

# Let's talk Mental Health

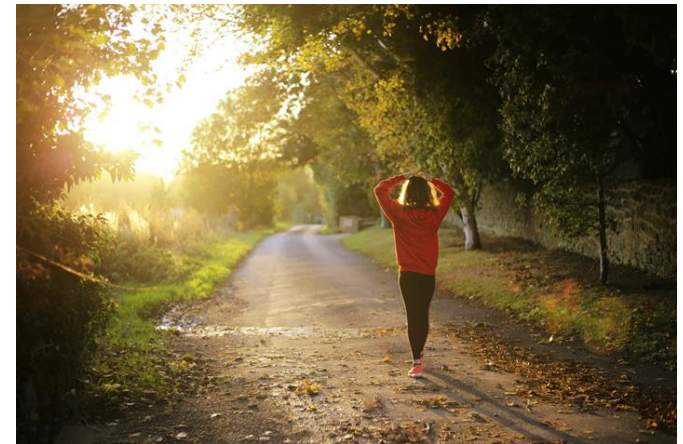
An introduction to mental health,  
wellbeing and talking about it



# Welcome

- These sessions funded through the Medway & Swale Health and Care Partnership.
- The H&CP hold very clear priorities to address health inequalities and support prevention across our communities.
- Through the VCS MOU and Framework, they have set out their commitment to working closely with the VCSEF to achieve shared goals.
- Supporting the development of VCSEF workforce, volunteers and the communities they serve.
- We are likely to share personal thoughts and views during today's session – if you need to take a break at any point, feel free to do so.
- Introductions

# Today's Session



- Recognise the need for empowering communities to consider their mental wellbeing and the role of prevention.
- Understand the 5 Ways to Wellbeing
- Increased confidence and skills for talking about mental health and wellbeing
- Improved awareness of some mental health conditions
- Increased knowledge of local and national mental health and wellbeing support available

# What do we mean by mental health?

**Share your thoughts in chat**



It could be described as ‘the ability to function effectively and operate in daily life and relationships.’

‘Mental ill health’ describes when a person is unable to function, interact with others or cope in daily life. Mental ill health generally refers to conditions (e.g. anxiety, depression, phobias) that affect a person's ability to function in these ways

# The landscape



## Prior to Covid-19

- Prevalence of mental health far outstripped the resources available - stretched services, waiting lists, gaps in services...growing demand
- We all often forget to promote hope, self-help, early intervention (prevention), recovery, kindness, compassion

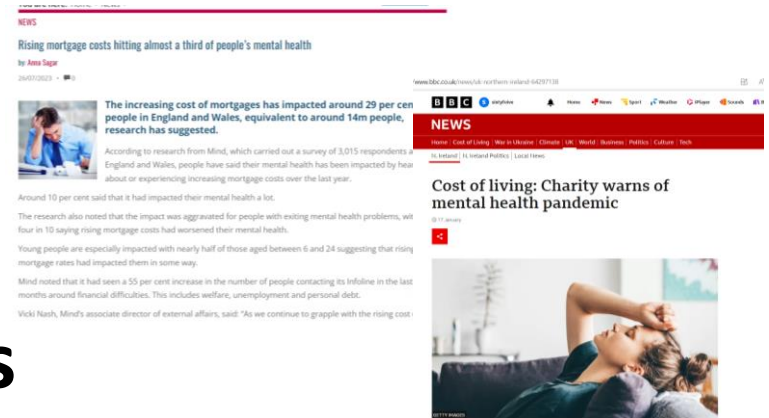
## Post-Covid-19

- In mental health, many services made a dramatic switch over to telephone and digital delivery, a giant leap that needs evaluation for its impact on quality of care.
- At the same time, prolonged periods of social distancing in various forms will have placed great stress on wider mental health at a time when many services were harder to access.
- According to research undertaken by the 'There is Always Hope Campaign':
  - Almost three quarters of 18-24-year-olds (69%) say covid-19 has had a negative impact on their mental health compared with 28% of over 65s.
  - Almost half of Brits (48%) agreed their mental health had taken a hit since the pandemic began.
  - Mental health symptoms have surged among all age groups over the last 12 months, with respondents reporting increases in anxiety (40%), loneliness (31%) and depression (31%).
  - More than a third (36%) of those who did not struggle with their mental health prior to the pandemic have done so since it began
  - Just under half have concerns about the economy (42%).
- Increased likelihood of remote working practices – likely to impact individual and team dynamics.

