

Mental Health

Everyone Has It!

Who Has a Mental Illness?



Here are 5 young people.

Can you tell who is suffering from a mental illness?

No, you can't! Mental illnesses are usually invisible, but have huge effects on people's lives.

What Do You think 'Mental Health' Is?

What is Mental Health?

- A person's condition with regard to their psychological and emotional well being.
- ¼ of the population experience some kind of mental health problem.
- Anxiety and depression are the most common issues with around 1 in 10 people affected at any one time.
- Mental health issues can be severe and long-lasting and have a big impact on people's ability to get on with life.

Society's View of Mental Health

- There is a stigma attached to mental health problems.
- Some people feel uncomfortable about these issues and don't want to talk about them much.
- Many people don't even feel comfortable talking about their own feelings.
- It's healthy to know and say how you're feeling.

Group Activity

Demonstrate what Percentage of People you think have a
Mental Illness in Society

Examples of Mental Health Issues

- **Anxiety and Panic Attacks**

- Creates unease, worry and fear
- Sitting an exam, getting stressed or moving can create anxiety
- Princess Diana and Johnny Depp suffered from panic attacks

- **Eating Disorders**

- 1.6 million people in the UK are affected by an eating disorder
- Includes anorexia, nervosa and bulimia
- Eating disorders are 7 to 10 times more common in women than men
- Lindsay Lohan and Lady Gaga suffered from eating issues

Examples of Mental Health Issues

- **Body Dysmorphic Disorder**

- Feeling of shame, guilt and laziness or self harm
- Where a person becomes obsessed with imaginary 'defects' in their appearance
- Lily Allen suffered from Body Dysmorphic Disorder

- **Depression**

- Making everything in life harder than it needs to be making you feel emotionally and physically drained and at it's most severe times, it can make you feel suicidal
- Clinical depression is more than simply feeling unhappy or fed up for a few days and lasts much longer
- Winston Churchill suffered from Depression

Examples of Mental Health Issues

- **Obsessive Compulsive Disorder (OCD)**

- Creates compulsions or repetitive activities that mentally you feel you have to do
- Creates obsessions and unwelcomed thoughts, images, urges or doubts that repeatedly appear in your mind
- Charles Darwin and David Beckham suffered from OCD



Causes of mental health

Physical (Biological)

- Genetic make-up can contribute to the risk of developing a mental illness
- Traumas to brain can sometimes lead to personality changes & can trigger symptoms
- Deficiencies of certain vitamins and minerals and diets can play a role.

Social and Environmental

- Factors around us
- Where we live
- Living conditions
- School & work stress
- Bullying



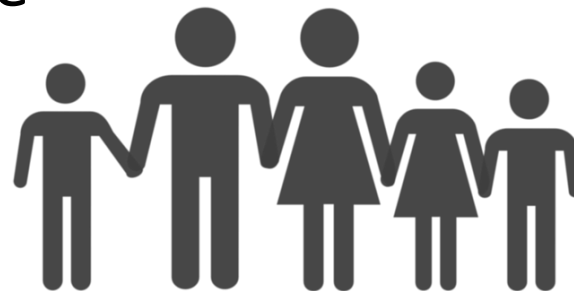
Causes of mental health

Psychological

- Your psychological state
- Coping with past and current traumatic experiences
- Abuse, death and parents
- Mental & emotional state has an influence on mental health

Family history

- Family background can play a role in the development of some illnesses
- Family and everyday life can play a role
- However other factors play a greater role



Why is there a stigma?

- Society in general has stereotyped views about mental illness and how it affects people.
- Many people believe people with mental health issues are violent and dangerous.
- Lack of understanding and misbelief add to stigma.
- In fact they are more at risk of being attacked or harming themselves than harming other people.
- Stigma and discrimination worsen mental health problems!
- The best way to help is to talk!

Examples of Symptoms

Anxiety:

- Fears of panic, fear and uneasiness
- Problems sleeping
- Shortness of breath
- Nausea
- Dizziness

Depression:

- Low moods
- Low self esteem
- Change in appetite
- Low energy
- Lack of will
- Excessive sleeping
- Inability to concentrate

Just because you feel you may have these symptoms, it doesn't necessarily mean you have a mental illness. But it doesn't hurt to make sure.

Examples of Symptoms

Schizophrenia

- Hallucinations
- Delusions
- Confused thoughts
- Losing interest and motivation in life / activities
- Lack of concentration, not wanting to leave the house, changes in sleeping patterns
- Less likely to start conversations, feeling uncomfortable with people

Bipolar

- Depression symptoms
- Hyperactivity with elevated moods
- Irritability
- Reckless behaviour
- Insomnia
- Lack of focus

Video

<https://www.youtube.com/v/okoaXZboZCI?start=0&end=95>

- *Youtube*



How can you deal with it?

- There is no set method for dealing with a mental illness.
- It can help to understand what you have.
- Talk to family and friends – sometimes having a conversation is the best way.
- Hobbies and music can also be calming
- You can always seek help from GPs, school or nurses



Where Can You Go?

- Mind
- B-eat
- Rethink
- Sane
- Anxiety UK
- SAFE
- Young Minds
- Hearing Voices Network
- Bipolar UK
- Mood Swings
- Samaritans
- Teachers and Parents

There are so many organisations there to help.

For contact information and other organisations who deal with mental health issues then have a look at the directory – ask your teacher or a senior member of staff for this.

Mental Health

Kent Youth County Council

www.kent.gov.uk/kycc