

Mental Health



Fuel Retail



Charge



Wash



Systems



Fleet



Gas

Promoting Joe's Giants



Mental Health



Before we begin.....

- Political Correctness
- Stay safe

Agenda

- What is mental health?
- The 3 most common mental health issues
- Suicide
- Joe's Giants



A brief introduction to Mental Health?

What is Mental Health?

As with physical health it can be good or bad

The World Health Organisation (WHO) states that good mental health is:

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.

So having good mental health allows you to:

- Make the most of your potential and cope with everyday life
- It allows you play a full part in your family and work life

You can participate and do the things you want to do



What is Mental Illness?

A condition that affects a person's thinking, emotions and behaviour and disrupts the person's ability to work or carry out other daily activities and engage in satisfying personal relationships

You **can't** participate and do the things you want to do

Mental health problems cover the worries we all experience as part of everyday life to serious long term conditions. Generally classified into 2 groups:

- 1) Psychotic – The most severe form: Interferes with a person's perception of reality - Hallucinations and Delusions - **Not so common – between 1 and 2 per 100 people**
- 2) Neurotic – Normal emotional experiences: Depression/Anxiety/Panic/Stress (**Severe form**)
The most common form of mental illness

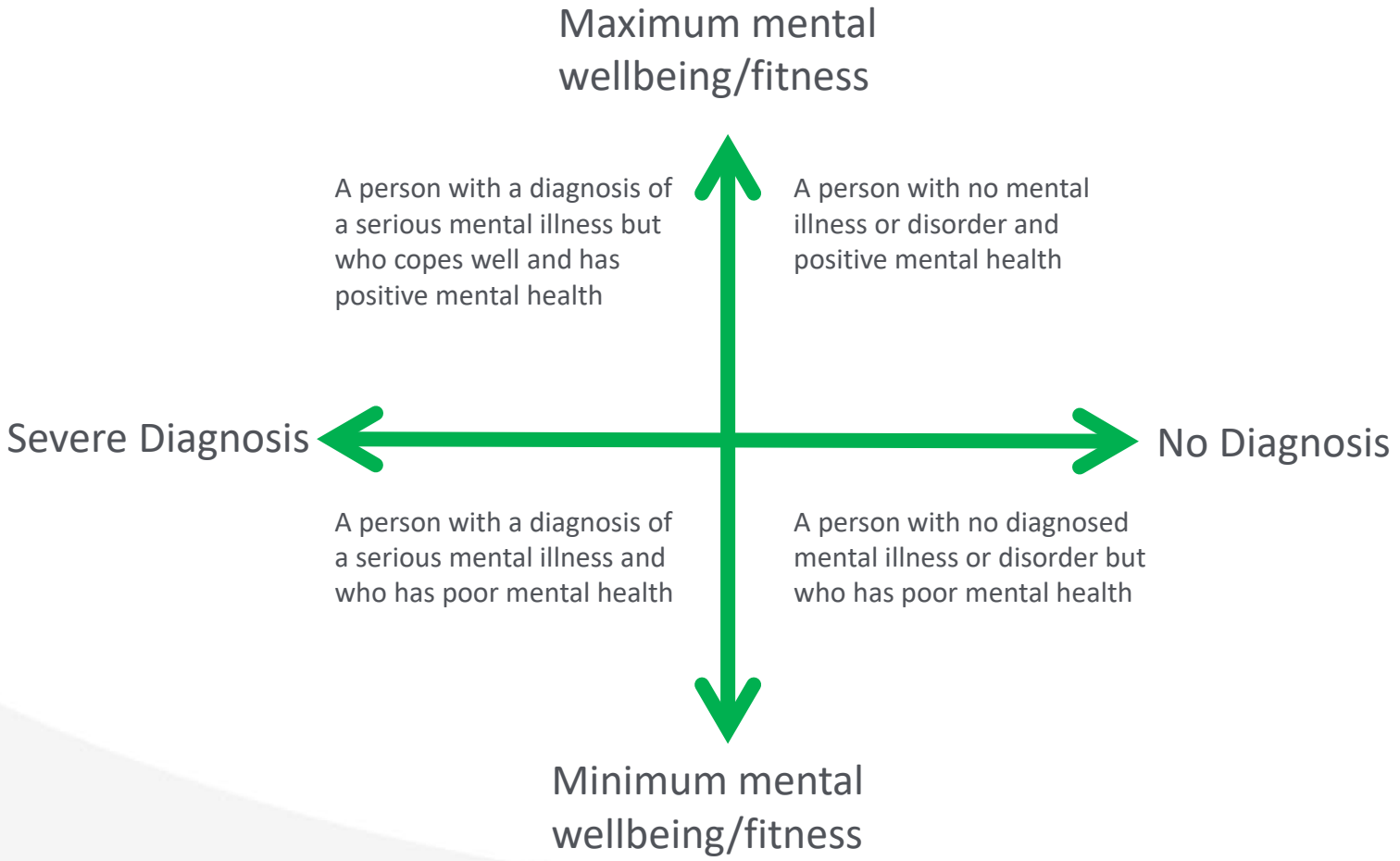
The majority of people can get over or learn to live with these issues