# The landscape continued...

## Impact of Cost of Living Crisis

- More than half the people in the UK (59%) say that the cost-of-living crisis has had a negative impact on their mental health
- Two in five respondents said their sleep had worsened, with nearly half (48%) stating their lack of sleep was having a negative impact on their mental health
- 34% said their mental or emotional health had worsened
- Those aged 35–54 were the most likely to have experienced an impact
- there is still some stigma about mental illness in the workplace. - 35% of employees, for example, said that they had called in sick because of mental health problems but had given another reason.



# Mental Health Statistics

- **1 in 6** people are experiencing common mental health problems at any one time
- **1 in 4** people will experience a mental health problem of some kind each year
- **74%** of UK adults have had a moment where they've felt so stressed that they've been too overwhelmed or unable to cope with the situation (source: stress.org.uk)
- In **any given week** in England people are experiencing:
  - Mixed anxiety and depression: 8 in 100 people
  - Generalised anxiety disorder (GAD): 6 in 100 people
  - Post-traumatic stress disorder (PTSD): 4 in 100 people
  - Depression: 3 in 100 people
  - Phobias: 2 in 100 people
  - Obsessive-compulsive disorder (OCD): 1 in 100 people
  - Panic disorder: fewer than 1 in 100 people.
- Suicidal thoughts and self-harm - **over the course of someone's lifetime:**
  - 1 in 5 people have suicidal thoughts
  - 1 in 14 people self-harm
  - 1 in 15 people attempt suicide.



# 5 Ways to Wellbeing



connect



Be  
Active



Take  
notice



Keep  
Learning

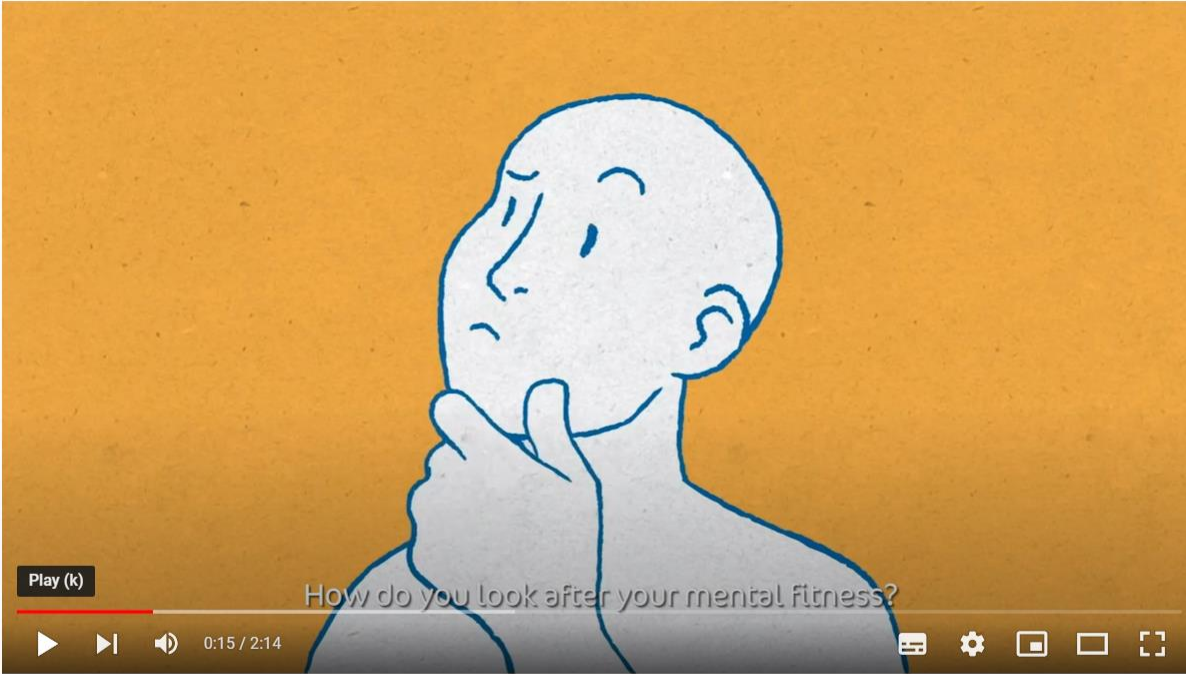


give

*Presented by the New Economics Foundation in 2008 – they are based on  
a wealth of scientific and clinical evidence:*

