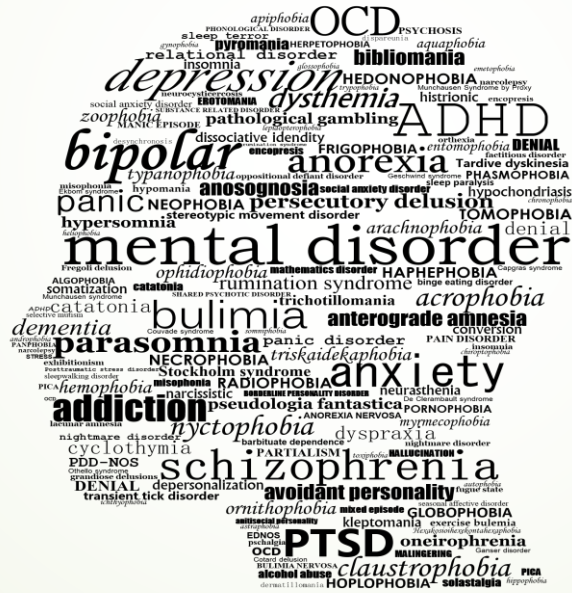




BCHWF

Tackling Mental Health / Depression



Coronavirus Community Support Fund, distributed by The National Lottery Community Fund.
We Thank the Government for making this possible



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How common are Mental Health Problems

25% of people will experience a mental health problem of some kind each year in England

16% people report experiencing a common mental health problem (like anxiety and depression) in any given week in England

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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

Obsessive-compulsive disorder (OCD): 1 in 100 people

Panic disorder: fewer than 1 in 100 people.



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How can we improve our Mental Health

According to evidence suggested by NHS there are currently 5 steps that an individual can implement in order to help improve ones mental health and wellbeing.



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So how can we improve our Mental Health

Connecting with other people

Keeping good relationships can often help an individual

- Build and maintain self-worth and a sense of belonging to family and friends, which would help boost one's self esteem.
- It would give an individual the opportunity to share positive experiences with family and friends
- It would provide emotional support and allow support from others.

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How can we improve our Mental Health

Physical Activity

Exercise is an integral part of life. Maintaining an active lifestyle greatly contributes to improving ones mental health and well being

Believe it or not, exercising regularly actually causes chemical changes in the brain, which helps to positively change ones mood and helps to set and achieve personal goals and challenges.





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How can we improve our Mental Health

Learning new Skills

Learning new skills can significantly improve ones mental health and well being. For example, a new skills or knowledge, can help to raise ones self-esteem and self-confidence.

In addition to this, it can also help an individual network with other people and share new ideas etc



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Useful contacts related to Mental Health:

MIND

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

SAMARITANS

Confidential support for people experiencing feelings of distress or despair.

Phone: 116 123 (free 24-hour helpline)

Website: www.samaritans.org.uk



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MENS HEALTH FORUM

24/7 stress support for men by text, chat and email.

Website: www.menshealthforum.org.uk

DUDLEY AND WALSALL MENTAL HEALTH PARTNERSHIP NHS TRUST

<http://www.dwmh.nhs.uk/>

0300 555 0262 (Monday to Friday, 9.30am to 4:30pm)

NHS LIVE WELL

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

If you need more information or advice, please contact your local GP or alternatively please seek help from the following Mental Health: related organizations.



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For further information, or queries please email

www.blackcountryhwhf.org.uk

info@blackcountryhwhf.org.uk