Mental Health

1. What kind of things affect your mental health? What can make you feel nervous, down, worried, scared, anxious, uncertain?	
2. When things get difficult, what happens to your mood? For example, do you become anxious, angry or upset?	
3. When you feel like this, how do you react or behave? For example, do you get angry at others, do you behave in a way that can be seen as negative, do you 'check out'?	
4. When your mood changes like this, how does your body react? For example, do you feel hot, does your stomach feel sore or sick, do you get a sore head?	

What is mental health?

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Everyone has mental health. It involves our emotional, psychological, and social well-being, and it affects how we think, feel, and act.

It also helps determine how we handle stress, relate to others, and make choices.

How common are mental health problems?

One in four adults in the UK are likely to have a mental health problem at some stage in their lifetime, experts believe.

The overall number of people with mental health problems has not changed much in recent years, according to the mental health charity Mind. In Europe, it is estimated that 83 million people experience a mental health condition every year.

What can cause mental health problems?

The exact cause of most mental illnesses is not known but a combination of physical, psychological and environmental factors are thought to play a role.

Some mental illnesses can run in families, which suggests **a genetic link**.

Difficult life events can trigger a mental illness in a person who is susceptible.

According to the charity Mind the following factors could potentially trigger a period of poor mental health:

- childhood trauma, or neglect

- social isolation or loneliness

- experiencing discrimination

- the death of someone close to you

- severe stress

- unemployment or losing your job

- poverty or debt

- homelessness or poor housing

What are the most common disorders?

Anxiety and depression are the most common mental health disorders in the UK, experts have recorded.

How do you detect a mental illness?

A mental illness cannot be tested by checking blood or body fluids. Instead it is diagnosed, usually by a doctor, psychiatrist or psychologist, after studying a patient's symptoms and monitoring them over a period of time.

Many different mental illnesses can have overlapping symptoms, so it can be difficult to tell the conditions apart.

For common problems such as depression and anxiety, a doctor may be able to give a diagnosis after one or two appointments.

Using the BBC article from February 2016, *What is Mental Health?*, answer the following questions:

1. According to the article, what are the 3 areas of wellbeing that mental health involves?

   _____

   _____

2. How many people in Europe experience a mental health problem every year?

   _____

3. What 3 factors are thought to impact on mental health?

   p_____   p_____   e_____

4. The article gives a list of difficult life events suggested by the charity Mind. Give 3 of these.

   _____

   _____

   _____

5. What are the most common mental health difficulties according to the article?

   _____

6. What three people are qualified to diagnose a mental health problem?

   _____

   _____

What is my picture of?

What do we know about icebergs?

How much of it can we see?

Can you think what this has to do with people?

When we see challenging behaviours (e.g. anger, fear), what do these feelings look like – what things might we see? For example: swearing? fighting?

Under the feelings there are A LOT of thoughts and feelings: hurt, fear, ignorance, helplessness, embarrassment………

■ What are possible things that happen in a person's life that would cause these feelings?

What types of things would appear under the water and make a difference to a person's actions or behaviour?