Getting help and early



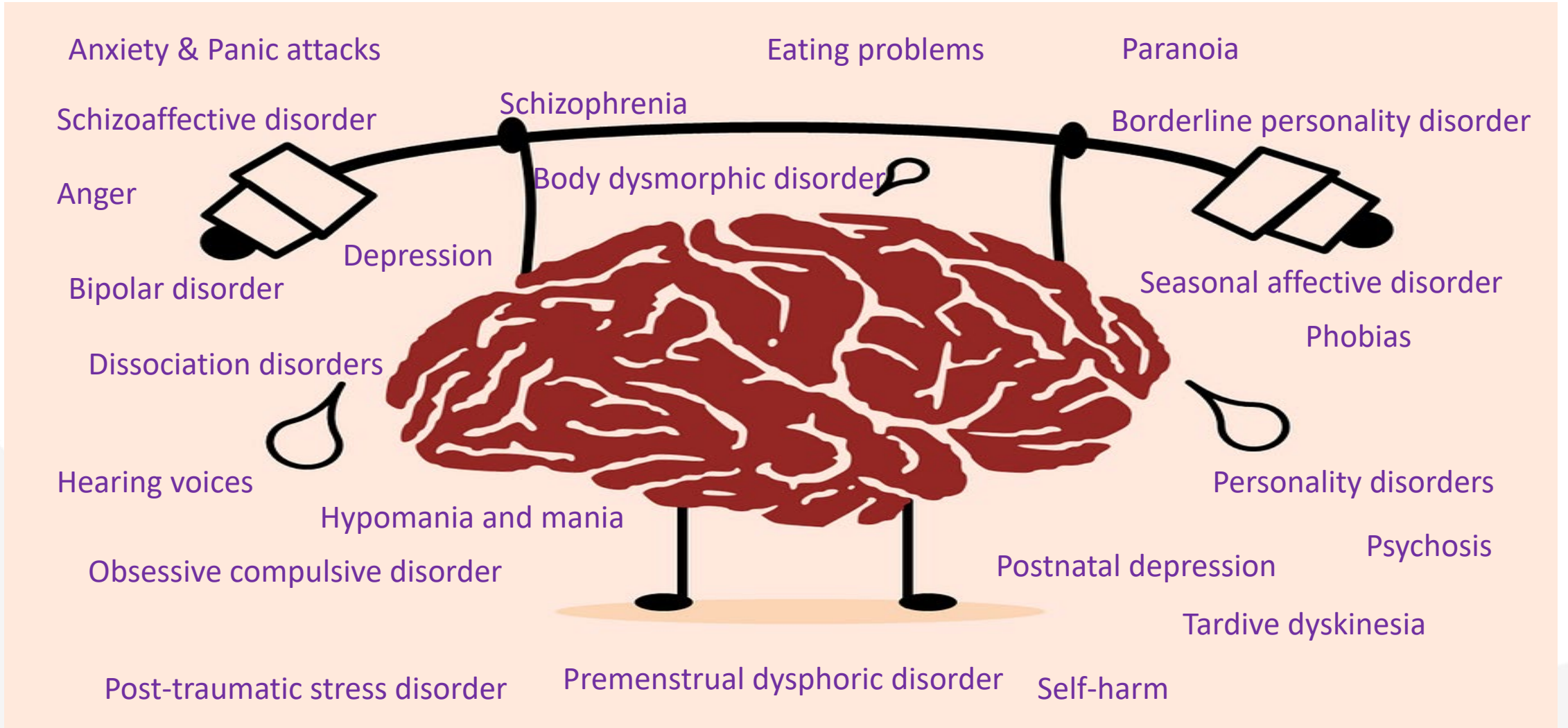
The Mental Health Continuum

- We all have mental health





Types of Mental Health Problems





Common forms of Mental Health issues

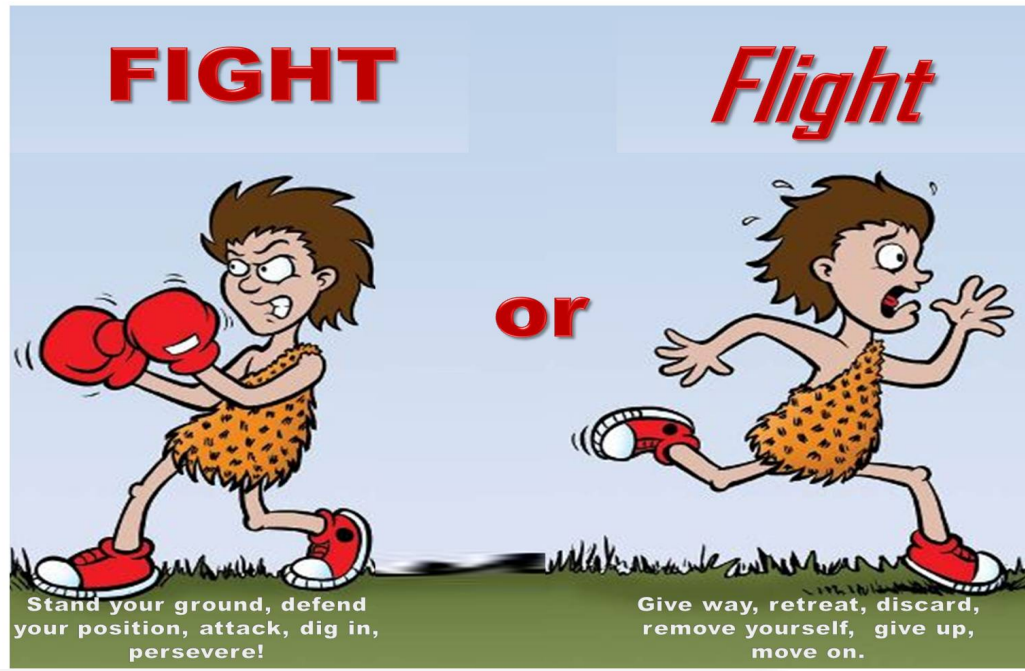
STRESS

The body's reaction to feeling threatened or under pressure: **Very common**

When you feel overwhelmed/unable to cope as a result of pressures that are unmanageable

GOOD THING

BAD THING



HELPS US MEET DEMANDS OF WORK,
HOME AND FAMILY LIFE

TOO EXCESSIVE - TOO MUCH



Causes of Stress

Generally negative events

Could be work related

- Bullying
- Harassment
- Lack of training
- Unrealistic time frames
- Not having the resources to do your job

