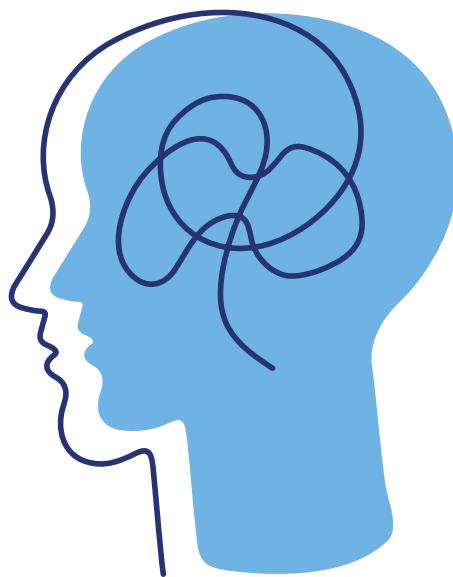


MENTAL HEALTH AWARENESS TRAINING HANDBOOK



MENTAL HEALTH

WHAT IS MENTAL HEALTH?

Mental Health is "the emotional and spiritual resilience which enables us to enjoy life and survive pain, suffering and disappointment. It is a positive sense of wellbeing and an underlying belief in our and others' dignity and worth. It is influenced by our experience and our genetic inheritance." (World Health Organisation).

Your spring may now be bent out of shape and you can't seem to spring back to feeling your usual self.



When was the last time I **showered**?

When was the last time I went **outside**?

Am I letting **myself** rest enough?

Am I being **kind** to myself?

When did I **celebrate** myself last?

When was the last time I **ate** something good for me?

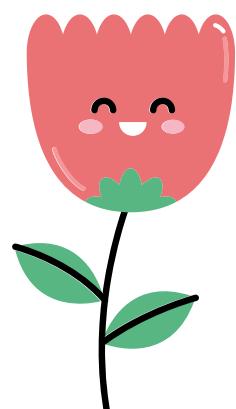
Do I need **water** or coffee?

When was the last time I took a **break** from my phone?

What can I do today that will make me **smile**?

Is it time for a mental health check in?

Do I need to talk about how I'm **feeling**?



FURTHER TRAUMA INFORMED PRACTICE INFORMATION:

Safety

Number one in developing relationships is to build a sense of psychological safety. This means we need to relate to the person, be aware of their need to trust someone before they are willing to divulge personal information. We can do this through being open and honest ourselves and by asking open ended questions that are not too probing or personal. Initially just chatting about the weather or how people's day has been can go a long way to start developing trust.

Trustworthiness and transparency

We need to be people who do what we say we are going to do, and when we commit to meeting or messaging, we make sure we do it in a timely way.

Expectations are made clear, and we should not overpromise what we can do to help.

Choice

Whenever we are chatting to people and suggesting options, we should always make sure that they feel they have a choice in whether they do or engage with the options. We should not impose our ideas on others, even when we think they are helpful, and could really make a difference.

The people we are supporting must always have a voice over any decision-making process. It is important to remember that people who have experienced trauma often feel unsafe and that they lack control over their lives and this may cause them to have difficulty trusting others.

Collaboration

We must work together with the person we are supporting to consider how their needs can be met.

Empowerment

It is important to validate concerns and feelings of the person you are supporting, and to listen to their wants and needs.

We can support people to make decisions and actions and need to acknowledge that if they have experienced trauma, they may feel powerless to control what happens to them.

Cultural considerations

We must always bear in mind cultural considerations and be respectful of those that have different values and attitudes to us.

DEPRESSION

WHAT IS DEPRESSION?

In its mildest form, depression can mean just being in low spirits. It doesn't necessarily stop you leading your normal life but makes everything harder to do and seem less worthwhile. At its most severe, depression can be life-threatening because it can make you feel suicidal or simply give up the will to live.



VIDEO:

'I have a
black dog
called
depression'

Scan the QR code or visit:
youtube.com/watch?v=XiCrniLQGYc



NOTES:

“Be understanding and listen.”

