

AN INTRODUCTION TO MENTAL HEALTH AWARENESS



What does mental health mean to you?

What does our mental health impact?

What influences our mental health?

Protective Factors

Risk Factors

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Additional notes:

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STRESS CONTAINER ACTIVITY

Developed from an idea by Brabban and Turkington (2002)



WHAT STRESSORS ARE CAUSING YOUR CONTAINER TO FILL WITH STRESS
RIGHT NOW?



How big is my container right now?

How can you tell that your stress container is getting too full/ overflowing (What's your stress signature)?

What are some of the unhelpful coping mechanisms you sometimes use when you feel stressed?

What are some of the useful ways that you turn the tap/ release stress?

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What are some signs that may indicate someone is in distress?

Pause & prepare

Ask & acknowledge

Listen and communicate

What support might be appropriate to offer someone?

What information may be useful to share with someone?

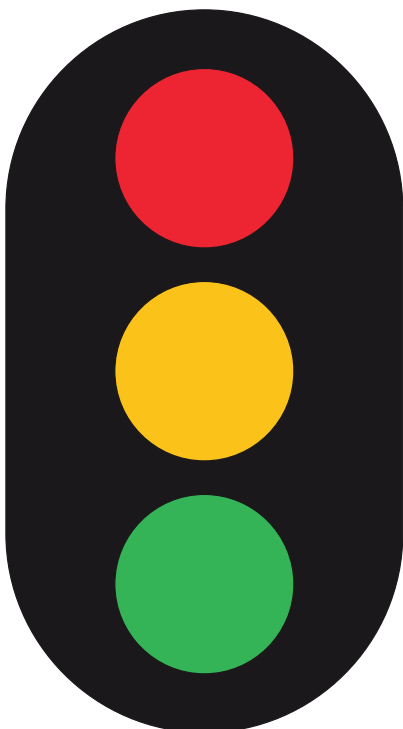
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What are my resources? Who can I call/ reach out to if I need support?

My Action Plan

RED - what will I stop doing that's not helpful,
AMBER - what will I keep doing that is helpful,
GREEN - what will I start doing that's helpful



ADDITIONAL RESOURCES

MENTAL HEALTH FOUNDATION MHAW 2024 RESOURCES

LINK: [HTTPS://WWW.MENTALHEALTH.ORG.UK/OUR-WORK/PUBLIC-ENGAGEMENT/MENTAL-HEALTH-AWARENESS-WEEK](https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week)

DELOITTE MENTAL HEALTH & EMPLOYERS REPORT

LINK: [HTTPS://WWW2.DELOITTE.COM/UK/EN/PAGES/CONSULTING/ARTICLES/MENTAL-HEALTH-AND-EMPLOYERS-THE-CASE-FOR-EMPLOYERS-TO-INVEST-IN-SUPPORTING-WORKING-PARENTS-AND-A-MENTALLY-HEALTHY-WORKPLACE.HTML](https://www2.deloitte.com/uk/en/pages/consulting/articles/mental-health-and-employers-the-case-for-employers-to-invest-in-supporting-working-parents-and-a-mentally-healthy-workplace.html)

MENTAL HEALTH FOUNDATION - LET'S TALK MENTAL HEALTH PODCAST

LINK: [HTTPS://WWW.MENTALHEALTH.ORG.UK/EXPLORE-MENTAL-HEALTH/PODCASTS](https://www.mentalhealth.org.uk/explore-mental-health/podcasts)

PROMOTING CHILDREN AND YP MENTAL HEALTH & WELLBEING- A WHOLE SCHOOL OR COLLEGE APPROACH

LINK:

[HTTPS://ASSETS.PUBLISHING.SERVICE.GOV.UK/MEDIA/614CC965D3BF7F718518029C/PROMOTING_CHILDREN_AND_YOUNG_PEOPLE_S_MENTAL_HEALTH_AND_WELLBEING.PDF](https://assets.publishing.service.gov.uk/media/614cc965d3bf7f718518029c/promoting_children_and_young_people_s_mental_health_and_wellbeing.pdf)

WHO GLOBAL GUIDELINES ON MENTAL HEALTH AT WORK

LINK: [HTTPS://WWW.WHO.INT/PUBLICATIONS/I/ITEM/9789240053052](https://www.who.int/publications/i/item/9789240053052)

MHFA(ENGLAND) RECOMMENDED RESOURCES TO SHARE

LINK: [HTTPS://MHFAENGLAND.ORG/MHFA-CENTRE/CAMPAIGNS/MENTAL-HEALTH-AWARENESS-WEEK-2024/](https://mhfaengland.org/mhfa-centre/campaigns/mental-health-awareness-week-2024/)

MENTAL HEALTH UK CONVERSATION GUIDE

LINK: [HTTPS://EUC7ZXTCT58.EXACTDN.COM/WP-CONTENT/UPLOADS/2021/10/04131954/MENTAL-HEALTH-UK-CONVERSATION-GUIDE-TALKING-TO-SOMEONE-ABOUT-MENTAL-HEALTH.PDF](https://euc7zxtct58.exactdn.com/wp-content/uploads/2021/10/04131954/mental-health-uk-conversation-guide-talking-to-someone-about-mental-health.pdf)