- Good relationships (connections) help us to build a sense of belonging and self-worth and provide emotional support and allow you to support others
- Physical activity causes chemical changes in your brain which can help to positively change your mood; goal setting and achievements helps build self esteem
- Paying more attention (mindfulness) to your thoughts and feelings, your body and the world around you can help you enjoy life more and understand yourself better
- Learning can help give a sense of purpose and build confidence
- Acts of giving and kindness can help improve your mental wellbeing by creating positive feelings and a sense of reward.





5 Ways to be Mentally Fit - with subtitles

Unlisted

15 views • 11 Feb 2020

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All    Listenable    Recently uploaded



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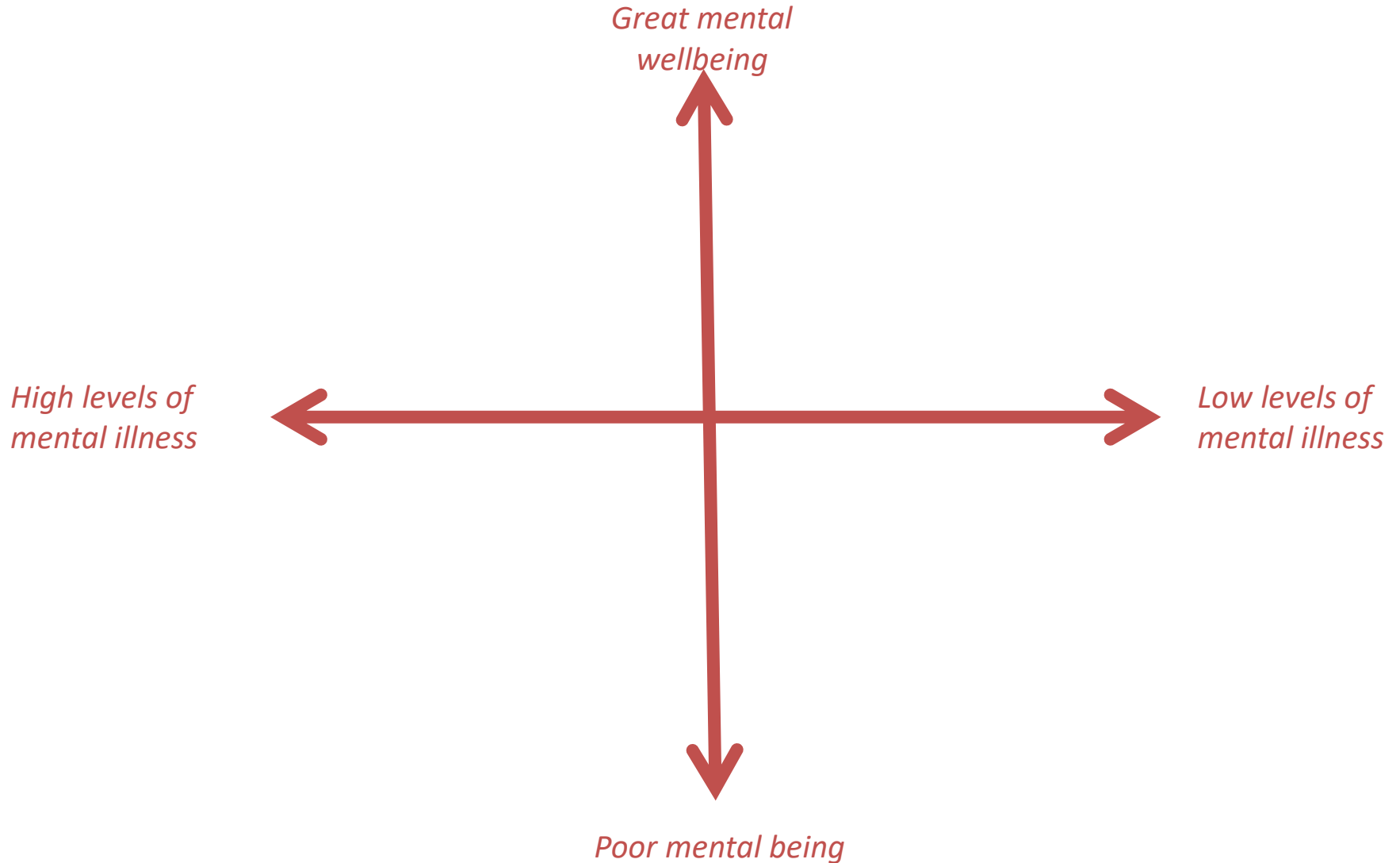
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 Quiet Quest - Study Music ✓  
 943K views • 10 months ago