It's natural to want to find a solution when someone you love is struggling. But sometimes rather than trying to 'fix a problem', it's better to listen.

“Try not to take to heart the negativity around you and make sure you get to have a break.”

Being someone's main source of support can add a lot of pressure on you. Opening up to friends and family can tackle stigma and build a circle of support for both of you.

(Quotes and advice from Mental Health Foundation -<https://www.mentalhealth.org.uk/>)

ALGEE: THE ACTION PLAN

ASSESS for risk of suicide or harm.
LISTEN non-judgementally.
GIVE reassurance and information.
ENCOURAGE appropriate professional help.
ENCOURAGE self-help and other support strategies.

SUGGESTIONS:

RESOURCES:

<https://www.nhs.uk/mental-health/conditions/depression-in-adults/support-groups/>

<https://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/depression-self-help-guide/>

<https://www.nimh.nih.gov/health/topics/depression>

“Mental health problems don't define who you are. They are something you experience. You walk in the rain and you feel the rain, but you are not the rain.”

Matt Haig, Author



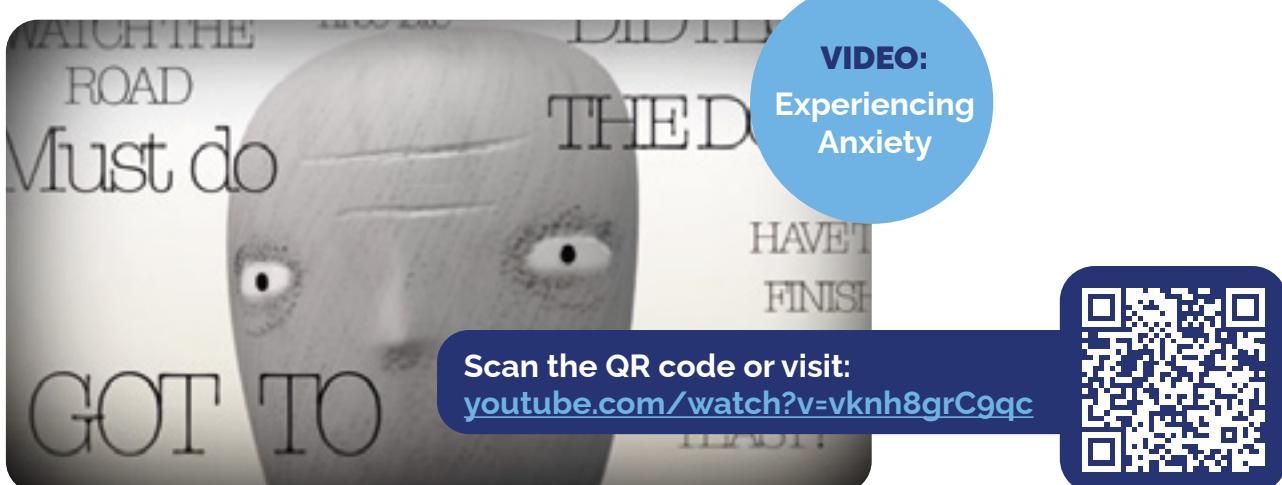
ANXIETY

WHAT IS ANXIETY?

An anxiety disorder may make you feel anxious most of the time, without any apparent reason. Or the anxious feelings may be so uncomfortable that to avoid them you may stop some everyday activities. You may have occasional bouts of anxiety so intense they terrify and immobilize you.

“I don’t think anyone realises the amount of effort and strength it takes to get yourself through anxiety every single day. You’re battling this chaos inside of your mind and body, while trying to do everything you can to hold it together so that you can get through the day. If you’ve ever had to do this, I’m proud of you.”

Unknown



QUOTE FROM VIDEO: "If we experience anxiety for too long, day after day, night after sleepless night, it affects our health, and our ability to do normal day to day things at home and at work."

