#timetotalk...

about Mental Health

Brought to you by the MGAA









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Key Learning Outcomes

Delegates attending the session will be able to:

- ▶ Better understand the potential impact of the COVID-19 crisis on our mental health and the practical steps we can all take to optimise our wellbeing.
- Identify and support friends, family and colleagues who may be struggling during the difficult time through loneliness, financial pressures or trying to work at home with their partner and home school at the same time.
- > Understand some of the health risks of working from home and take practical steps to improve their overall wellbeing.

Some Mental Health Statistics

UK Statistics

- 1 in 4 adults in England have been diagnosed with mental ill-health
- 91m days lost to the UK economy
- ♠ £70bn £105bn is the estimated cost
 to the economy

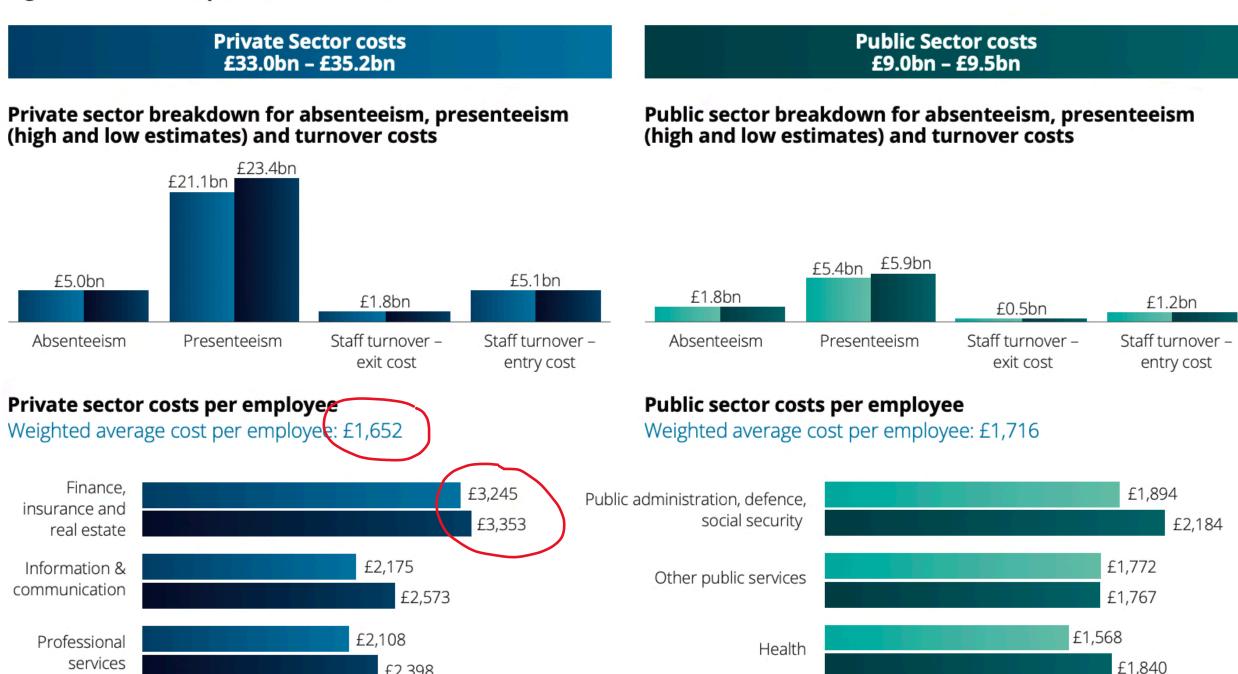
GI Statistics

- < 10 of us on this call</p>
- **\$ 852k lost days**
- **♦** £655m £937m cost



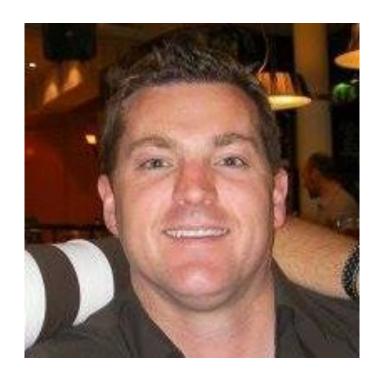
Extract from Deloitte Mental Health Report 2020

