

TBT 1: What is Mental Health



What is Mental Health?

- Mental health is our **state of emotional, psychological and social wellbeing**; it affects how we think, feel and act and how we cope with the normal pressures of everyday life.
- **Positive mental health** is rarely an absolute state. Factors both in and out of work affect the mental health of staff and move them up or down a spectrum that ranges from good to poor.
- **Mental health problems** are usually defined and classified to enable professionals to refer people for appropriate care and treatment.
- Some diagnoses are controversial and there is much concern in the mental health field that people are too often treated according to or described by their label. **This can have a profound effect on their quality of life.** Nevertheless, diagnoses remain the most usual way of dividing and classifying symptoms into groups.
- **Anyone can suffer a period of mental ill health.**
- It can emerge suddenly, as a result of a specific event, or gradually, where it worsens over time.
- Some mental health conditions can be **persistent and may be classed as a disability**, while others come and go, giving the individual 'good days' and 'bad days'.
- While someone may be diagnosed with a mental health condition, **with the right support** they can still enjoy positive mental health. 450 million people world-wide have a mental health problem. Approximately 1 in 4 people in the UK will experience a mental health problem each year. You are not alone!



TBT 1: What is Mental Health

Questions

Question 1:

Mental Health can affect how we think, feel and act and how we cope with the normal pressure of everyday life. (circle the correct answer)

- a) True
- b) False

Question 2:

Anyone can suffer a period of mental ill health. (circle the correct answer)

- a) True
- b) False

Question 3:

Some mental health conditions may be classed as a disability. (circle the correct answer)

- a) True
- b) False

Question 4:

How many people world-wide have mental health problems? (circle the correct answer)

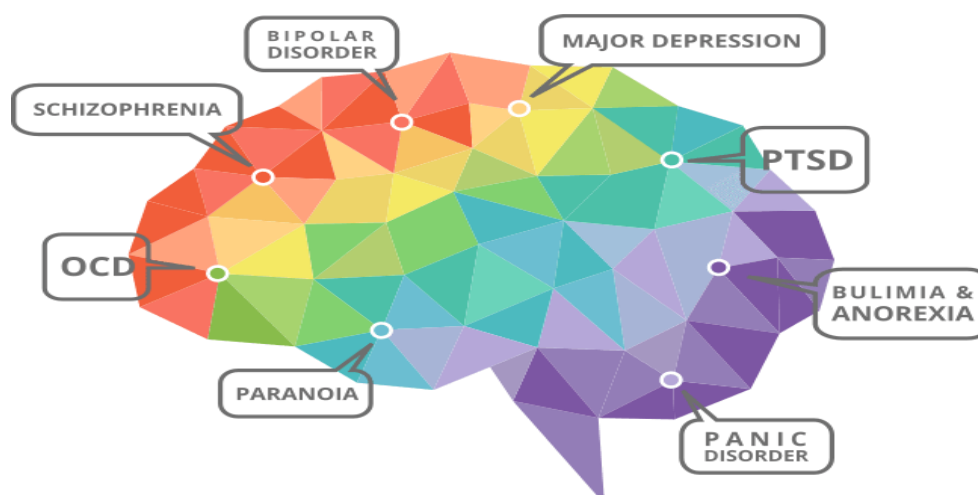
- a) 1 000
- b) 10 000
- c) 1 million
- d) 450 million

TBT 2: Types of Mental Health Problems



Some of the types

1. **Anxiety & panic attacks.** Anxiety is a normal emotion that we all experience but becomes a mental health problem when someone finds they are feeling this way all or most of the time.
2. **Bipolar disorder.** Bipolar disorder is a diagnosis given to someone who experiences extreme periods of low (depressed) and high (manic) moods.
3. **Depression.** Depression is a diagnosis given to someone who is experiencing a low mood and who finds it hard or impossible to have fun or enjoy their lives.
4. **Eating disorders.** An eating disorder is a diagnosis given to someone who has unhealthy thoughts, feelings and behaviour about food and their body shape.
5. **Obsessive-compulsive disorder (OCD).** Obsessive-compulsive disorder is a mental health diagnosis given to someone who experiences obsessive thoughts and compulsive behaviours.
6. **Personality disorders.** If someone has a personality disorder, some aspects of their personality might affect them in a way which makes it very difficult to cope with day to day life, especially when it comes to relation.
7. **Psychosis.** A person experiencing psychosis perceives the world in a different way to those around them, including hallucinations, delusions or both.
8. **Self-harm.** Self-harm is when someone purposely hurts themselves, usually in order to cope with intense emotional distress.
9. **Suicidal feelings.** Suicide is when someone intentionally takes their own life - is a very complex issue. What are suicidal feelings? People feel suicidal for variety of reasons.