NOTES:

ALGEE: THE ACTION PLAN

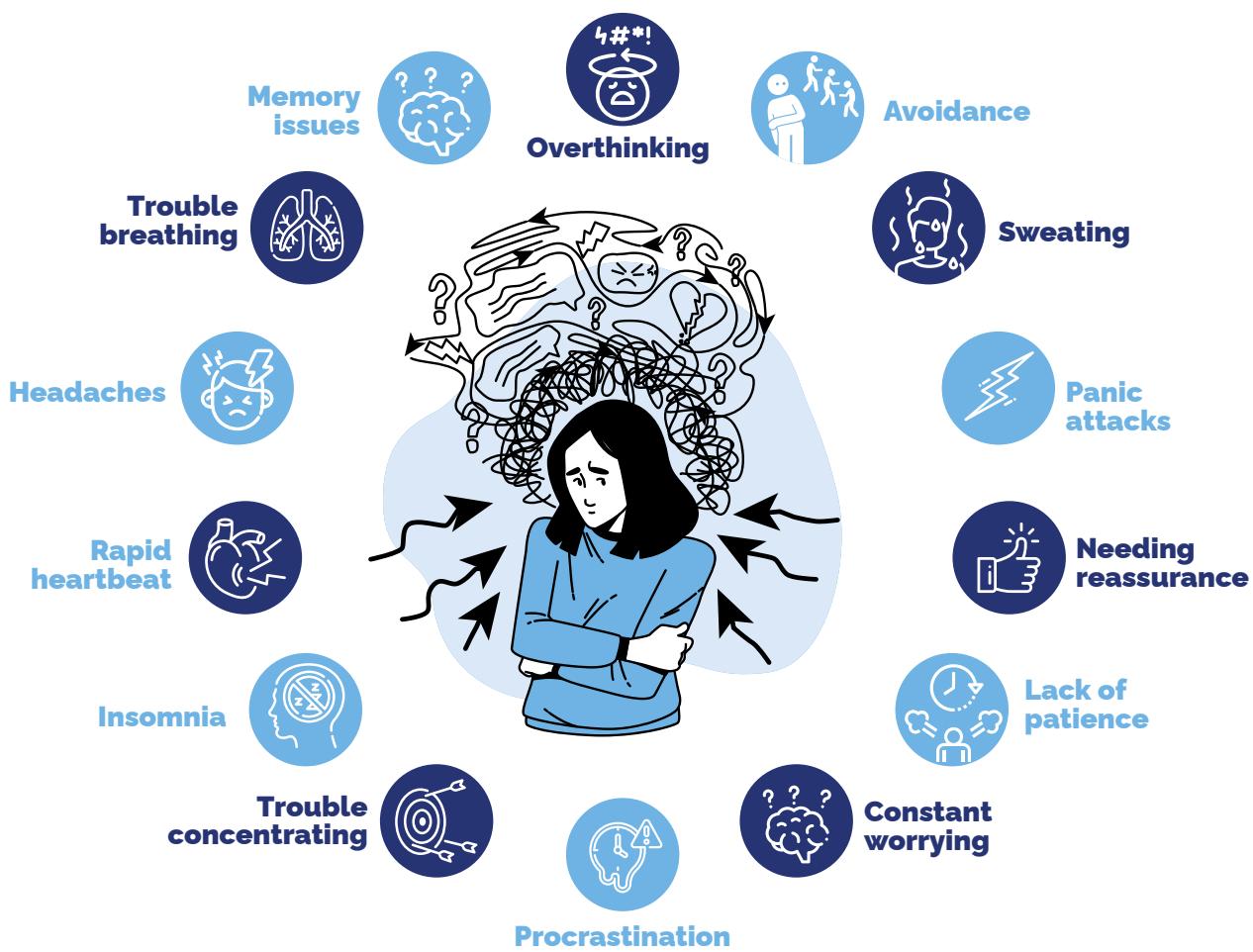
- ASSESS** for risk of suicide or harm.
- LISTEN** non-judgementally.
- GIVE** re-assurance and information.
- ENCOURAGE** appropriate professional help.
- ENCOURAGE** self-help and other support strategies.