Could be caused by issues at home

- Unemployment
- Money worries
- Relationship problems
- Accommodation issues
- Peer pressure
- Health issues

Could be a mixture of both

Positive Life Events

Positive events:

- Leaving home
- Moving to a new home
- Marriage
- Pregnancy and childbirth
- Best man speech



Signs of Stress

Emotional changes:

- Anxiety
- Fear
- Anger
- Sadness
- Frustration
- Depression

Behavioural changes:

- Withdrawn
- Indecisive
- Inflexible
- Sleep problems
- Irritable
- Tearful
- Start smoking
- More alcohol
- Drugs
- Angrier
- More aggressive
- Interaction with family and friends

Bodily changes:

- Headaches
- Nausea
- Indigestion
- Rapid breathing
- Perspiration
- Palpitations
- Aches and pains



Anxiety

What is anxiety?

A perfectly natural reaction to some situations

A feeling of unease or worry that keeps us safe



Once the danger has passed, so does the anxiety

GOOD THING





Anxiety

Becomes a problem when:

Our worries are out of proportion, massive anxiety over relatively harmless situations.

It changes our behaviour – become overly careful and avoid certain situations.

It interferes with our everyday lives and relationships

Feeling anxious constantly

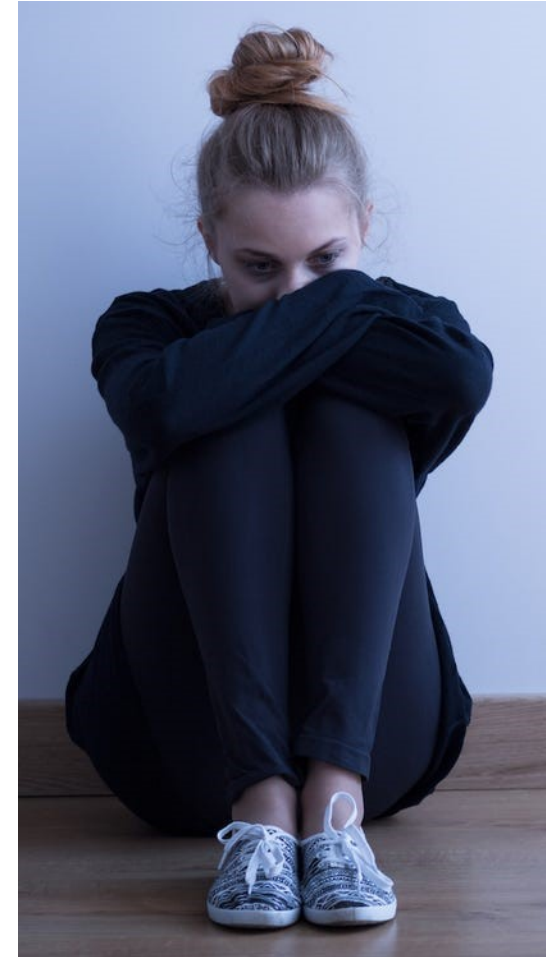
BAD THING



Signs of anxiety

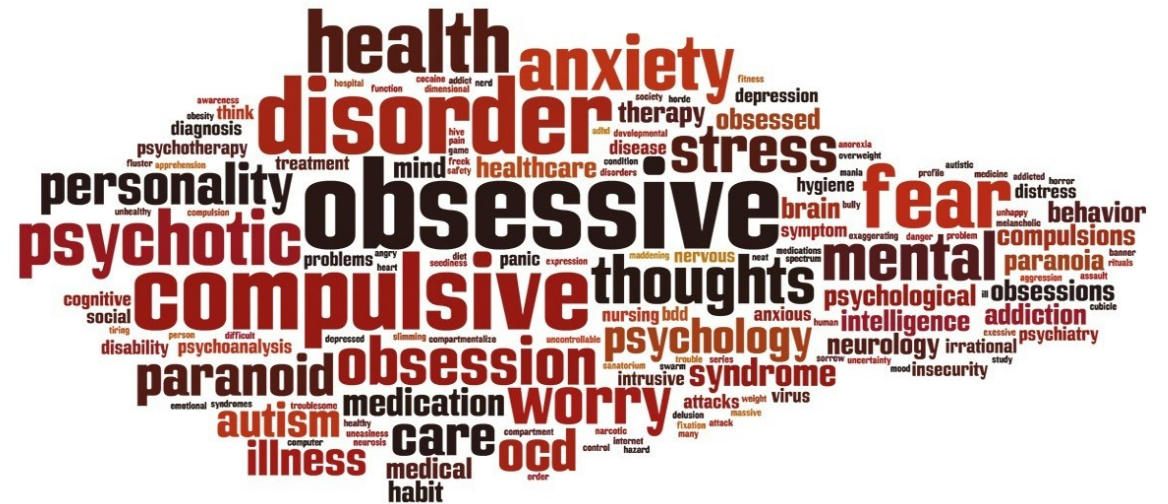
Can be changes in your body or your behaviour, being constantly worried – You may:

- feel tired, on edge, restless or irritable
- feel a sense of dread
- be unable to concentrate or make decisions
- have trouble sleeping
- feel sick, dizzy, sweaty or short of breath
- be shaky or trembly
- get headaches or tummy aches
- avoid situations or put off doing things you are worried about
- have difficulty falling or staying asleep
- experience a noticeably strong, fast or irregular heartbeat
- have pins and needles
- have a dry mouth
- sweat excessively
- repeatedly check things or seek assurance from others



Types of anxiety disorders

- Generalised Anxiety Disorder