Figure 3. Public and private sector costs



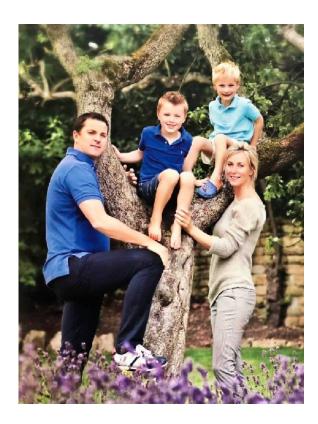
£2,398













Deaths from Suicide p/week vs:

- **≻**Cervical Cancer
- > Road Traffic Accidents
- >Motor Neuron Disease
- **≻**Testicular Cancer

- ➤ Thyroid Cancer
- >Flu
- **≻**Homicide
- **≻**Epilepsy

Crisis Statistics

CAUCE OF DEATH	DEATHS PER WEEK
CAUSE OF DEATH	(UK)
CERVICAL CANCER	14
ROAD TRAFFIC ACCIDENTS	33
MOTOR NEURON DISEASE	6
TESTICULAR CANCER	1
THYROID CANCER	7
FLU	12
HOMICIDE	14
EPILEPSY	23
TOTAL	110

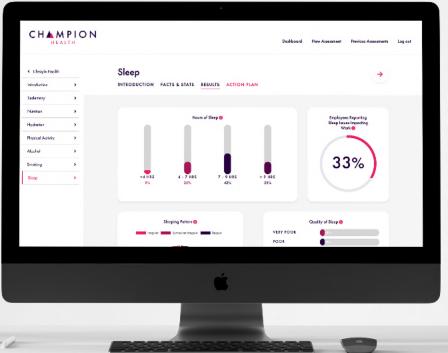


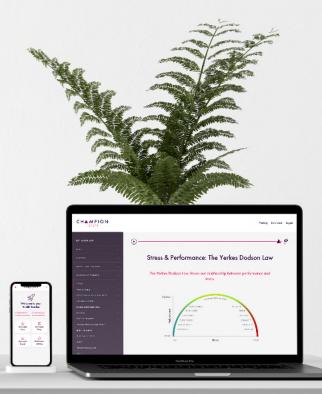
You are 1,848% more likely to take your own life than die in a fire.



Workplace health, redefined.











Which British Prime Minister openly lived with depression during their tenure?

a) Gordon Brown



c) Ted Heath





d) Winston Churchill





What proportion of people with a mental health condition experience stigma?

- a) 50%
- b) 90%
- c) 75%
- d) 25%



What proportion of people have mental health?

- a) 1:4
- b) 1:1
- c) 1:6
- d) 1:8



What is the most common mental health disorder?

- a) Mixed Anxiety and Depression
- b) Schizophrenia
- c) Bipolar Disorder
- d) Depression



Answer 1

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What risk factors for mental health conditions are common in people who work in the construction industry?

- a) Gambling
- b) Excessive alcohol intake
- c) Social isolation

d)All of the above



What did you get?