WHO MENTAL HEALTH AT WORK POLICY BRIEF

LINK: [HTTPS://WWW.WHO.INT/PUBLICATIONS/I/ITEM/9789240057944](https://www.who.int/publications/i/item/9789240057944)

HSE MANAGEMENT STANDARDS

LINK: [HTTPS://WWW.HSE.GOV.UK/STRESS/STANDARDS/](https://www.hse.gov.uk/stress/standards/)

MENTAL HEALTH AT WORK RESOURCES

LINK: [HTTPS://WWW.MENTALHEALTHATWORK.ORG.UK/](https://www.mentalhealthatwork.org.uk/)

SUICIDE PREVENTION RESOURCES

LINK: [HTTPS://WWW.CPFT.NHS.UK/SUICIDE-PREVENTION-RESOURCES](https://www.cpft.nhs.uk/suicide-prevention-resources)

LIVE LIFE - PREVENTING SUICIDE - WHO

LINK: [HTTPS://WWW.WHO.INT/PUBLICATIONS/I/ITEM/WHO-MSD-UCN-MHE-22.02](https://www.who.int/publications/i/item/WHO-MSD-UCN-MHE-22.02)

ADDITIONAL SUPPORT

ANXIETY UK

ANXIETY UK IS A CHARITY PROVIDING SUPPORT IF YOU HAVE BEEN DIAGNOSED WITH AN ANXIETY CONDITION.

PHONE: 03444 775 774 (MONDAY TO FRIDAY, 9.30AM TO 5.30PM)

WEBSITE: WWW.ANXIETYUK.ORG.UK

CALM

CALM IS THE CAMPAIGN AGAINST LIVING MISERABLY. A CHARITY PROVIDING A MENTAL HEALTH HELPLINE AND WEBCHAT.

PHONE: 0800 58 58 58 (DAILY, 5PM TO MIDNIGHT)

WEBSITE: WWW.THECALMZONE.NET

MIND

MIND CHARITY PROMOTES THE VIEWS AND NEEDS OF PEOPLE WITH MENTAL HEALTH PROBLEMS.

PHONE: 0300 123 3393 (MONDAY TO FRIDAY, 9AM TO 6PM)

WEBSITE: WWW.MIND.ORG.UK

PAPYRUS

YOUNG SUICIDE PREVENTION SOCIETY.

PHONE: HOPELINEUK 0800 068 4141 (9AM TO MIDNIGHT, EVERY DAY OF THE YEAR)

WEBSITE: WWW.PAPYRUS-UK.ORG

SAMARITANS

CONFIDENTIAL SUPPORT FOR PEOPLE EXPERIENCING FEELINGS OF DISTRESS OR DESPAIR.

PHONE: 116 123 (FREE 24-HOUR HELPLINE)

WEBSITE: WWW.SAMARITANS.ORG

DRINKLINE

A FREE CONFIDENTIAL HELPLINE FOR PEOPLE WORRIED ABOUT THEIR OWN OR SOMEONE ELSE'S DRINKING.

PHONE: 0300 123 1110 (WEEKDAYS 9AM TO 8PM, WEEKENDS 11AM TO 4PM)

SHOUT

SHOUT IS THE UK'S FIRST 24/7 TEXT SERVICE, FREE ON ALL MAJOR MOBILE NETWORKS, FOR ANYONE IN CRISIS ANYTIME, ANYWHERE.

IT'S A PLACE TO GO IF YOU'RE STRUGGLING TO COPE AND YOU NEED IMMEDIATE HELP.

TEXT: 85258

WEBSITE: [HTTPS://WWW.GIVEUSASHOUT.ORG/](https://WWW.GIVEUSASHOUT.ORG/)

ZERO SUICIDE ALLIANCE

FREE 20 MIN ONLINE TRAINING FROM ZERO SUICIDE ALLIANCE ON SUICIDE AWARENESS

WEBSITE: [HTTPS://WWW.ZEROSUICIDEALLIANCE.COM/TRAINING](https://WWW.ZEROSUICIDEALLIANCE.COM/TRAINING)

HUB OF HOPE - LOCATE SERVICES NEAR YOU

WEBSITE: [HTTPS://HUBOFHOPE.CO.UK/](https://HUBOFHOPE.CO.UK/)

FIND A HELPLINE - INTERNATIONAL HELPLINE FINDER

WEBSITE: [HTTPS://FINDAHELPLINE.COM/](https://FINDAHELPLINE.COM/)



It's a State Of Mind

Mental . Physical . Social

**IN THE PLAYGROUND, WE'RE TAUGHT TO EXPLORE,
ADVENTURE, EXPERIMENT AND LEARN.**

**WE'RE ENCOURAGED TO BE ACTIVE, CONNECT, SHARE
AND PLAY.**

**LIVE YOUR BEST LIFE...
CREATE YOUR OWN PLAYGROUND**

**WE'RE PASSIONATE ABOUT ENSURING YOU HAVE THE RIGHT TOOLS AND KNOWLEDGE TO LOOK
AFTER YOUR PHYSICAL, SOCIAL & MENTAL HEALTH AND WELLBEING, SO THAT YOU CAN MAINTAIN
AN "IT'S A PLAYGROUND" STATE OF MIND.**

INFO@ITSAPLAYGROUND.ORG

WWW.ITSAPLAYGROUND.ORG