



# **Let's Talk About Mental Health**

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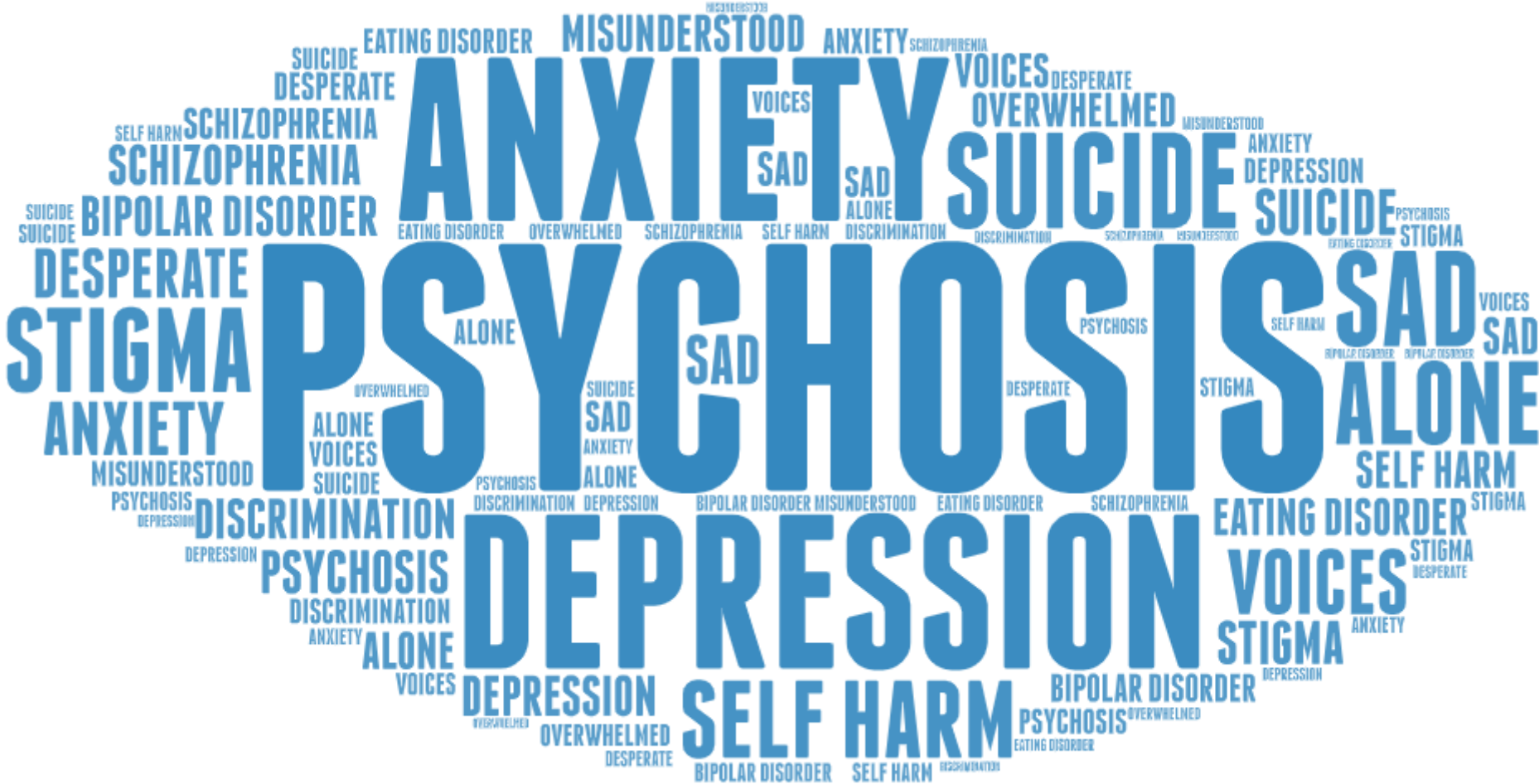
# Session Outline :

- Mental Health
- Mental Health Spectrum
- Stress Vulnerability
- Suicide
- Signposting