# 5 Ways to Wellbeing

Let's watch this short video:

<https://www.youtube.com/watch?v=LyJ5Ew6BK5o>

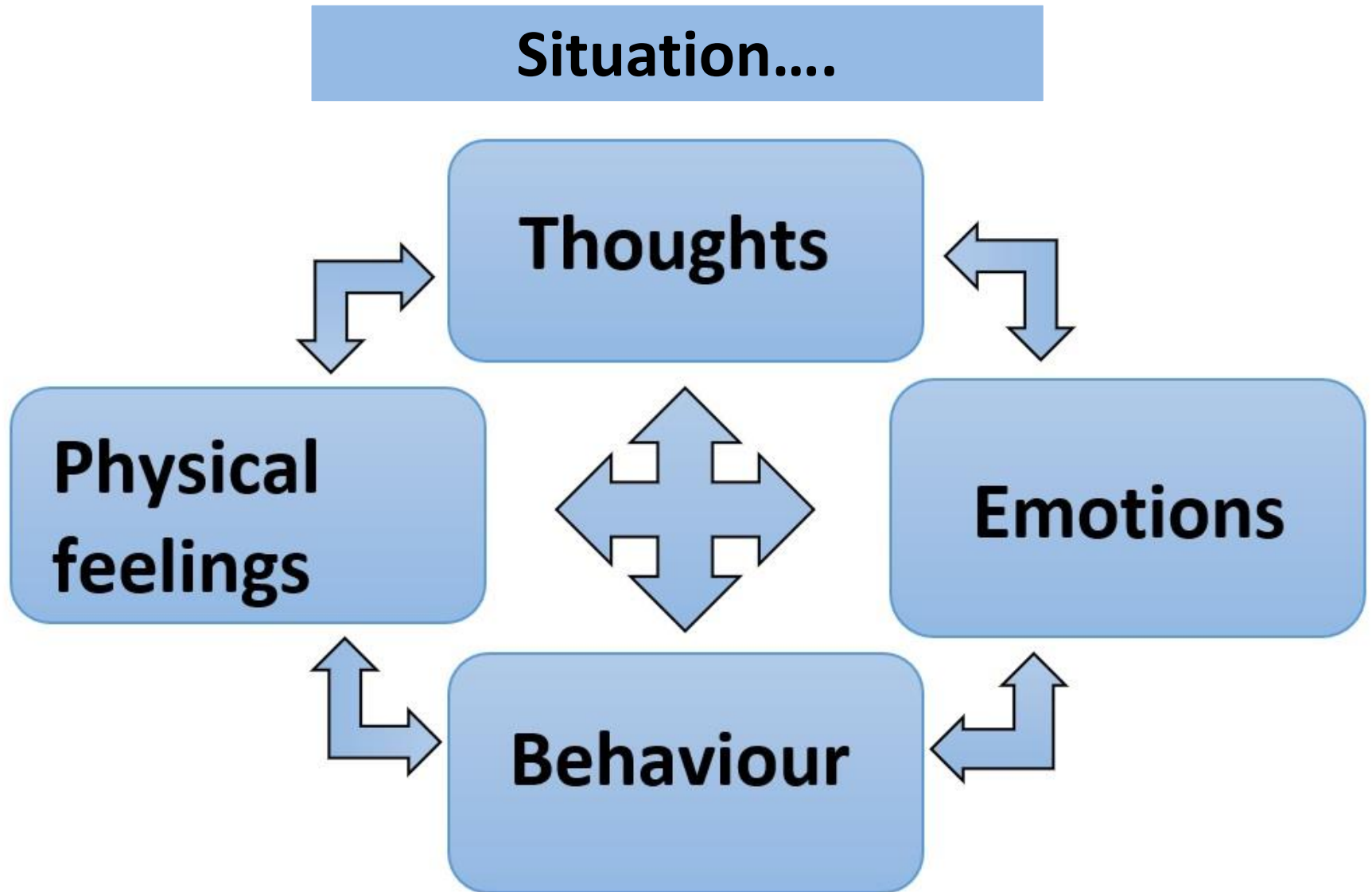
# Dual Axis of Mental Health





**Behaviour Change**

# Vicious Cycle

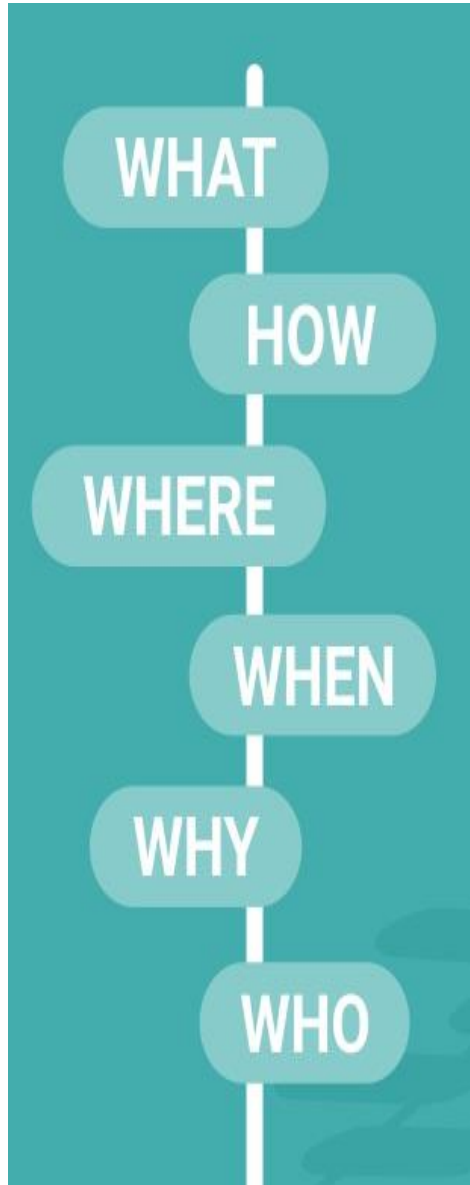


# Listening Skills



**Curiosity  
&  
Patience**