- Panic Disorder (regular sudden attacks of panic or fear)
- Post-traumatic stress disorder (PTSD)
- Social Anxiety Disorder
- Obsessive-Compulsive Disorder (OCD)
- Specific Phobias (overwhelming and incapacitating fear of a specific object, place, situation or feeling)



What is Depression?

- A low mood that can last a long time or that keeps on returning and affecting your everyday life
- Affects people in different ways and can cause a wide variety of symptoms

Sleeping problems – difficulties getting to sleep or waking up much earlier than usual

Tiredness and loss of energy

Feeling anxious all of the time

Loss of self-confidence and self-esteem

Sadness that doesn't go away

Very strong feelings of guilt or worthlessness

Loss of appetite

Not being able to enjoy things that are usually pleasurable or interesting

Physical aches and pains

Avoiding other people, sometimes even your close friends

Loss of sex drive and/or sexual problems

Finding it hard to function at work

Feelings of helplessness and hopelessness

Difficulty concentrating

Self harm

Thoughts of suicide



Suicide

Remember this?

True or False

In Great Britain in 2017 - 12 people per day took their own life

False

It is actually just over 15 people/day
1 suicide roughly every 2 hours

5821



Suicide

So what about 2018?

Higher or Lower than 2017

Higher

It was actually just under 18 people/day
1 suicide roughly every 1 ½ hours

6507



Suicide

Now 2019 in England and Wales?

2018 = 5370

Higher or lower than 2018

Higher

5691



Work it out



England and Wales

- 2018 to 2019?
- 5370 to 5691
- Again roughly 3:1 male to female (4303 male deaths) (1388 female)
- Males aged 45 to 49 years had the highest age-specific suicide rate
- For females, the age group with the highest rate was 50 to 54 years
- The most common method of suicide in England and Wales was hanging, accounting for 61.7% of all suicides among males and 46.7% of all suicides among females.

