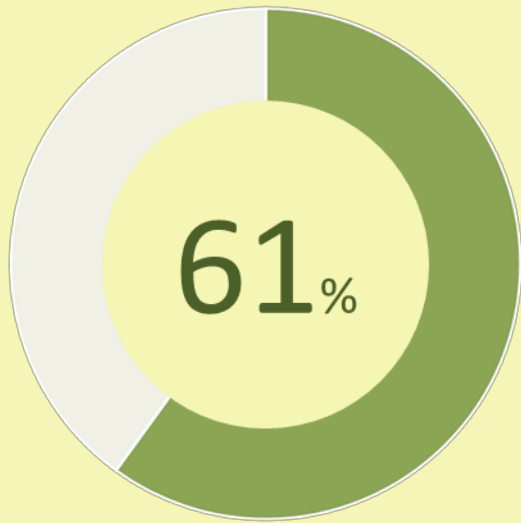


Difficult customers

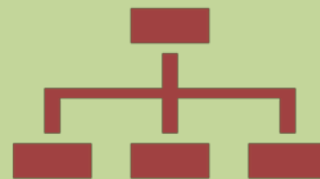
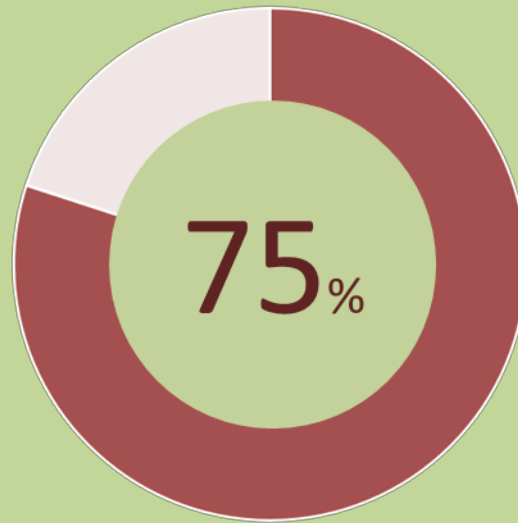




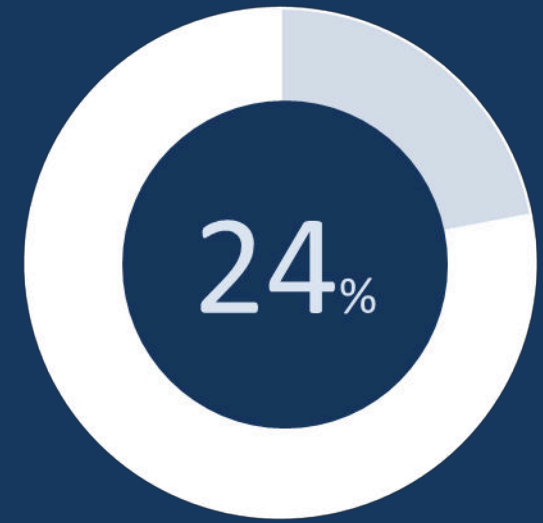
Presenteeism



Support mental health at work



Barriers exist to support mental health



Managers had any MH training

Max Mental Wellbeing

Diagnosed
Positive MH

Undiagnosed
Positive MH

Diagnosis

No Diagnosis

Poor MH

Poor MH

Diagnosed

Undiagnosed

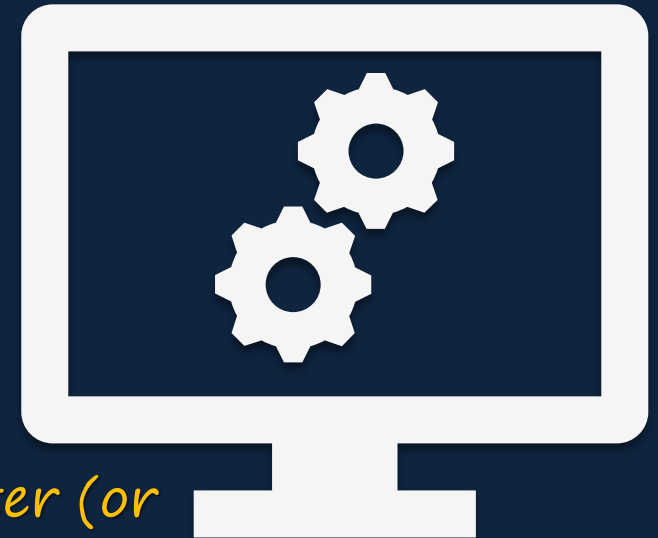
Min Mental Wellbeing



Who is really in control?



