

## What is a mental health problem?

Mental health problems cover a wide range of issues - including stress, anxiety, depression and substance abuse - that affect someone's ability to get on with their daily life. The most common mental disorder in Britain is mixed anxiety and depression, with almost 9% of people meeting the criteria for diagnosis\*.

\*Office for National Statistics Psychiatric Morbidity report (2001)

## Why Mental health Problems affect us all

Early intervention can help slow down or stop a mental health problem and lead to faster recovery. However most of us know little about mental health. We often don't spot the signs that someone else - or ourselves - is struggling until very late. An MHFA course will teach you to recognise the early signs of a mental health problem, and give you the confidence and knowledge to help.

The financial cost of mental health problems is huge:

- The overall cost of mental health problems in England stands at £105.2 billion a year, (taking into account care costs, sickness absence and unemployment).\*
- Stress, anxiety and depression are responsible for 70 million days sick leave every year.\*
- In 2010 research by the Centre for Mental Health showed that staff with mental illness not being supported cost UK businesses a total of £30.3bn per year - equivalent to £1,206 for every employee in the UK workforce.

\* The Centre for Mental Health (2010)

## What will I learn on an MHFA course?

An MHFA course will teach you to:

- \_ Spot the early signs of a mental health problem
- \_ Feel confident helping someone experiencing a problem
- \_ Provide help on a first aid basis
- \_ Help prevent someone from hurting themselves or others
- \_ Help stop a mental illness from getting worse
- \_ Help someone recover faster
- \_ Guide someone towards the right support
- \_ Reduce the stigma of mental health problems

MHFA training is an intensive course, delivered over 2 days and aimed at those without specialist mental health training.

*'I have a much better understanding of how other people may be feeling.'*  
*'Given me confidence and more empathy towards mental health issues.'*  
*'In 13 years as a police officer I didn't learn as much as I did in the last 2 days.'*

**For more information please contact:**

# Resources and links

## **Books:**

Ruby Wax has written two exceptionally good books on her own experiences of mental illness and her journey to a Masters degree in Mindfulness-based Cognitive Therapy from Oxford University

- Sane New World – taming the mind
- A Mindfulness Guide for the Frazzled

## **Mindfulness:**

<http://lovelifelivenow.com/> - a spiritually based mindfulness course.

Or search for Mindfulness courses in London and expect to pay £300 to £400 for an 8 week course.

<http://palousemindfulness.com/> - 8 week course on line completely free with a certificate at the end if you want it.

n.b. **See Week 4 Video on 'How to Make Stress Your Friend' Kelly McGonigal**

## **Meditation:**

<https://www.headspace.com/> - meditation on the go, on your phone, at home, anywhere really! Free for the first 10 sessions (10 mins each) followed by subscription service.

## **Department of Health**

[www.dh.gov.uk](http://www.dh.gov.uk)

## **Mental Health Foundation:**

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

## **Centre for Mental Health**

[www.centreformentalhealth.org.uk](http://www.centreformentalhealth.org.uk)

## **MIND**

[www.mind.org.uk](http://www.mind.org.uk)

## **CRUSE – Bereavement care**

[www.crusebereavementcare.org.uk](http://www.crusebereavementcare.org.uk)

## **Samaritans**

[www.samaritans.org](http://www.samaritans.org)

## **British Association for Counselling and Psychotherapy**

[www.bacp.co.uk](http://www.bacp.co.uk)

## **British Psychological Society**

[www.bps.org.uk](http://www.bps.org.uk)

## **ELOP (East London Out Project)**

[www.elop.org](http://www.elop.org)

**Rethink Mental Illness** has heaps more information on LGBT mental health too....

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

## **Stonewall**

[www.stonewall.org.uk/](http://www.stonewall.org.uk/)

Contact me: [jemima.jefferson@sky.com](mailto:jemima.jefferson@sky.com); 07785 765548; Find me on Linked In or follow me on Twitter @JemimaJJ