



Let's talk about Mental
Health!

Julie Carnell

We Are Not Experts...

“Mental health issues can eat away at your identity. **By** reaching out for help, you can begin to heal.”



Our Vision

“Better Mental
Health For All”

Our Values

RESPECT

for the individual

PARTNERSHIPS

working together we are
more effective and inclusive

RECOVERY

enabling everyone's unique
and personal recovery
journey

WELLBEING

To educate and encourage
people to look after mental,
emotional and physical
wellbeing

PREVENTION

Building resilience and
challenging stigma in and
across communities.

What is Mental Health?

- **Depression:** Low mood that lasts a long time
- **Bipolar Disorder:** Manic and depressive episodes
- **Schizophrenia:** Disorganised thinking and speech

“Why did it feel so hard to reach out to some of my closest friends?”

“On bad days, I exist in a world that seems devoid of any colour”



Stress

Churning feeling in your stomach

Feeling light-headed or dizzy

Pins and needles

Restless

Headaches

Faster breathing

Thumping or irregular heartbeat

Sweating or hot flushes

Sleep problems

Nausea

Changes to sex drive

Anxiety

Racing Thoughts

Uninterested in life

Loss of sense of humour

Constant worry

Feeling tense

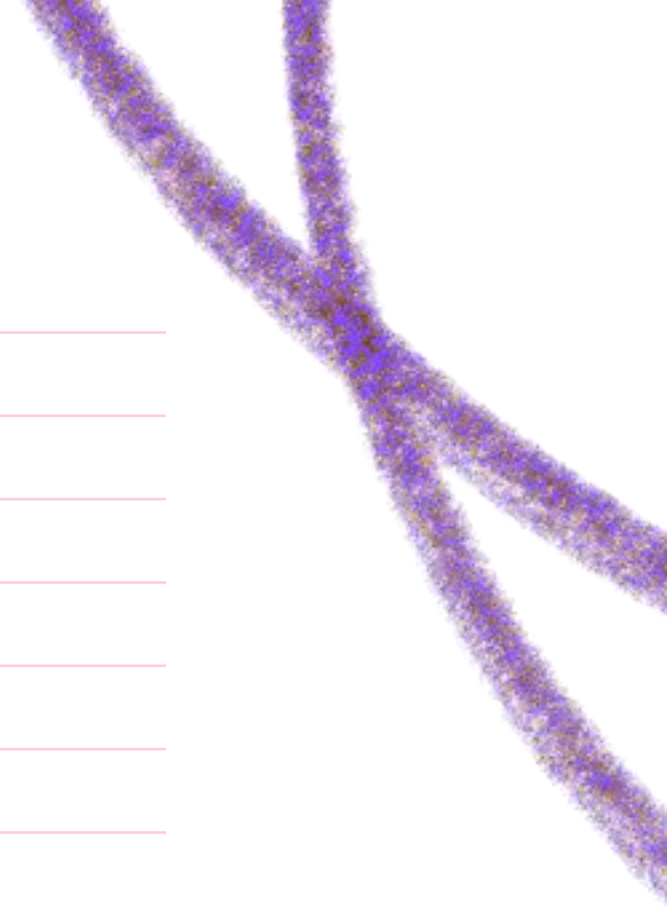
Faster breathing

Racing heartbeat

Overwhelmed

Fear or feel afraid

Rising Panic and Panic Attacks



Stress and Trauma

“There’s a sense that I did something wrong – either that I caused what happened to me, or that I should be dealing with it better”



'Five Ways to Wellbeing' for Every Day

(www.neweconomics.org)

Connect

- Being well connected and sociable with people around us is good for wellbeing and mental health
- Develop positive relationships with your family, friends and neighbours that enrich your life every day
- Going out and mixing with other people will help you stop focusing on your worries and fears
- Plan in more time to be sociable, join a club or meet new people
- Consider old friendships you would like to remake.

Further information:
www.mindingyourhead.info

Be Active

- Physical activity can improve wellbeing, reduce anxiety and depression
- Aim to be active every day and minimise the amount of sedentary inactive time
- Over a week aim to accumulate at least 2½ hours of moderate intensity activity eg. 30 minutes on at least 5 days a week
- Find an activity you enjoy and that suits your mobility and lifestyle
- Build exercise into your daily life.