TBT 2: Types of Mental Health Problems

Questions

Question 1:

Mental Health problems may cause anxiety and depression. (circle the correct answer)

- a) True
- b) False

Question 2:

What does OCD stand for? (circle the correct answer)

- a) Obsessive-compulsive disease
- b) Obsessive-compulsive disorder
- c) Obsessive-compulsive distraction

Question 3:

Suicidal feelings may be caused because of... (circle the correct answer)

- a) ...issues at work
- b) ...financial problems
- c) ...break up with a partner
- d) ...health issues
- e) ...variety of reasons

Question 4:

An eating disorder is a diagnosis given to someone who has unhealthy thoughts and feelings about food and their body shape. (circle the correct answer)

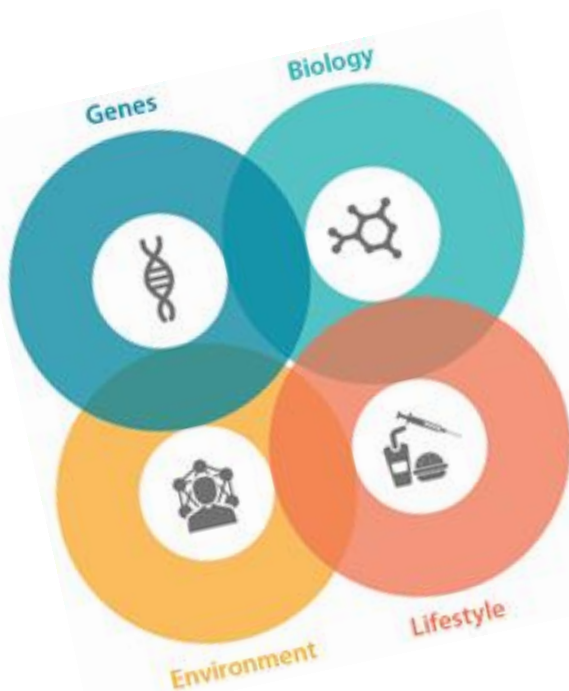
- a) True
- b) False

TBT 3: Mental illness Symptoms and Causes



Signs and Symptoms:

- feeling sad or down
- confused thinking or reduced ability to concentrate
- excessive fears or worries, or extreme feelings of guilt
- extreme mood changes of highs and lows
- withdrawal from friends and activities
- significant tiredness, low energy or problems sleeping
- detachment from reality (delusions), paranoia or hallucinations
- inability to cope with daily problems or stress
- trouble understanding and relating to situations and to people
- problems with alcohol or drug use
- major changes in eating habits
- sex drive changes
- excessive anger, hostility or violence
- suicidal thinking



Causes:

- although the exact cause of most mental illnesses is not known, it is becoming clear through research that many of these conditions are caused by a combination of genes, biology, environment and lifestyle factors
- many people's problems are made worse by the stigma and discrimination they experience - from society, but also from families, friends and employers
- nearly nine out of ten people with mental health problems say that stigma and discrimination have a negative effect on their lives

TBT 3: Mental illness Symptoms and Causes

Questions

Question 1:

What could be examples of signs and symptoms for mental illness? (circle the correct answer)

- a) Feeling sad or down
- b) Excessive fears or worries, or extreme feelings of guilt
- c) Withdrawal from friends and activities
- d) Problems with alcohol or drug use
- e) Suicidal thinking
- f) All the above

Question 2:

People suffering from mental health problems might withdrawal from friends and activities. (circle the correct answer)

- a) True
- b) False

Question 3:

What are main factors that could cause mental health problems? (circle the correct answer)

- a) Biology and environment
- b) Environment and genes
- c) Genes, biology, environment and lifestyle
- d) Genes, biology and lifestyle

Question 4:

Many people's problems are made worse by the discrimination they experience - from society, but also from families, friends and employers. (circle the correct answer)

- a) True
- b) False

TBT 4: 10 Ways to look after your Mental Health



1. **Talk about your feelings**

Talking about your feelings can help you stay in good mental health and deal with times when you feel troubled.

2. **Keep active**

Regular exercise can boost your self-esteem and can help you concentrate, sleep, and feel better. Exercise keeps the brain and your other vital organs healthy and is also a significant benefit towards improving your mental health.

3. **Eat well**

Your brain needs a mix of nutrients in order to stay healthy and function well, just like the other organs in your body. A balanced diet that is good for your physical health is also good for your mental health.

4. **Take a break**

A change of scene or a change of pace is good for your mental health. It could be a five-minute pause from cleaning your kitchen, a half-hour lunch break at work, or a weekend exploring somewhere new. A few minutes can be enough to de-stress you. Give yourself some 'me time'.

5. **Drink sensibly**

We often drink alcohol to change our mood. Some people drink to deal with fear or loneliness, but the effect is only temporary. When the drink wears off, you feel worse because of the way the alcohol has affected your brain and the rest of your body. Drinking is not a good way to manage difficult feelings.

6. **Keep in touch**

There is nothing better than catching up with someone face to face, but that is not always possible. You can also give them a call, drop them a note, or chat to them online instead. Keep the lines of communication open: it is good for you!

7. **Do something you are good at**

What do you love doing? What activities can you lose yourself in? What did you love doing in the past? Enjoying yourself can help beat stress. Doing an activity, you enjoy probably means you are good at it, and achieving something boosts your self-esteem.

8. **Accept who you are**

We are all different. It is much healthier to accept that you are unique than to wish you were more like someone else. Feeling good about yourself boosts your confidence to learn new skills, visit new places and make new friends. Good self-esteem helps you cope when life takes a difficult turn.

9. **Ask for help**

If things are getting too much for you and you feel you cannot cope, ask for help. Your family, friends or work colleagues may be able to offer practical help or a listening ear. Local services are there to help you.

10. **Care for others**

TBT 4: 10 Ways to look after your Mental Health

Questions

Question 1:

If things are getting too much for you and you feel you cannot cope, ask for help. (circle the correct answer)

- a) True
- b) False

Question 2:

Regular exercise can boost your self-esteem and can help you concentrate, sleep, and feel better. (circle the correct answer)

- a) True
- b) False

Question 3:

What can help you stay in good mental health and deal with times when you feel troubled?

- a) Keeping it in silent
- b) Taking about my feelings