SUGGESTIONS:**RESOURCES:**

<https://www.anxietyuk.org.uk/product-category/free-resources/>

<https://www.nhsinform.scot/illnesses-and-conditions/mental-health/mental-health-self-help-guides/anxiety-self-help-guide/>

<https://clearfear.stem4.org.uk/>

HOW TO RECOGNISE ANXIETY IN YOURSELF AND OTHERS

PSYCHOSIS

WHAT IS PSYCHOSIS?

Psychosis is when you perceive or interpret reality in a very different way from people around you. You might be said to 'lose touch' with reality. The most common signs of psychosis are hallucinations and delusions.



HALLUCINATIONS

Hears, sees and, in some cases, feels, smells or tastes things that aren't there.

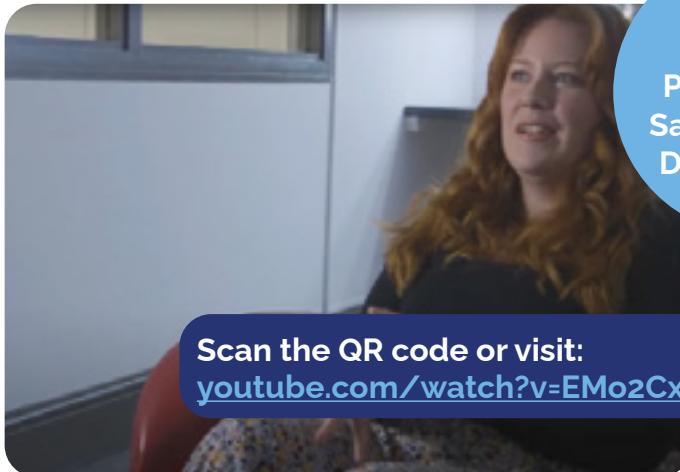


DELUSIONS

Has strong beliefs that aren't shared by others. Common delusions include feeling paranoid or believing you have special powers

“What mental health needs is more sunlight, more candor, and more unashamed conversation.”

Glenn Close, Actress



VIDEO:
'From Psychosis to Saving Lives' - Danni's Story

Scan the QR code or visit:
youtube.com/watch?v=EMo2CxTRNW0



RESOURCES:

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/psychosis/self-care/>

<https://www likemind nhs uk/resources/resources>

NOTES:

“Sometimes we need someone to simply be there. Not to fix anything, or do anything in particular, but just to let us feel that we’re cared for and supported.”

Unknown



EATING DISORDERS

WHAT ARE EATING DISORDERS?

People with eating disorders might use disordered eating behaviour as a way of coping with difficult situations or feelings. This behaviour can include limiting the amount of food eaten, eating very large quantities of food at once, getting rid of food eaten through unhealthy means (e.g. vomiting, misusing laxatives, or excessive exercise), or a combination of these behaviours.

TYPES OF EATING DISORDER INCLUDE...

ANOREXIA NERVOSA

Anorexia is a serious mental illness that can cause individuals to limit how much they eat or drink.

AVOIDANT RESTRICTIVE FOOD INTAKE DISORDER (ARFID)

A condition characterised by the person avoiding certain foods or types of food, having restricted intake in terms of overall amount eaten, or both.

BINGE EATING DISORDER (BED)

A serious mental illness where people eat very large quantities of food without feeling like they're in control of what they're doing.

BULIMIA NERVOSA

A serious mental illness where someone is caught in a cycle of eating large quantities of food, and then trying to compensate for that overeating by vomiting, taking laxatives or diuretics, fasting, or exercising excessively.

ORTHOEXIA

An unhealthy obsession with eating "pure" food. Not currently recognised in a clinical setting as a separate eating disorder, although the term may be brought up when discussing their illness.

