Mental Health

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Mental Health – What is it?

Mental health is **defined** as 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.

World Health Organisation (WHO)

"Mental health influences how we think and feel about ourselves and others and how we interpret events. It affects our capacity to learn, to communicate and to form, sustain and end relationships. It also influences our ability to cope with change, transition and life events: having a baby, moving house, experiencing bereavement."

MHFA

Mental Health Spectrum

We all have "mental health" – it can be seen as a continuum or spectrum:

On any day all of us will be at some point on this continuum – good days/bad days, but it is when a person is experiencing mental distress regularly or continuously to the point of becoming ill that is of greatest concern

• Prevention is better than cure

True or false quiz

1.   Mental ill health is the second largest cause of disability in the UK.

False, it's the largest. (WHO, 2008)

2.   The economic costs of mental illness in England have been estimated at £105.2 billion each year.

True, this includes direct costs of services, lost productivity at work and reduced quality of life (Centre for Mental Health, 2010)

3.   Among teenagers, rates of depression and anxiety have increased by 50% in the past 25 years.

False, it's 70% (Mental Health Foundation, 2005)

4.   In a UNICEF survey in 2007 the UK ranked at the bottom on children's wellbeing compared with North America and 18 European countries.

True

5.   10% of primary school children suffer from a low sense of wellbeing.

False, it's 20% (Morrison-Gutman et al., 2008)

6.   10% of children and young people aged 5 - 16 suffer from a diagnosable mental health disorder.

True (Green, H., McGinnity, A., Meltzer, H., et al., 2005).

Can we afford to do nothing?

Mental health affects;

- Staff
- Learners
- Lives
- Reputation
- Income
- Costs
- Bad for business, workers, learners..

So, What can we do?

- Is the workforce prepared?
- Is the workplace prepared?
- Are the managers trained & ready?
- Do we have effective interventions?
- Do we have a crisis first aid plan?
- How and when do we review and revise our approach?