

ITS THE WORLD MENTAL HEALTH DAY 2020 10TH OCTOBER

**ZNANIYE  
FOUNDATION  
WORLD MENTAL  
HEALTH DAY  
VIRTUAL  
CONFERENCE 2020  
WELCOME ALL!**



- Educate you on mental health & wellbeing
  - Depression, Anxiety and Psychosis
    - Mental Health Continuum
- Suicide Awareness and prevention – WAIT
  - Coping strategies
  - How to access support



# What is mental health?



# What influences mental health?

- Protective Factors
- Risk factors



# What are Protective Factors?

- Individual
  - Relates to our beliefs, genetics, lifestyle & social networks
- E.g. Self-belief; values & beliefs; physical health; nutrition; coping strategies; & support networks
- Societal
  - Relates to society
- E.g. Healthcare; Education; tolerance within communities; integration of communities; financial security; & safety



# Risk Factors for our mental health

- Individual

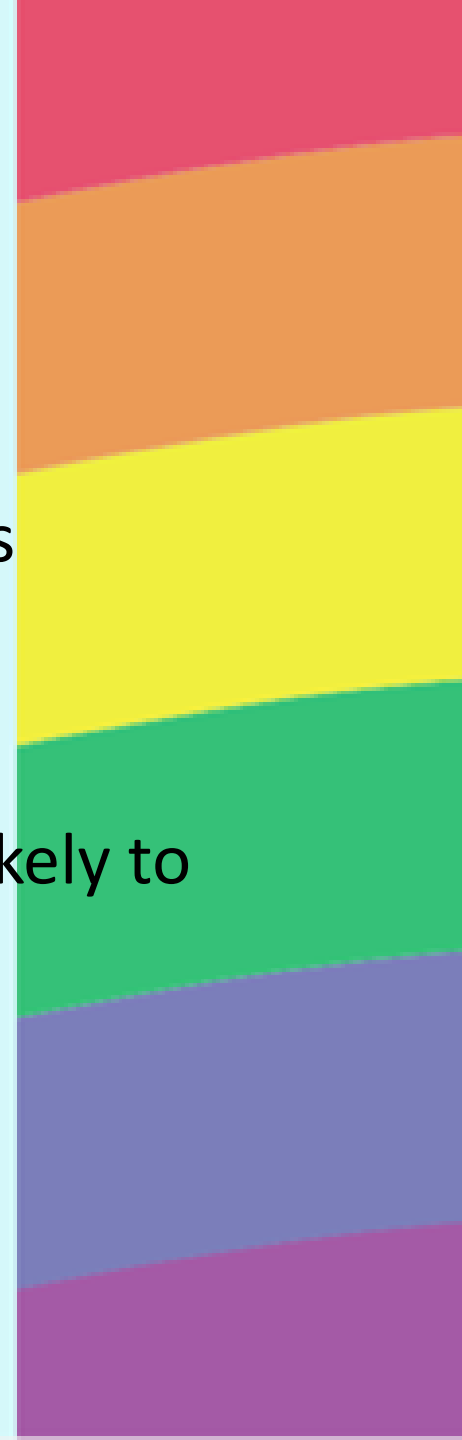
- E.g. Alcohol & substance misuse; abuse; neglect; traumatic life events; bereavement; physical illness or disability; low self-esteem

- Societal

- E.g. Poverty; unemployment; community violence; experiences of stigma and discrimination due to social inequalities



- LGBTQ+ are more likely to suffer from a mental illness
- Men are more likely to suffer from a mental illness & less likely to seek help



# People from BAMER backgrounds

Are more likely to be diagnosed with some mental health problems

(Bhardwaj 2001, Mental Health Provider's Forum)

Are more likely to be admitted to hospital for **mental health** problems

(Mental Health Foundation 2015)

Sometimes have to face extra challenges that can add to stressful life events and poor mental health

(Latif, 2014)





Why?



**Delays**



No absolutes

Maximum mental wellbeing/fitness

The continuum ...