OTHER SPECIFIED FEEDING OR EATING DISORDER (OSFED)

Sometimes a person's symptoms don't exactly fit the expected symptoms for any of these eating disorders, so they might be diagnosed with OSFED.

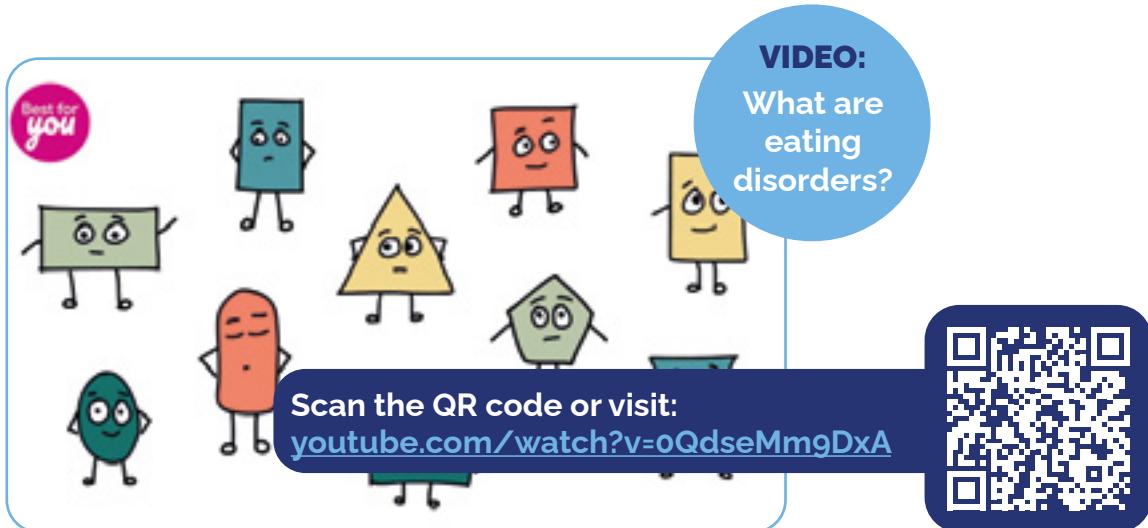
PICA

A feeding disorder in which someone eats non-food substances that have no nutritional value, such as paper, soap, paint, chalk, or ice.

RUMINATION DISORDER

An illness that involves repetitive, habitual bringing up of food that might be partly digested.

(Information taken from BEAT website - <https://www.beateatingdisorders.org.uk/>)



RESOURCES:

<https://www.beateatingdisorders.org.uk/>

<https://www.tastelifeuk.org/>

“The experience I have had is that once you start talking about [experiencing a mental health struggle], you realise that actually, you’re part of quite a big club.”

Prince Harry

NOTES:

SELF-INJURY

WHAT IS SELF-INJURY?

Self-injury is when...

Somebody intentionally damages or injures their body. It can be a way of coping with or expressing overwhelming emotional distress. The intention is often to punish themselves, express their distress or relieve unbearable tension. Sometimes the reason is a mixture.

Self-injury can also be...

A cry for help.

It's not exclusively young people who self-injure – older people do too and they can additionally suffer the shame of feeling that they should be coping better simply because they're older.



LOOKING AFTER YOURSELF IF YOU SELF-INJURE:

- Create a safe box to help you through times when you feel the urge to harm yourself.
- When you feel overwhelmed, talk to someone you trust.
- Avoid alcohol and drugs, as this can lead to feeling anxious or depressed, and lower your inhibitions.
- Keep yourself physically safe and get medical attention if you need it.
- Keep doing things you enjoy and that make you happy.



ALGEE: THE ACTION PLAN

ASSESS for risk of suicide or harm.

LISTEN non-judgementally.

GIVE re-assurance and information.

ENCOURAGE appropriate professional help.

ENCOURAGE self-help and other support strategies.