Further information:
www.getalifegetactive.com
www.armagh.gov.uk
www.banbridgeleisure.com
www.discovercraigavon.com
www.dungannon.gov.uk
www.newryandmourne.gov.uk

Take Notice

- Taking notice, being aware and mindful is associated with positive mental health and wellbeing
- Take time to notice and appreciate nature, everyday life and moments
- Be aware of the world around you and how your body responds to this and what you are feeling
- Pause and reflect
- Learn to recognise signs of poor mental health and stress in yourself and your friends and family :
 - Changes in sleep or eating patterns
 - Angry for no reason
 - Anxiety
 - Difficulty concentrating and making decisions

Further information:
www.get.gg

Keep Learning

- A lifestyle that values learning is positively associated with mental health and wellbeing
- Try something new or rediscover an old interest
- Take on a challenge you will enjoy achieving
- Think about what you would like to learn, what your interests are and what would be useful in your life
- You can access books and other resources to support your wellbeing through your library.

Further information:
www.librariesni.org.uk
www.src.ac.uk
www.yourhealthinmind.org

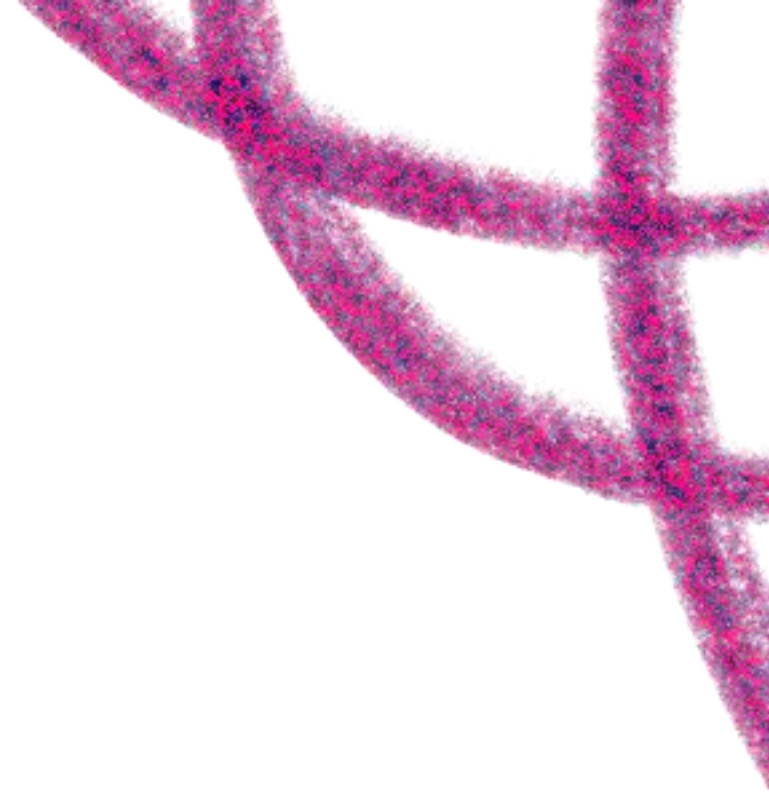
Give

- People who enjoy giving are open to receiving, have improved mental health and wellbeing
- Do something nice for a neighbour or friend
- Thank others who give you their time
- Smile more
- Enjoy helping friends and doing things to help other people like volunteering or fundraising for a local charity.

Further information:
www.volunteernow.co.uk

So...How Are You?

- I'm worried - Pull yourself together
- I'm not coping – It's all in your head
- We all get down sometimes
- Things could be worse
- Snap out of it
- I just don't feel happy - Just try and be positive
- But you have a great life
- I'm having intrusive thoughts – but you are always so happy



Declining Mental Health

Anxious

Constant Worry

Erratic Behaviour

Quiet and
Withdrawn

Alcohol and
substance use
and misuse

Confused
Thoughts

Emotional
Outburst

Suspicious or
Paranoid

Suicidal Thoughts

Poor
Concentration

Teary and
Feelings of
Sadness

Weight Loss or
Gain

Strong
Inappropriate
Emotions

Changes to
Behaviours

Sleep Problems



Signposting & Support



Helpline

BIRMINGHAM & SOLIHULL MENTAL HEALTH

HELPLINE

0121 262 3555

**Get the support
you need.**

**Freephone
0800 915 9292**



 **Mind
Birmingham**

**9am - 11pm
Everyday**

Signposting & Support

Samaritans 116 123 (FREE Phone Number)

Rethink – www.rethink.org

CALM – Suicide Prevention Helpline 5pm – Midnight – **0800 585858**

National Suicide Prevention Helpline UK: **0800 689 5652** open 6pm – midnight

Papyrus – Hopeline UK – Young Person Suicide Support 24/7 – **0800 068 41 41**

Shout – National Crisis Text service – **Text | Shout to 85258**

Birmingham Mind Talking Space – Three Crisis Intervention venues in Erdington, Northfield and Selly Oak
5pm – 11pm everyday.

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Questions?

We would really value your feedback

Contact Us

cdw@birminghammind.org

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Thank You!