

15 to 21 May 2023

Mental Health Awareness Week



Mental Health
Foundation



#ToHelpMyAnxiety



This year's focus is on Anxiety a common emotion of feeling anxious, about everyday situations like going to a party or social gathering or a trip to somewhere you've never been, a feeling I am sure many of us have experienced at some point. But if left unchecked these thoughts and feelings can get out of control and become more severe.

We have focused on Anxiety and some basic information on **5** other common Mental Health issues, as one in four of us could be affected directly or by those around us.

So, what is Anxiety?

...It's a feeling of unease, such as worry or fear, that can be either mild or severe. These feelings can occur when things are about to happen or when we think they could happen. It is a natural human response to feeling under threat and can be experienced through our thoughts, feelings, and physical sensations.

What affect can it have on daily life?

...It can impact how you live your life if your feelings of anxiety are strong and last a long time, your worries are out of proportion to the situation and become distressing and out of control. You may want to avoid situations that cause you to feel anxious and you may find it hard to go about your everyday life, causing you to isolate from society.

What are the symptoms to look out for?

...Remember everyone's experience is different, these are just some of the more common

- A churning in your stomach
- Sweating or hot flushes
- Nausea
- Low mood
- Feeling nervous and unable to relax
- Panic attacks
- Feeling lightheaded or dizzy
- Faster breathing
- Having a sense of dread

What can you do?

- Talk to someone you trust
- Look after you
- Try to manage your worries
- Try some breathing exercises
- Complementary and alternative therapies

Where can I get Support?

- www.anxietycare.org.uk
 - www.bacp.co.uk
 - www.hubofhope.co.uk
 - www.nhs.uk/service-search/find-a-psychological-therapies-service
 - www.nomorepanic.co.uk
 - Employee assistance program 0800 0155630
- OR Download the APP. Thrive: Mental wellbeing.

For more information, there is a Micro-Learning Course on the LMS System about Anxiety and remember there are also courses on special breathing techniques and Mindfulness.



So, what is Bipolar Disorder?

...formerly called manic depression, causes extreme mood swings that include emotional highs (mania or hypomania) and lows (depression). Episodes of mania or depression can often last for several days or longer.

What affect can it have on daily life?

...this is a condition of extremes, of which a person maybe unaware, like with the mania phase where following an episode people can be shocked by their behaviour , believing people unsupportive or obstructive at the time. During episodes of mania or depression, a person may experience strange sensations, such as seeing, hearing, or smelling things that are not there (hallucinations). They may also believe things that seem irrational to other people (delusions).

What are the symptoms to look out for?

...Remember everyone's experience is different , these are just some of the more common

Depression	Mania
<ul style="list-style-type: none">• Feeling sad, hopeless, or irritable most of the time.• Lacking energy.• Difficulty concentrating and remembering things.• Loss of interest in everyday activities.• Feelings of emptiness or worthlessness.• Feelings of guilt and despair.• Feeling pessimistic about everything.• Self-doubt• Being delusional, having hallucinations & disturbed or illogical thinking.• Lack of appetite.• Difficulty sleeping• Waking up early.• Suicidal thoughts	<ul style="list-style-type: none">• Feeling very happy, elated, or overjoyed.• Talking very quickly.• Feeling full of energy.• Feeling self-important• Feeling full of great new ideas & having important plans.• Being easily distracted.• Being easily irritated or agitated.• Being delusional, having hallucinations & disturbed or illogical thinking.• Not feeling like sleeping.• Doing things that often have disastrous consequences – such as spending large sums of money on expensive and sometimes unaffordable items.• Making decisions or saying things that are out of character and that others see as being risky or harmful.

Where can I get Support?

Your GP or these useful groups www.bipolaruk.org • www.carersuk.org • www.mind.org.uk • www.rethink.org • www.samaritans.org • www.sane.org.uk • www.nhs.uk/mental-health/talking-therapies-medicine-treatments/talking-therapies-and-counselling for managing bipolar disorder, particularly during periods of stability.