SUGGESTIONS:

It is worth noting that if we're coming alongside someone who is under 18, then there is a safeguarding duty to share information with appropriate professionals if we think the young person is at risk of harm. How you do this will depend on the context in which you know the young person but could include speaking to the Designated Safeguarding Lead if you're working with them through an organisation (e.g. school, youth group, church, voluntary organisation), contacting Children's Services or NHS services and potentially speaking to the young person's parents as appropriate. We would aim to do this with the agreement of the young person, but the first priority is their welfare and safety.

RESOURCES:

<https://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/self-harm/getting-help/>

<https://www.papyrus-uk.org/self-harm/>

<https://harmless.org.uk/>

NOTES:

SUICIDAL IDEATIONS

WHAT ARE SUICIDAL IDEATIONS?

Suicidal ideation simply refers to thoughts of suicide and wanting to take one's own life. A person who is suicidal may see no other way out and want to end their life, whereas as we said before, someone who self-injures may view hurting themselves as a way of coping with life.

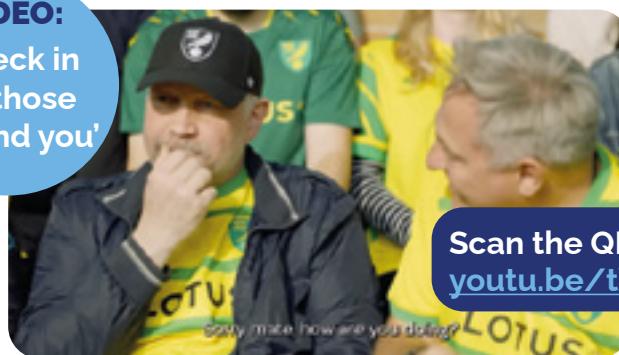
Suicidal feelings can range from abstract thoughts, or feeling that people would be better off without you, to thinking about methods or making a clear plan to take your own life.

USE OF LANGUAGE

Avoid	Say	Why
Commit / Committed suicide	Died by suicide Lost their life to suicide Took their own life	Using the word 'commit' implies suicide is a sin or crime, reinforcing the stigma that it's a selfish act and personal choice. It has not been a crime in England since 1961. Using neutral phrasing like 'died by suicide' helps remove shame or blame.
Successful suicide Completed suicide	Died by suicide Fatal suicide attempt	Saying 'successful' or 'completed' is inappropriate because it frames a very tragic outcome as an achievement or something positive.
Failed suicide attempt Unsuccessful suicide attempt	Suicide attempt Survived a suicide attempt	Saying 'failed' or 'unsuccessful' is inappropriate because it implies that the opposite would be a positive outcome.

Taken from: <https://shiningalightonsuicide.org.uk/wp-content/uploads/2021/04/Language-guide-for-talking-about-suicide.pdf>

VIDEO:
'Check in on those around you'



Scan the QR code or visit:
youtu.be/tX8TgVR33KM



A person might feel unable to cope with difficult circumstances or emotions and feel *less like dying* and more like being *unable to continue living*.

ALGEE: THE ACTION PLAN

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SUGGESTIONS:

“The strongest people are not those who show strength in front of the world but those who fight and win battles that others do not know anything about.”

Jonathan Harnisch



Scan the QR code or visit:
bbc.co.uk/ideas/videos/talking-about-suicide-makes-it-smaller/po8qvnr8

VIDEO

‘Talking about suicide makes it smaller’

RESOURCES:

https://www.who.int/health-topics/suicide#tab=tab_1

<https://www.samaritans.org/>

<https://www.papyrus-uk.org/>

<https://www.spuk.org.uk/>

<https://www.stayalive.app/>

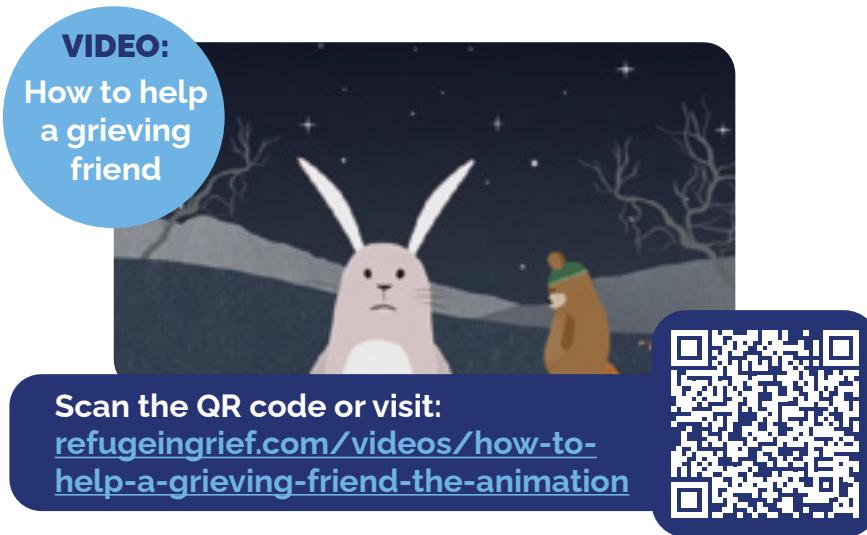
<https://harmless.org.uk/>

<https://stayingsafe.net/>

SUPPORT FOR PEOPLE BEREAVED BY SUICIDE:

- **Survivors of Bereavement by Suicide:** 0300 111 5065 (open everyday 9am - 9pm)
- **Support after Suicide** (supportaftersuicide.org.uk) - Find local support and resources
- **Help is at Hand** (supportaftersuicide.org.uk/help-is-at-hand) - Booklet resource

GRIEF AND LOSS



“Rarely does the admonishment to look on the bright side actually heal someone. It just makes them stop telling you about their pain.”

Quote from video

RESOURCES:

Helpful video for children: <https://www.youtube.com/watch?v=wmzy6fRLcCU>
<https://grief.com/>
cruse.org.uk

NOTES:

GRIEF SUPPORT LINES:

- **Cruse:** 0808 808 1677 / 0808 802 6161 (Scotland) - Open weekdays 9.30am - 8pm (Mon-Fri til 5pm)
- **National Bereavement Partnership Helpline:** 0808 448 0800 - Open weekdays 9am - 6pm, Saturday 10am - 2pm
- **Bereavement Advice Centre:** 0800 634 9494 - Open weekdays 9am - 5pm

SUPPORT FOR PARENTS:

- **Child Bereavement UK:** 0800 02 88840 - Open weekdays 9am - 5pm
- **Child Death Helpline:** 0800 282 986 - Open evenings 7-10pm. Also Mon-Fri 10am - 1pm and Tues-Wed: 10am - 4pm
- **Sands:** 0808 164 3332 - Open weekdays 10am - 3pm and 6pm - 9pm Tues - Thurs

SUPPORT FOR YOUNG PEOPLE:

- **Grieftalk:** 0808 802 0111 - Open weekdays 9am - 9pm
- **Winston's Wish:** 08088 020 021 - Open weekdays 8am - 8pm
- **Hope Again:** 0808 808 1677 - Open weekdays 19.40am - 5pm

(Information from Mental Health Foundation -<https://www.mentalhealth.org.uk/>)

STIGMA AND SHAME

In a recent poll MIND found that over half (51%) the UK population believes there is still a great deal/fair amount of shame associated with mental health conditions. And 56% of respondents experiencing mental ill health still feel ashamed. Feeling shame ultimately stops people getting the help and support they need.

VIDEO:

If your mate's acting differently



Scan the QR code or visit:
youtube.com/watch?v=nOkH2jGK4po



LOOKING AFTER YOURSELF

Whether you're a carer of someone with mental health struggles, have your own, or perhaps are at risk of secondary trauma from working or volunteering with people where you witness or who disclose difficult circumstances, it's important to take care of yourself. Make sure you have a trusted person to offload to and practice some self-care. "Put on your own oxygen mask before helping someone else."