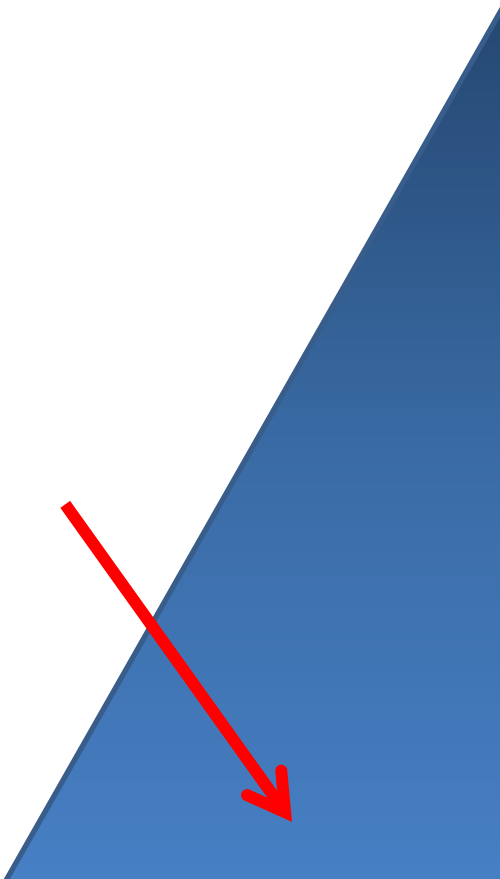
# Asking Questions



- **Open** (avoid ‘Why’)
- **Neutral** (not leading)
- **Reflecting** (e.g. “You really felt left out by that”)
- **Summarising** (e.g. “from what you’re saying it sounds like you are finding that difficult)
- **Silence** is okay (in moderation!)