Online Communities –

• The SANE Support Forum allows people to share their feelings and provide mutual support for anyone with mental health issues, as well as their friends and family. www.sane.org.uk/how-we-help/sane-community/support-forum

• Bipolar UK, a national charity, also runs an online discussion forum for people with bipolar disorder, their families, and carers www.bipolaruk.org/ecomunity.

Talking Therapies Talking therapies and counselling – NHS (www.nhs.uk)
For more information , there is a Micro-Learning Course on the LMS System about Bipolar and remember Employee assistance program
0800 0155630 OR Download the APP. Thrive: Mental wellbeing.



So, what is Personality Disorder?

...A person diagnosed with a personality disorder thinks, feels, behaves, or relates to others very differently from the average person. There are 10 different disorders which are usually grouped together into 3 clusters, A, B, C., for example Paranoid Personality Disorder, Antisocial Personality Disorder, Obsessive-compulsive Personality Disorder

What affect can it have on daily life?

...Each cluster and associated disorders have different difficulties to overcome they can struggle with serious fears that effect their everyday life, impulsive behaviour, or distorted views and ways of thinking. This affects an individual on a daily basis and can range from being mild and relatively manageable to having a serve impact on an individual's life and ability to function.

What are the symptoms to look out for?

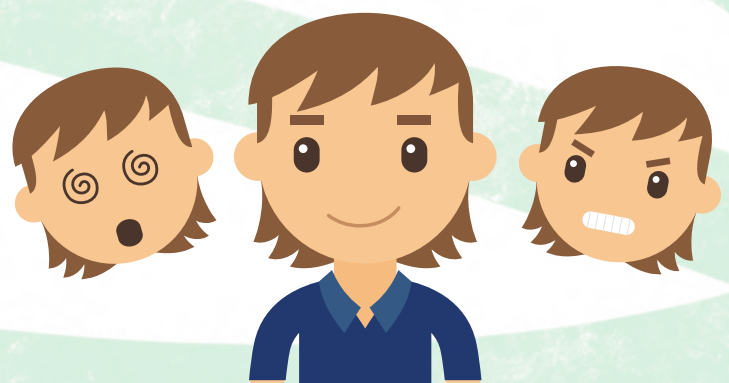
...Remember everyone's experience is different , these are just some of the more common

Paranoid Personality Disorder	Anti-social disorder	Obsessive compulsive personality disorder (OCPD)
<ul style="list-style-type: none">• Difficulty trusting others• Believe someone will take advantage of you• Interpret danger in everyday situations which others don't observe• Watch other people closely	<ul style="list-style-type: none">• You may behave dangerously (and even sometimes illegally)• Act unpleasant to others• You may already have a criminal record• You may feel little or no sense of guilt when mistreating or upsetting other people	<ul style="list-style-type: none">• You feel that you need to keep everything in order and be in control of your surroundings, making you have high expectations of yourself and others• You think that awful things will happen if something doesn't go your way and dwell on mistakes from yourself and others

Where can I get Support?

- Mind UK, www.mind.org.uk/information-support/types-of-mental-health-problems/personality-disorders/for-friends-family/ - Who have a disorder and those who want to support them
- A GP will be able to determine what type of therapy is required as this depends on the disorder and the severity of it www.nhs.uk/mental-health/conditions/personality-disorder/

For more information , there is a Micro-Learning Course on the LMS System about Personality Disorder and remember the Employee assistance program 0800 0155630 OR Download the APP. Thrive: Mental wellbeing



So, what is Psychosis?

...Psychosis is when people lose some contact with reality. This might involve seeing or hearing things that other people cannot see or hear (hallucinations) and believing things that are not actually true (delusions).

What affect can it have on daily life?

...this condition can see the sufferer displaying disturbed or disorganised thinking , unusual speech and behaviours and false sensory markers. The symptoms usually appear during adolescence or through their young adulthood.

What are the symptoms to look out for?

As well as hallucinations and delusions a person may also believe situations or phenomena even when others can see they are not true...