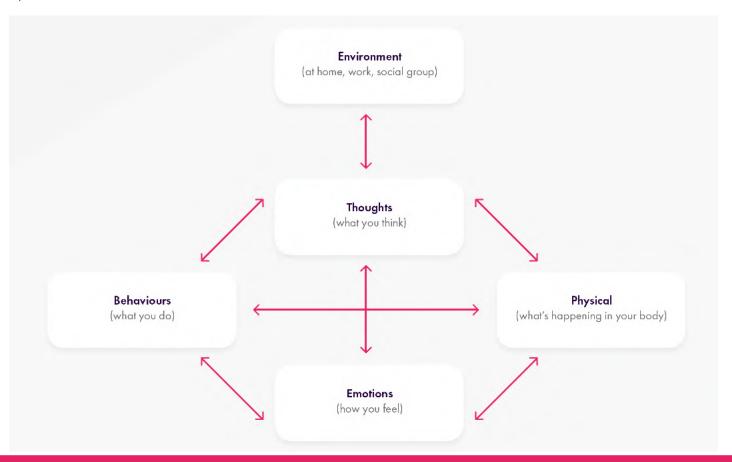


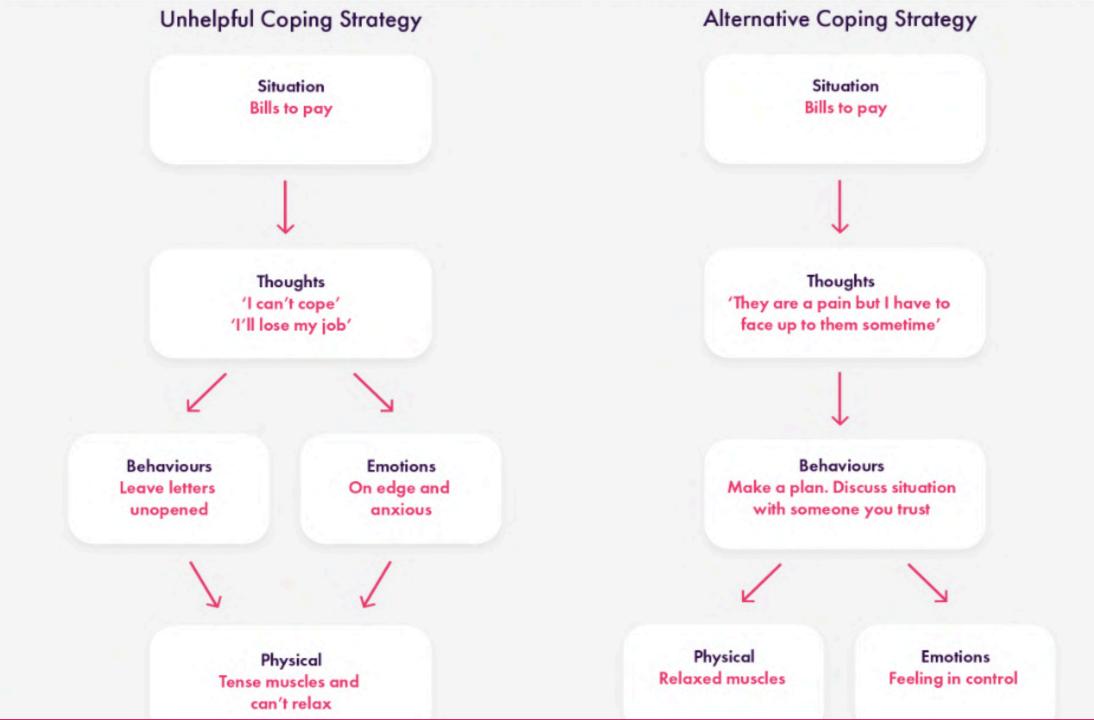


What is Mental Health?

Mental health is the complex interaction between our environment, thoughts, behaviours, emotions and physical health.

Mental health affects how we think, feel and act.







Mental Health Continuum



Mental health can range from crisis to thriving. This can change monthly, weekly and even daily.

It's time we started to see mental health, like we do with physical health.

Task: Mental Health Continuum

Your challenge is to drag the text boxes below to the appropriate box.



- Suicidal thoughts
- Self-harm
- Self-loathing
- Exhaustion
- Severe Anxiety

- Low self-esteem
- > Tired
- > Anxious
- > Low mood
- > Trouble sleeping

- Feeling good
- Moderate energy
- Socially active
- > Calm
- Normal sleep

- High motivation
- Ability to relax
- Fulfilling potential
- Solution







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CORONAVIRUS ADVICE TOOL

WORKING FROM HOME



WORKING FROM HOME

The situation may arise where you are asked to work from home (providing you are well enough to do so). In this instance, your employer will offer guidance to support you transitioning to this temporarily.

We are well aware that most employees will not have office-style setups at home and may have limited space to work in. In this scenario it is highly likely that you will be using your devices at dining room tables, kitchen counters and We have compiled advice below to help you work be





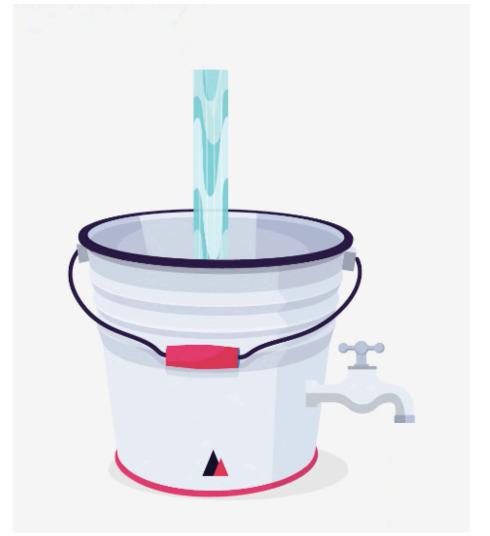
Mental Fitness vs Physical Fitness

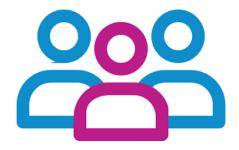






The Stress Bucket







1) What causes you stress in your life?