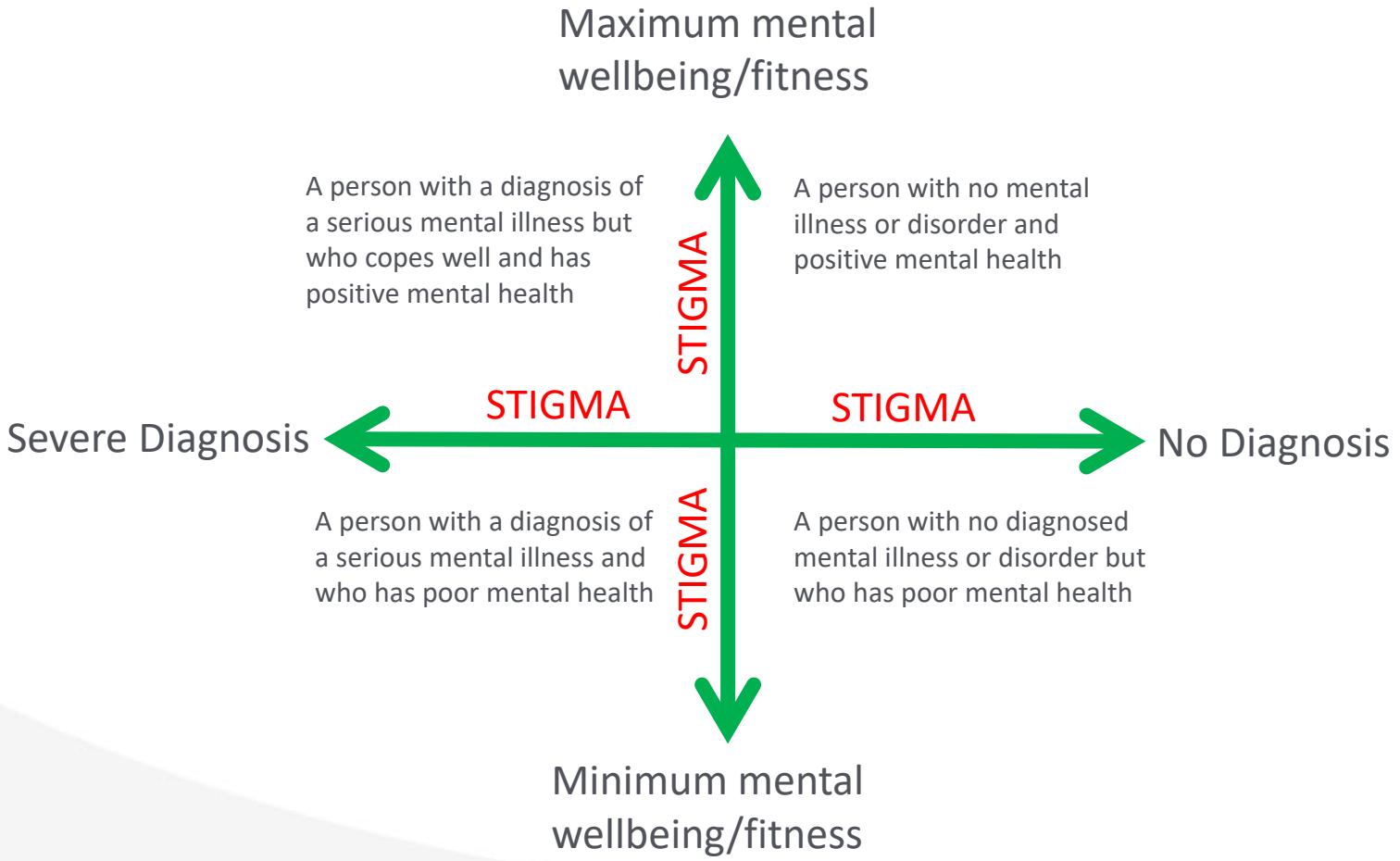
- Scotland In 2019, 833 suicides
- (620 males and 213 females)

- Suicide is the biggest killer of young people. In 2018, 759 young people took their own life in the UK and Republic of Ireland.

