



**MECHELE WIMBLE TRAINING**  
creative learning for those who care

# Mental Health Awareness

Stress at Work

British Airways

The Richmond  
Fellowship  
Scotland

Aspire Housing  
and Personal  
Development

NHS  
Health Scotland

Mechele  
Wimble  
Training

# What is mental health illness/problems?



**Mental illness** refers to a wide range of **mental** health conditions — disorders that affect your mood, thinking and behaviour



Diagnosed by a doctor



Usually lasts 2 weeks or more

# Some Facts


Everyone has both mental and physical health.



Mental health can be an effect of either environmental or biological.



Like physical illnesses, mental health conditions are treatable and the sooner people receive proper treatment and support, the better the outcomes .



Getting help early increases the chances that a person will make a full recovery from mental health problems

# Common Medical Terminology



**Neurosis**  
Described as mild and functional

Anxiety  
Reactive depression (response to an event)  
Obsessive Compulsive Disorder  
Phobic states



**Psychosis - loss of touch with reality**

Schizophrenia  
Endogenous depression  
(internal/biological)  
Bipolar disorder



**Organic - gradual decrease**

Dementia  
Acute confused state  
Alzheimer's

# Scotland's Mental Health First Aid

- To preserve life
- To provide initial help
- To prevent the problem getting worse
- To promote recovery of good mental health
- To provide comfort
- 14 hour National training course delivered by accredited trainers
- Different to mental health first aid is it includes suicide

# Scotland's Mental Health First Aid

- Stigma, Attitude
- Recovery
- Alcohol and Drugs
- Suicide – Scotland had the highest suicide rate in the United Kingdom
- Listening Skills
- Self Harm
- Depression
- Anxiety
- Psychosis

# Stress leads to.



Anxiety

Some anxiety keeps us safe, constant worry is unhealthy



Panic attacks

Pounding heart, can't breathe or a feeling of dread – you could be having a panic attack



Depression

Ongoing stress can lead to depression affecting your concentration, making life harder

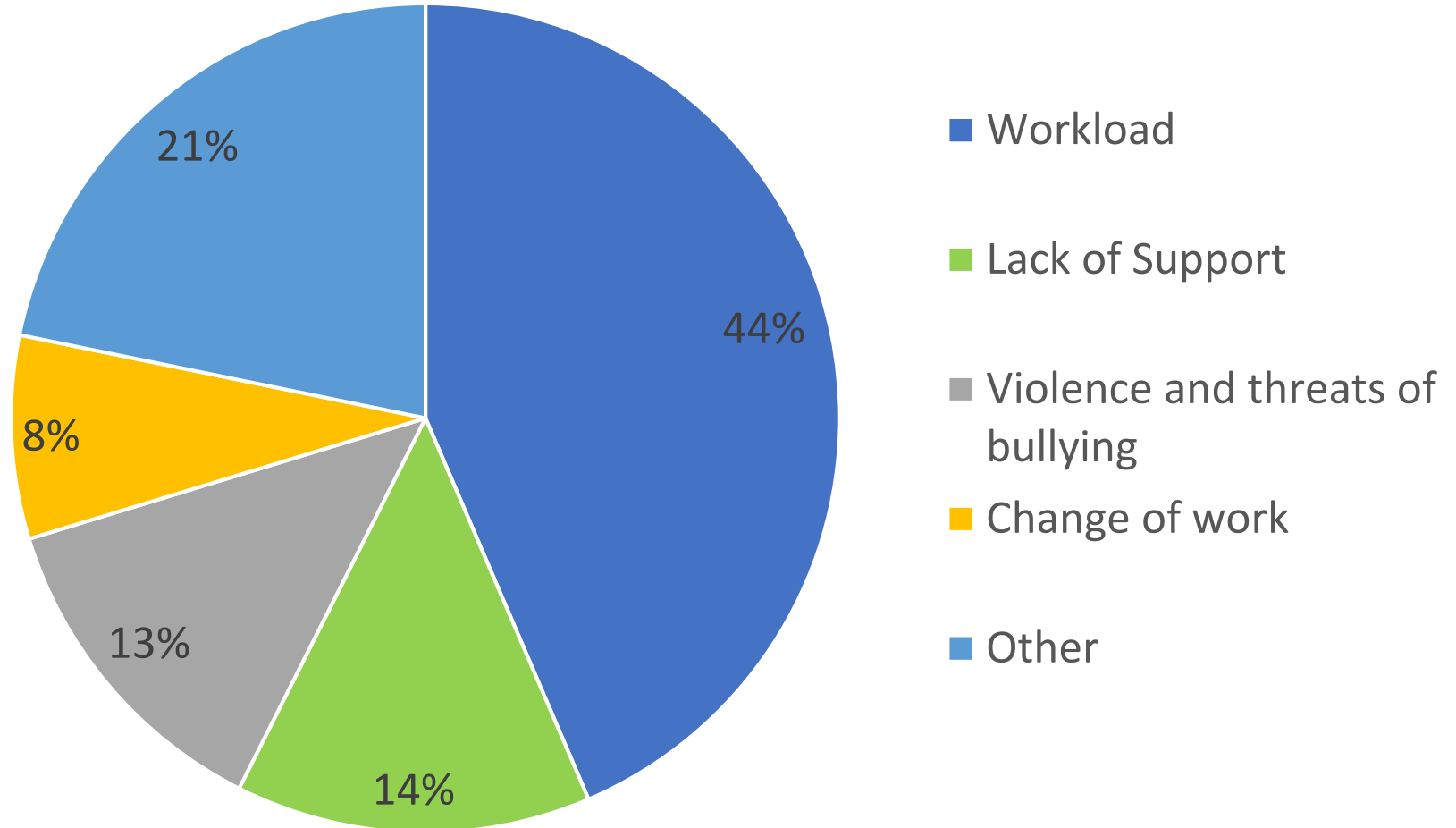


# Work-related stress, depression or anxiety Labour force survey

<http://www.hse.gov.uk/statistics/>

12.5 million working days lost due to work-related stress, depression or anxiety in 2016/17

526,000 workers suffering from work-related stress, depression or anxiety (new or long-standing) in 2016/17



# Stress can affect someone



## Mentally

racing thoughts  
constant worrying difficulty  
concentrating/making  
decisions



## Physically

Headaches/dizziness  
muscle tension or pain  
sleep problems/feeling  
tired all the time  
eating too much or too  
little



## Behaviourally

drinking or smoking more  
snapping at people  
avoiding things or people  
you are having problems  
with



## Emotionally

Overwhelmed  
Irritable  
Lacking in self esteem  
Crying a lot

# Ways we can help ourselves from anxiety and stress?

01

**You have ten minutes**

02

Per table, assign a scribe and a speaker

03

Note down ideas you can or have introduced in the workplace to help people's wellbeing

04

Pick your top one to share and how it could be implemented at the workplace

# Thank you

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# Questions and Answers