# When & Where are we talking?

- Everyday conversations (including workplace)
- Context of Stepped Care Approach:



|   |  |   |
|---|--|---|
| Complex and long-term conditions          | <b>Highly specialist</b>                     | <i>Psychologists, therapists, psychiatrists and other health professionals with specialised training in psychological therapies</i> |
| Severe presentations and disorders        | <b>Specialist</b>                            | <i>Mental Health and addiction clinical staff, trained in evidence-based therapies</i>  |
| Moderate to severe presentation           | <b>High intensity</b>                        | <i>PHOs, NGOs, Primary Healthcare and community practioners</i>   |
| Mild to moderate presentation             | <b>Low intensity</b>                         | <i>Primary Healthcare and community practioners</i>   |
| Early Presentation of problem or distress | <b>Early identification of vulnerability</b> | <i>GP, other frontline healthcare professionals who have contact with service users</i>   |

# Talking about mental health in the workplace

- No different from physical health – if someone had a bad cough, we would express concern/offer support
- No perfect way to start a conversation – kindness and empathy are key
- Same rules apply – listen well (and think particularly about time and place for holding conversation)
- Don't have to 'fix' – helping them to explore solutions and signposting might help





**Signposting  
to help...**



# Medway Resources (1)

- **Medway Council's 5 ways to wellbeing:** [5 ways to wellbeing | 5 ways to wellbeing | Medway Council](#)

- **MENTAL HEALTH SINGLE POINT OF ACCESS (SPoA)**

Provides a single route to obtain urgent advice to all new patients to Kent and Medway mental health services in urgent situations.

- Telephone: 0300 222 0123
- Text: 07860 022819
- Website: <https://www.kmpt.nhs.uk/information-and-advice/SPoA.htm>

- **MIND**

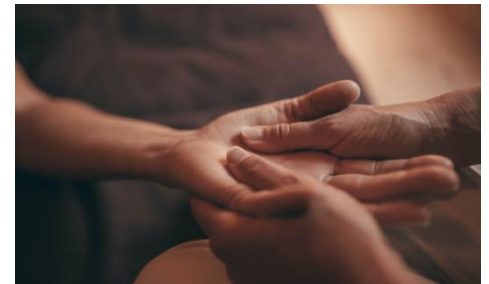
Help people take control of their mental health. By providing high-quality information and advice to promote good mental health for everyone.

- Telephone: 01634 692383
- Website: [www.mind.org.uk](http://www.mind.org.uk)

- **Safe Havens - Medway**

Walk in service, for anyone aged 16+, offering a chat and emotional 121 support

- <https://www.mhm.org.uk/kent-safe-havens>
- Open: 6pm-11pm every day (including weekends and bank holidays).
- Call: 07850 901 151 or 07808 795 036
- Email: [Medway.mhm@nhs.net](mailto:Medway.mhm@nhs.net)



# Medway Resources (2)

- **EARLY INTERVENTION FOR PSYCHOSIS SERVICE (WEST KENT AND MEDWAY)**

Offers advice, carry out assessments and offers support for up to three years by care coordinators, Mental Health Nurse, Occupational Therapists or Social Workers.

- Telephone: 01634 854547
- Website: <https://www.kmpt.nhs.uk/our-services/early-intervention-for-psychosis-west-kent-and-medway/>

- **MEDWAY TALKING THERAPIES**

Free NHS talking therapies and counselling for stress, bereavement and personal situations which are causing low mood or depression.

- Telephone: 0300 029 3000
- Email: [medway@insighthealthcare.org](mailto:medway@insighthealthcare.org)
- Website: [www.insighthealthcare.org](http://www.insighthealthcare.org)

- **SAMARITANS**

Offers a safe and confidential place to talk to someone about anything worrying them.