The Chimp



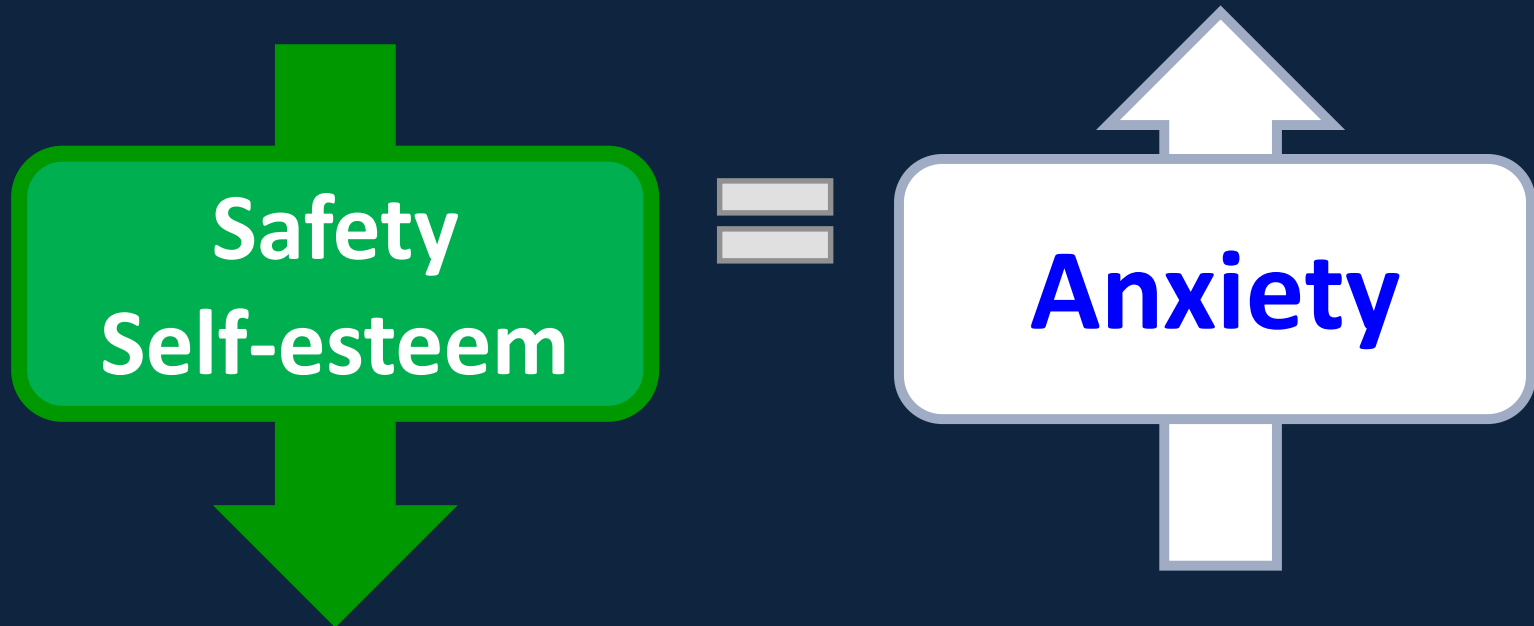
*The computer (or
human)...*

Workplace Stress

“...the adverse reaction people have to excessive pressures or other types of demand placed on them at work”

Perceived

Threat/Humiliation/Injustice/Frustration





1. Stop stress at source...

2. Find a way to vent...

Risk factors



Burnout

**Vicarious
Trauma**

**Compassion
Fatigue**

“physical and
emotional
exhaustion ”

“Shift in
world view”

“emotional
and physical
erosion”

Depression

Common mental disorder involving depressed mood, loss of interest, loss of pleasure, feelings of guilt, low self worth, disturbed sleep, appetite concentration and low energy

Nothing is enjoyable anymore

Signs and Symptoms

Physical

Speak and move slowly,
lack of attention,
irritable, cries,
emotionally blunt,
chronic fatigue, sleeping
too much or too little,
constipation, weight
loss/ gain, overeating,
irregular cycle, loss of
sexual desire, aches and
pains

Emotional

Sadness, Guilt, Anxiety,
Anger,
Mood swings,
lack of emotional
responsiveness,
Helplessness,
Hopelessness

Thinking

“I’m a failure, I’ve let
everyone down, it’s all
my fault, nothing good
happens to me, I’m
worthless, no-one loves
me, I am so alone, life is
not worth living, there’s
nothing good out there,
things will always be
bad”

5965 Suicides in the UK in 2016



Signs and Symptoms of Anxiety

Physical

- Chest pains, palpations, rapid heart beat, flushing, (cardiovascular)
- Dizziness, headache, sweating, tingling, numbness,
- Choking, dry mouth, nausea, vomiting, diarrhoea, (Gastrointestinal)

Psychological

- restlessness
- a sense of dread
- constantly "on edge"
- difficulty concentrating/decisions
- Irritability/impatience /anger/ unable to sleep
- poor memory/going blank

Behavioural

- Distress in social situations
- Repetitive checking
- Urge to escape situations
- Avoidance of situations
- Phobic behaviour
- Many people experience mixed anxiety and depression.



Psychosis

Schizophrenia

- Delusions
- Hallucinations
- Thinking Difficulties

Bipolar

- Swing between Depression and Mania

Bipolar Disorder

Severe Mania

Hypomania

“Normal”

Mild
Depression

Severe
Depression

What to do...

- 999 if risk of harm
- Listen-non judgemental
- Are you the best person?
- Occupational Health
- **Wellness Action Plan**
- GP/CPN
- Create environment

DON'T

Dismiss delusions

Act horrified

Let others laugh

Tell them to make the
voices stop

Don't lie to them

What can we do to look After our own Wellbeing?





www.rethink.org.uk

03005000927

www.sane.org.uk (out of hours)

08457678000

youngminds.org.uk

Bipolar uk

02079316480

**Who can
help...**



OAKWOOD TRAINING

Mental **Health** & Personal **Safety** Specialists

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