2) Do you have any unhelpful coping mechanisms?



The Burnout Bucket



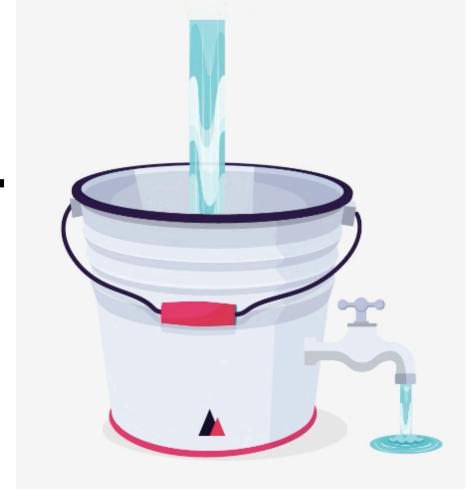




What do you do to look after your mental health?



The Resilience Bucket













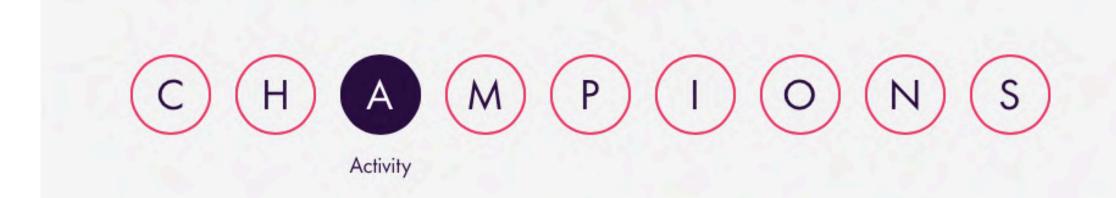


The first step is always the hardest. Seeking help from trained professionals is crucial if you require it.



Accessing help is the 'strong' option.





Exercise releases 'endorphins' - a hormone which makes you feel good about yourself.



Find an activity you enjoy, and run with it.





Being mindful is defined as being in the present moment. Mindfulness is the practice of this. There is a strong emerging body of research showing the benefits of practising mindfulness for your mental health.



If you are depressed, you live in the past If you are anxious, you live in the future if you are mindful, you live in the present.





A pro-active approach towards mental health prevents current conditions worsening or future conditions arising. Continually monitor your mental state, and consistently act on problems as early as possible.





Have an impact on the people and environment surrounding you. This will encourage feelings of reward. This could range from volunteering for a local homeless charity to small acts of kindness (e.g. expressing gratitude).





Being able to talk openly to family members, friends and colleagues about your mental health (positive or negative) is vital for mental well-being. This could be just 1 person.

Ensure you avoid 'bottling up' feelings inside.



It's not weak to speak.





What we eat and drink effects how we think, feel and behave. Consume nutritious sources of food and minimse alcohol intake. Ensure you are staying adequately hydrated.



Treat yourself occasionally, look after yourself constantly.





High quality sleep allows for our body and brain to recover and repair. This removes all of the harmful toxins that have been built up during the day, and prepares you for tomorrow.



Work hard, rest hard.



If you are struggling with your mental health







66It's not to specify the specific spec







What is your role?

As a colleague, your role is to:

- Support your colleagues
- Promote good mental health
- Look out for the warning signs of poor healt...
- Signpost employees in need of support to internal and external services





What is not your role?