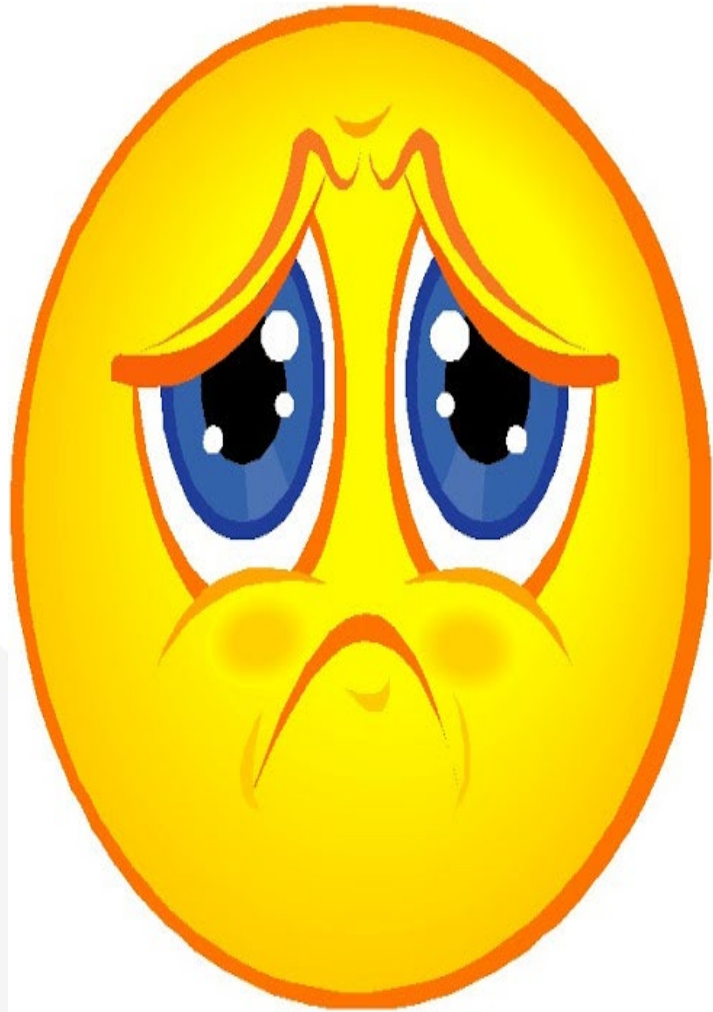


The Mental Health Continuum

Stigma is the barrier



2020



COVID

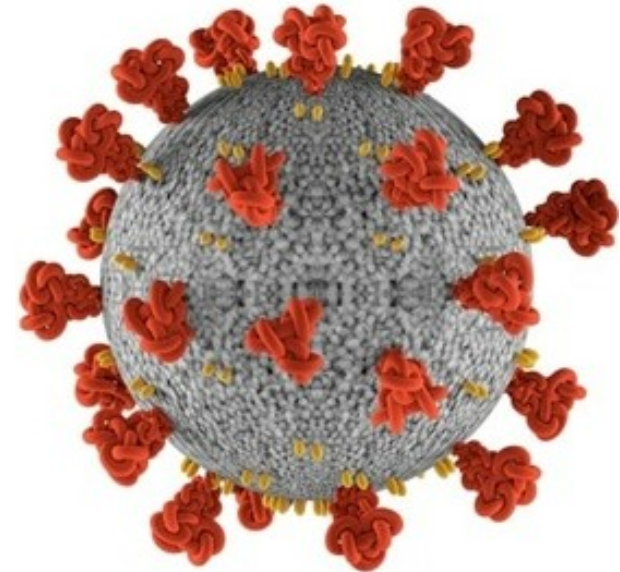
Increased/made worse any ongoing health issues

Created new health issues

Zero/restricted access to the usual health programs

Charities closed or shut down – no funding

Increased waiting lists for specialist help



HELP

Just be there and listen



Go speak to someone

- Family member
- Friend/Colleague
- Anyone



or your GP



There is support out there

- **Psychological Therapies:**
- **Self-Help and Self-Management:**
- **Group Support:**
- **Medication:**





GO HOME
SAFE

INTRODUCING
JOE'S GIANTS