"Sometimes the best way to recharge is to unplug."

@twillostory

MENTAL HEALTH REMINDERS

- Rest when you need to
- These feelings will pass
- Amazing things are coming
- It's okay to have bad days
- There is nothing wrong with you
- You are worthy and enough



RESOURCES:

<https://www.nhs.uk/every-mind-matters/>

<https://www.nhs.uk/live-well/>

<https://getselfhelp.co.uk/>

SIGNPOSTING

There will be regional variations and further local organisations so do take a look online, especially local council website for what's in your area.

For further training we recommend the **Mental Health First Aid Course**, especially the 2-day training. (<https://mhfaengland.org/>)

Here are some national sites and helplines for further help and guidance:

WEBSITES:

<https://www.mind.org.uk/get-involved/supported-self-help/>

nhs.uk/service-search/mental-health/find-an-nhs-talking-therapies-service

<https://www.nhs.uk/nhs-services/mental-health-services/where-to-get-urgent-help-for-mental-health/>

<https://www.nhs.uk/every-mind-matters/>

<https://www.rethink.org/>

<https://mentalhealth-uk.org/>

<https://www.mentalhealth.org.uk/>

<https://www.youngminds.org.uk/> & <https://www.kooth.com/> (children & young people)

<https://www.youngminds.org.uk/parent/> (parental support)

<https://mindout.org.uk/> (LGBTQ+)

HELPLINES:

<https://www.mind.org.uk/information-support/helplines/>

Mind's Infoline - Call 0300 123 3393 (9am - 6pm weekdays except bank holidays)

Samaritans - call 116 123 (24 hours a day)

Calm - call 0800 58 58 58 (5pm - midnight)

Childline (under 19s) - call 0800 1111 or try their online counsellor chat.

Shout - text SHOUT to 85258.

FOR CHURCHES/CHRISTIANS:

Book:

Freed From Shame by Dawn Holmes - order at <https://freedfromshame.co.uk> (paperback cost £4.99 donated to Safe Families and Home for Good)

Websites:

<https://www.mindandsoulfoundation.org/>

<https://sanctuarymentalhealth.org/uk/>

<https://kintsugihope.com/>

<https://johargreavestherapy.com/>

Hey Depression and Anxiety,

You think you have me. But that isn't true. I have you. That means every time you knock me down, I'll get back up.

It means you don't get to define me. Instead, I will always defy you. You will never get to be the boss of me. God alone gets to determine my identity and destiny.

You may make me hide under the covers sometimes. But you will not make me cover up who I am.

You think I should fear you. But you should fear me. Because I'm not giving in or giving up. I will never surrender. And I'll show the world who you are—a liar and a thief who whispers in the dark and takes what's not yours.

You taunt me with shame and tell me if anyone knew about you, I wouldn't be loved. But I am not ashamed. I am named "beloved" by the God who crafted me into being. No matter what you say, he "made me in an amazing and wonderful way".

You'd like to convince me I'm a coward, but I'm doing whatever it takes to stand up to you. I go to my doctor. I see my counselor. I tell my trusted friends. I embrace joy when it comes. I do brave, hard things over and over. This isn't cowardice—it's true courage.

You tempt me to hold back until I'm rid of you. "How can you help others," you hiss, "when you're still broken?" But I've learned it's through our broken places that God's love often flows out the most freely to others.

Here's the secret: You think you've taken so much from me. But you've done the opposite: You've revealed I'm stronger than I know, braver than I feel, and loved more than I can imagine.

Let me drop this bomb on you today, Depression and Anxiety . . . You tried to make me weak. What you did instead was make me a warrior. And I will never stop fighting.

Letter to depression & anxiety taken from Holley Gerth's book, *The Powerful Purpose of Introverts*

ADDITIONAL TRAINING

We offer a selection of additional training and events designed to help you as you look to support children and families, whatever that might look like for you.

Find out more and register at: [safefamilies.uk/training](https://www.safefamilies.uk/training)



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