Your role isn't to:

- Diagnose an employee with a mental health disorder
- Solve employees mental health problems



The Warning Signs

Stress

Irrational behaviour
Exhaustion
Heart palpitations
Low concentration
Irritability
Regularly making mistakes
Angry & frustrated
Social withdrawal

Anxiety

Tense
Nervous
Thoughts racing
Inability to
concentrate
Trouble relaxing
Poor sleep
High heart rate
Panic attacks

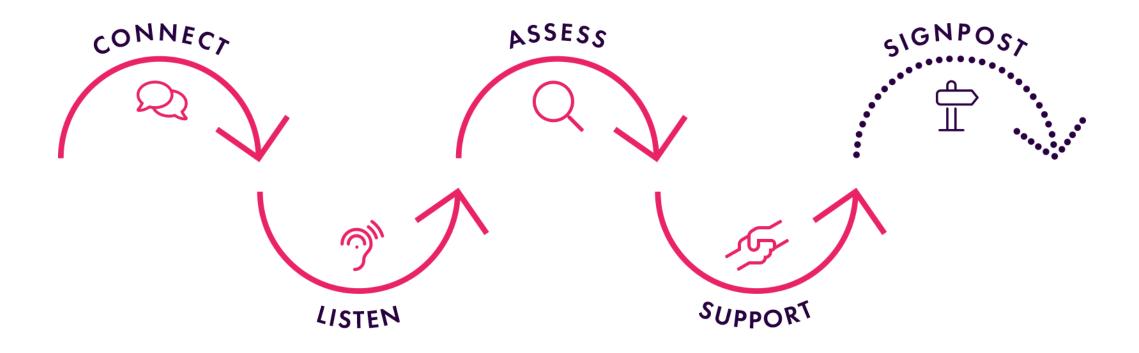
Depression

Low mood
Hopelessness
Inability
concentrating
Guilt
Sadness
Isolation
Tearful
Poor sleep