- That a person lives even though they do not
- They are in danger
- They are playing a vital role and secretly being tracked
- Smell, see or hear things that others can't

Where can I get Support?

The GP should be the first stage as early diagnosis could be beneficial

- The NHS website - Diagnosis - Psychosis - NHS (www.nhs.uk)
- For all kinds of information , on counselling, therapies etc this is the NHS Mental Health Services website - Mental health services - NHS (www.nhs.uk)
- Mental Health UK - Forward Together (mentalhealth-uk.org)

For more information , there is a Micro-Learning Course on the LMS System about Psychosis and remember the Employee assistance program 0800 0155630 OR Download the APP. Thrive: Mental wellbeing.



So, what is Depression?

...is a common serious mood disorder in which a sufferer can have severe symptoms. There are 4 different forms of depression, some of which arise from a person situation and can affect all ages, races, ethnicities, and genders, although women and LGBTQ+ communities are diagnosed more frequently.

What affect can it have on daily life?

...For those with this disorder low mood and lack of interest can last for at least 2 weeks so, most of the day, every or nearly every day therefore interfering with day-to-day life significantly.

What are the symptoms to look out for?

These are just some of the most common symptoms, but every person is different

- Persistent sad, anxious, or "empty" mood, Feelings of hopelessness or pessimism
- Feelings of irritability, frustration, or restlessness, Feelings of guilt, worthlessness, or helplessness
- Loss of interest or pleasure in hobbies and activities, Decreased energy, fatigue, or feeling slowed down
- Difficulty concentrating, remembering, or making decisions, Difficulty sleeping, waking early in the morning, or oversleeping. Changes in appetite or unplanned weight changes
- Physical aches or pains, headaches, cramps, or digestive problems that do not have a clear physical cause
- Thoughts of death or suicide or suicide attempts
- Increased anger or irritability, Feeling restless or on edge, Becoming withdrawn, negative, or detached
- Isolating from family and friends
- Inability to meet the responsibilities of work and family or ignoring other important roles

Where can I get Support?

- Contact a GP as soon as possible if you are feeling suicidal or are in the crisis of depression. They will be able to help you.

If you cannot or do not want to contact a GP,

- MIND – Tel 0330 123 3393 www.mind.org.uk/information-support/types-of-mental-health-problems/depression/self-care/

- Young Minds – The Parents Helpline on 0808 802 5544, Monday – Friday 9:30am – 4:00pm. Or the website has lots of information www.youngminds.org.uk/young-person/mental-health-conditions/depression/

- Call the Samaritans on 116 123 (the helpline is free and open 24 hours a day, 365 days a year). You can also email jo@samaritans.org.

For more information, there is a Micro-Learning Course on the LMS System about Depression and remember the Employee assistance program 0800 0155630 OR Download the APP. Thrive: Mental wellbeing.



So, what is Stress?

...is a common emotional or mental overwhelming feeling of being under exceptional amounts of pressure, these feelings over long periods can be damaging to a person's mental health.

What affect can it have on daily life?

...As the causes to a person stress can range for money and relationship problems , to the loss of a job, having a physical illness or processing a live changing event such as moving house, having a child or a bereavement it is easy to see this can be relatable to lots of people.

What are the symptoms to look out for?

As our bodies are complicated and react differently the symptoms are different for everyone, these are the most common

- Irritability
- Racing or obsessive thoughts
- Being forgetful, not concentrating
- Feeling overwhelmed
- Sweating & Dizziness
- Headaches or muscle pain
- Bowel or bladder problems
- Dry mouth, shortness of breath
- Fast heartbeat

Where can I get Support?

There are ways to practice self-care through exercise, meditation, or stress management courses, talking to someone either a person you know or a support group.

You can also contact

- Your GP for support and information
- MIND peer support group Side by Side www.mind.org.uk/information-support/side-by-side-our-online-community/ where you can listen or talk to people who feel the same way 8am to Midnight

For more information , there is a Micro-Learning Course on the LMS System about Stress and remember the Employee assistance program 0800 0155630 OR Download the APP. Thrive: Mental wellbeing