A person with a diagnosis of a serious mental illness but who copes well and has positive mental health

A person with no mental illness or disorder and positive mental health

Severe diagnosis



No diagnosis

A person with a diagnosis of a serious mental illness and who has poor mental health

A person with no diagnosed mental illness or disorder but who has poor mental health

Minimum mental wellbeing/fitness



MHFA England

# Depression

- Some signs of depression are feeling low, feeling bad about yourself and not wanting to do things.
- Different things can lead to depression. Your upbringing, stressful events and your lifestyle might all have an effect.
- If you feel low, getting enough sleep and eating healthy foods might help. It might also help to keep active, even if you don't feel like it.
- Depression may be treated with medication and talking treatments. Self-help techniques, peer support groups and coping strategies can also help.



# Anxiety & Generalised Anxiety Disorder

Physical effects, Psychological effects and Behavioural Effects

- Physical pains such as headaches & stomach ache
  - Feeling restless or unable to sit still
    - Faster breathing
  - A fast, thumping or irregular heartbeat
    - Sweating or hot flushes
    - Mind racing or going blank
      - Irritability
      - Withdrawal
- This can lead to panic attacks



# Psychosis

- **Someone who develops psychosis will have their own unique set of symptoms and experiences, according to their particular circumstances.**

- **Hallucinations**

- False perceptions; Hearing or seeing things that are not real

- **Delusions**

- False beliefs; Believing or holding beliefs that others do not

- **Confused and disturbed thoughts**

- Lack of logical thought; confused thinking process



# Conditions that have symptoms of Psychosis

- Becoming withdrawn, acting out of character, looking confused, having trouble concentrating and remembering
  - CAMHS (The Child and Adolescent Mental Health Service) do not commonly diagnose young people with Schizo- disorders
  - More likely to refer to the symptoms of a young person as Psychosis rather than to diagnose otherwise
- Schizotypal Disorder, Schizoaffective Disorder, Schizophrenia
  - Early intervention



# Covid-19 & Mental Health

- In public mental health terms, the main psychological impact to date is elevated rates of stress or anxiety.
- Experiences of living through the pandemic could cause or worsen a mental illness
- Loss of jobs; lack of education; uncertainty; decrease in the Economy size



# Empathy





# Suicide Awareness



# A – Ask

- Ask ‘Are you having suicidal thoughts?’
  - Ask twice how someone is
- Create a safe space for the person



# W – Watch out

- Watch out - for signs and distress and changes in behaviour
- These changes might be uncharacteristic of the person



# I – It will pass

Assure your loved one that with help, their suicidal feelings will pass with time



# T – Talk to others

- Encourage the person to seek help from a GP or health professional
- If you believe they are in immediate risk, always call 999



## SUICIDE PREVENTION ADVICE

# WAIT!

**W** **Watch out** for signs of distress and changes in behaviour

**A** **Ask** "are you having suicidal thoughts?"

**I** **It will pass** – assure your loved one that, with help, their suicidal feelings will pass with time

**T** **Talk to others** – encourage your loved one to seek help from a GP or health professional



# Coping Strategies



# Access Support

- Shout (free 24/7 text line) – text SHOUT to 85258
  - Samaritans (free 24/7 advice line) – 116 123
- Papyrus (Young people under 35, Suicide prevention line, open 9am-Midnight everyday)  
Call - [0800 068 4141](tel:08000684141)  
Text – [07860039967](tel:07860039967)
- CALM (helpline & web chat for men, 5pm- midnight) – 0800585858
- CAMHS Ealing (young people; referral from GP or school)  
- [020 8354 8160](tel:02083548160)
- Ealing IAPT (self refer; Adult service CBT service) - [020 3313 5660](tel:02033135660)





## Confidence and Wellbeing Sessions

Unfortunately I do not have time to take questions, however, if you would like to contact me, please email:

[contact@znaniyefoundation.co.uk](mailto:contact@znaniyefoundation.co.uk)

With the Subject of my name, Alexis Watkins, Mental Health Lead



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