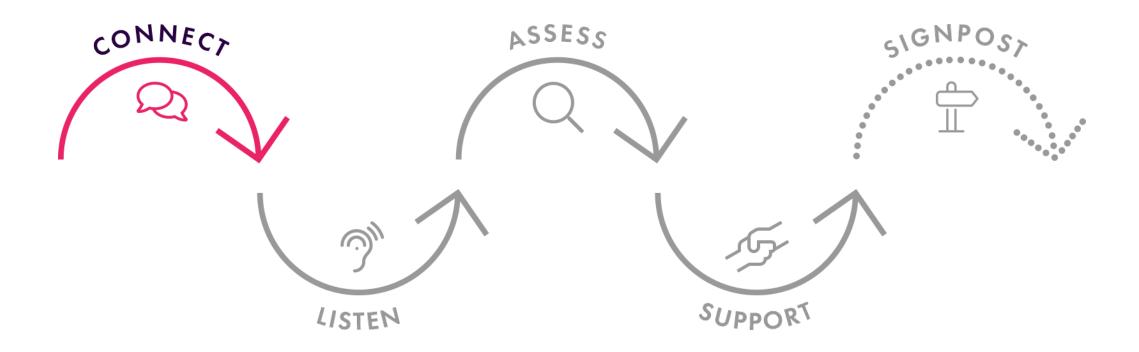




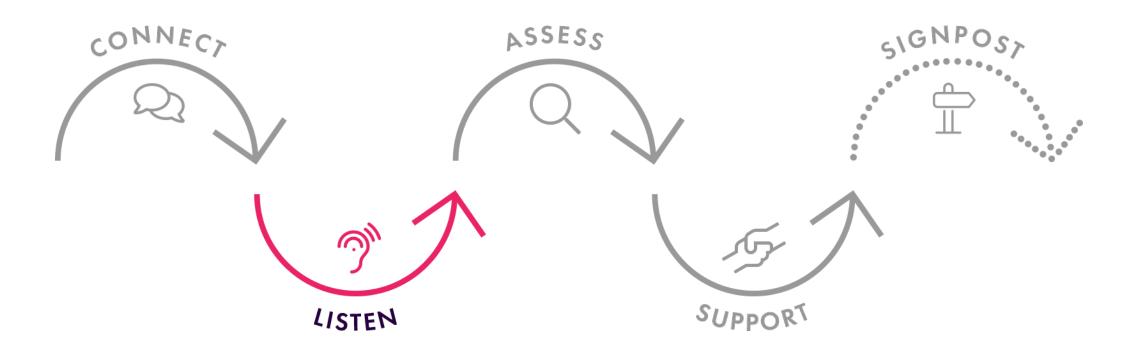




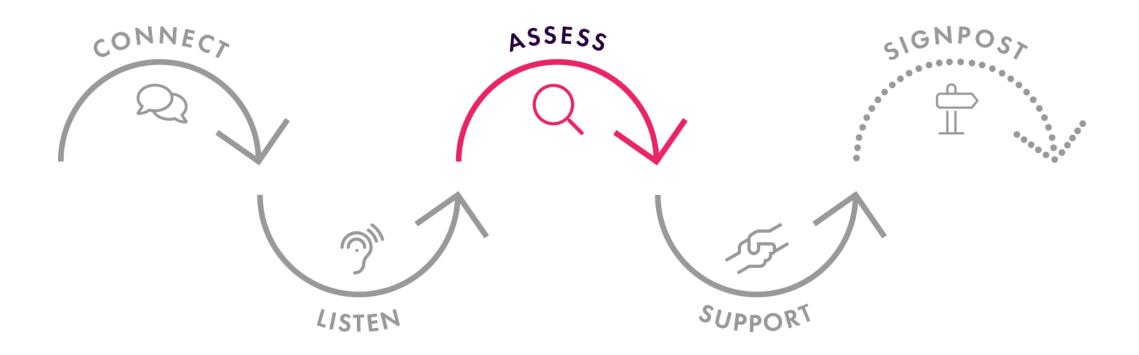




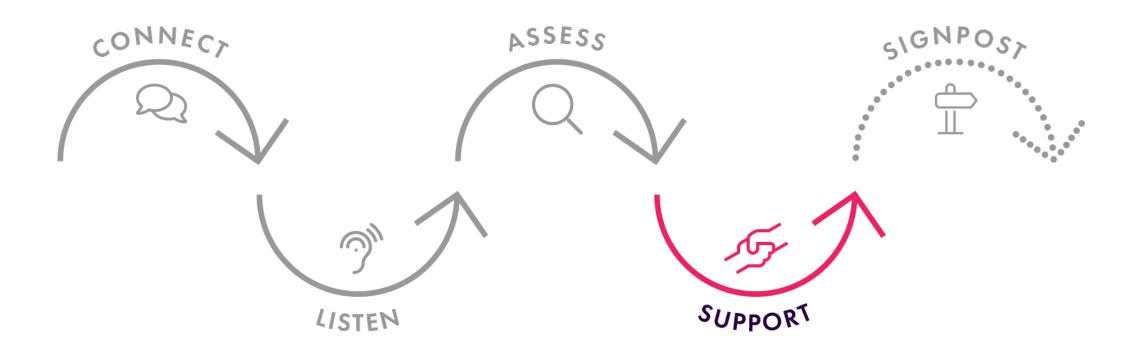




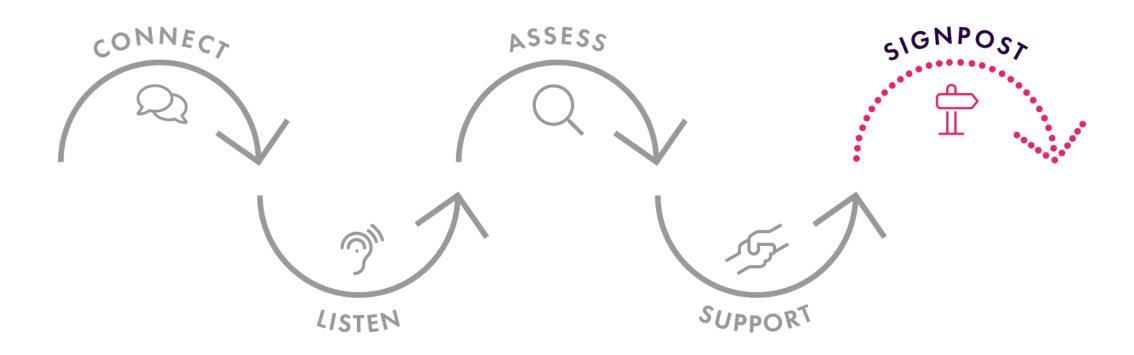














Signposting Resources:

Non-Crisis:

NHS Therapies (IAPT)

GP

Mind Website

Mental Health Foundation Website

Suicide Prevention Alliance (free online training

Crisis:

GP (out of hours if necessary)
999 or A&E

Samaritans (call: 116 123 or email: jo@samaritans.org)

Text SHOUT: 85258





Thank you for listening

Harry Bliss Co-Founder Champion Health

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