- Telephone: 01634 730981
- Email: [jo@samaritans.org](mailto:jo@samaritans.org)
- Website: <https://www.samaritans.org/branches/samaritans-medway-gravesham-and-swale>

# Medway Resources (3)

- **MENTAL HEALTH MATTERS (MHM)**

Provide support to cover every aspects of life from employment and housing to community support and psychological services.

- Telephone: 0800 107 0160
- Email: [info@mh.org.uk](mailto:info@mh.org.uk)
- Website: [www.mentalhealthmatters.com](http://www.mentalhealthmatters.com)

- **CHRISTIAN AGAINST POVERTY (CAP)**

Offer free debt advice and home visits.

- Telephone: 0800 3280006
- Email: [info@capuk.org](mailto:info@capuk.org)
- Website: [www.capdebthelp.org](http://www.capdebthelp.org)

- **MEGAN CIC**

Provide opportunities for people experiencing mental health issues to share their views and experiences

- Telephone:: 01634 402077
- Email: [enquiries@megancic.org.uk](mailto:enquiries@megancic.org.uk)
- Website: <http://megancic.org.uk/>



# Medway Resources (4)

- **CARERS FIRST**

Support for unpaid carers, offering information, advice and guidance. Also offers carers social groups to meet other people in similar situations.

- Telephone: 0300 3031555
- Website: <https://www.carersfirst.org.uk/?Medway>

- **SUNLIGHT DEVELOPMENT TRUST (WELLBEING CAFÉ)**

The Wellbeing café events are free and funded by Medway CCG to improve mental health and wellbeing. It provides activities for adults at the Sunlight Centre to meet new people, possibly old friends and try something new.

- Telephone: 01634 581511
- Email: [info@sunlighttrust.org.uk](mailto:info@sunlighttrust.org.uk)
- Website: [www.sunlighttrust.org.uk/wellbeing-cafe/](http://www.sunlighttrust.org.uk/wellbeing-cafe/)

- **PUBLIC HEALTH ACTIVITIES AND GROUPS**

Free information on healthy mind, staying active, stop smoking support, management support and much more.

- Telephone: 0800 2346804
- Website: [https://www.medway.gov.uk/homepage/48/a\\_better\\_medway](https://www.medway.gov.uk/homepage/48/a_better_medway)

- **Kent wide ...**

- Release the Pressure: <https://www.kent.gov.uk/social-care-and-health/health/release-the-pressure>
- Information Hub: <https://www.kentandmedwayccg.nhs.uk/mental-wellbeing-information-hub>
- Text KENT to 85258 for 24/7 mental health text support - short video to see how it works (<https://www.youtube.com/watch?v=opursRb3ft4> )
- NATIONAL VERSION – SHOUT: Free, 24/7 mental health text support in the UK | Shout 85258 (giveusashout.org)



# Medway's Voluntary & Community Sector

(more than mental health support – finance, families, mediation etc)

COVID-19: Please be aware that many listed services may not be running at full capacity at this time, and some services and activities will not be running at all.

- MVA: [www.mva.org.uk](http://www.mva.org.uk)
- Volunteering:  
<https://www.mva.org.uk/volunteering>
- VC Connect:  
<http://www.vconnectsystem.org.uk/MedwayVAOnlineDirectory/Home.aspx>
- New directory of VCSEF activities – Joy  
(call MVA to find out more)

Do you want to find out about the services in your local area and get involved in local activities?

# Cost of Living Crisis and Mental Health

MVA work at the heart of Medway's communities and, in response to Cost of Living pressures, we have been collecting information about support that is currently available in Medway and nationally.

•If you are a **VCS group or organisation**, you can access resources and guidance to help you and your teams:

<https://www.mva.org.uk/guidance-and-support/cost-of-living-crisis>

•If you are a **local resident** you can find out what support is available in Medway to help you: <https://www.mva.org.uk/individuals/cost-of-living-crisis>

Other helpful support:

•<https://www.mentalhealth.org.uk/explore-mental-health/cost-of-living>

•<https://www.mind.org.uk/information-support/tips-for-everyday-living/money-and-mental-health/>



# Further Questions?

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***Clare Saunders***

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**Medway Voluntary Action**

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