

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

Mental Health Foundation:

www.mentalhealth.org.uk

Centre for Mental Health

www.centreformentalhealth.org.uk

MIND

www.mind.org.uk

CRUSE – Bereavement care

www.crusebereavementcare.org.uk

Samaritans

www.samaritans.org

British Association for Counselling and Psychotherapy

www.bacp.co.uk

British Psychological Society

www.bps.org.uk

ELOP (East London Out Project)

www.elop.org

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

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

Stonewall

www.stonewall.org.uk/

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