**STAY  
SAFE!**



# What does the term mental health mean?



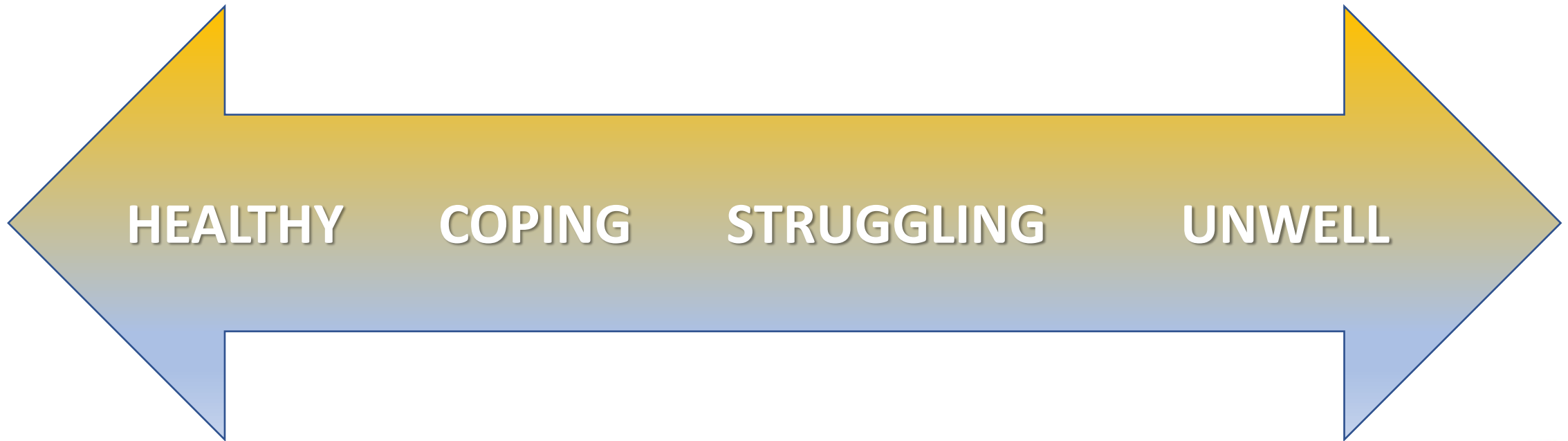
# Mental Health Today

## What we know now:

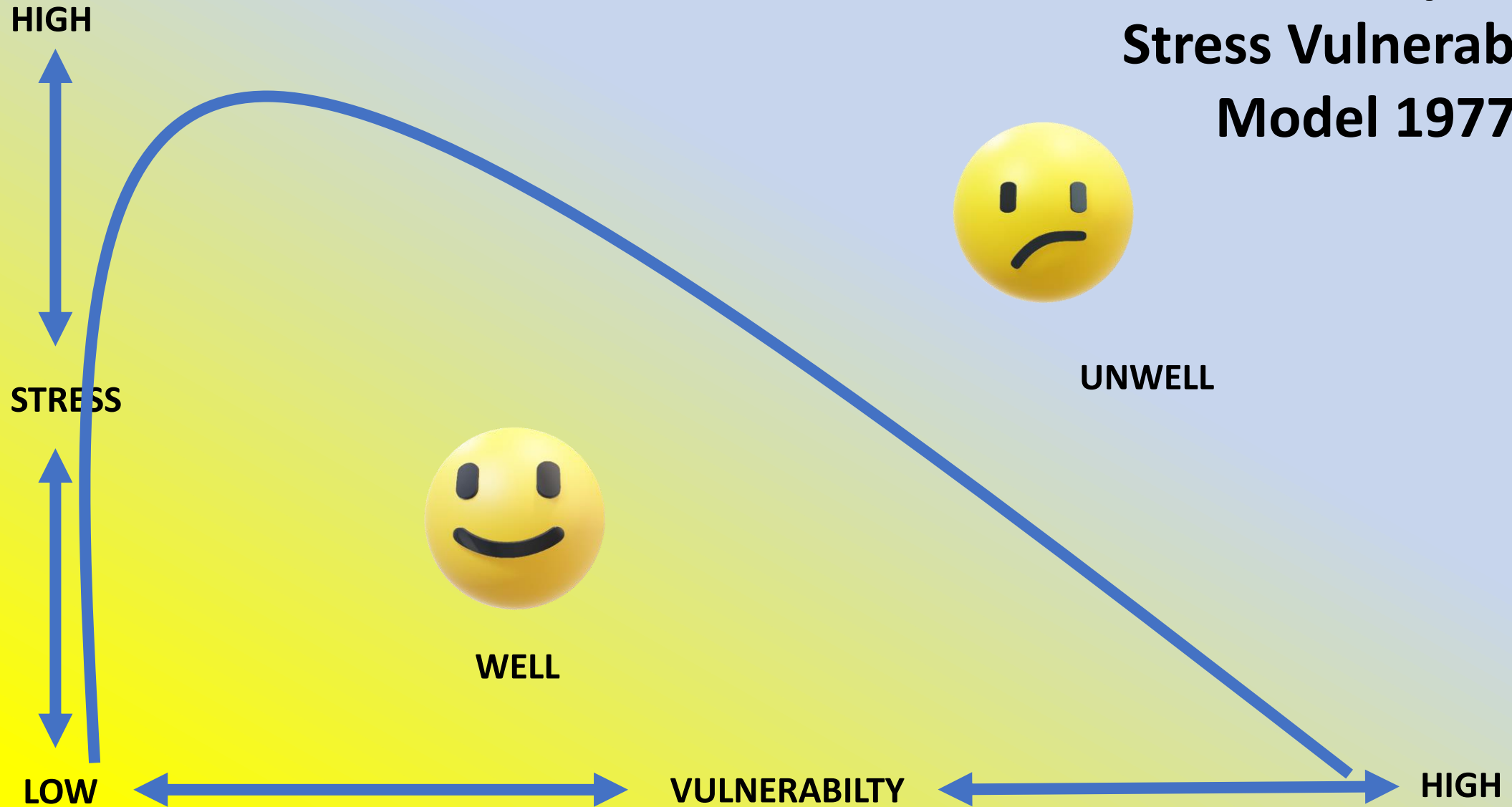
- ❑ 1 in 4 adults will experience poor mental health.
- ❑ 15 -16 people die by suicide every day in the UK.
- ❑ Up to 25% of suicides go unreported as such.
- ❑ 1 in 20 have thoughts of suicide.
- ❑ At 22.8% of total burden, mental ill health is a greater cause of disability in the UK than cancer at 15.9% and cardiovascular disease at 16.2%.
- ❑ The total cost of mental ill health in England is estimated at £105 billion per year.



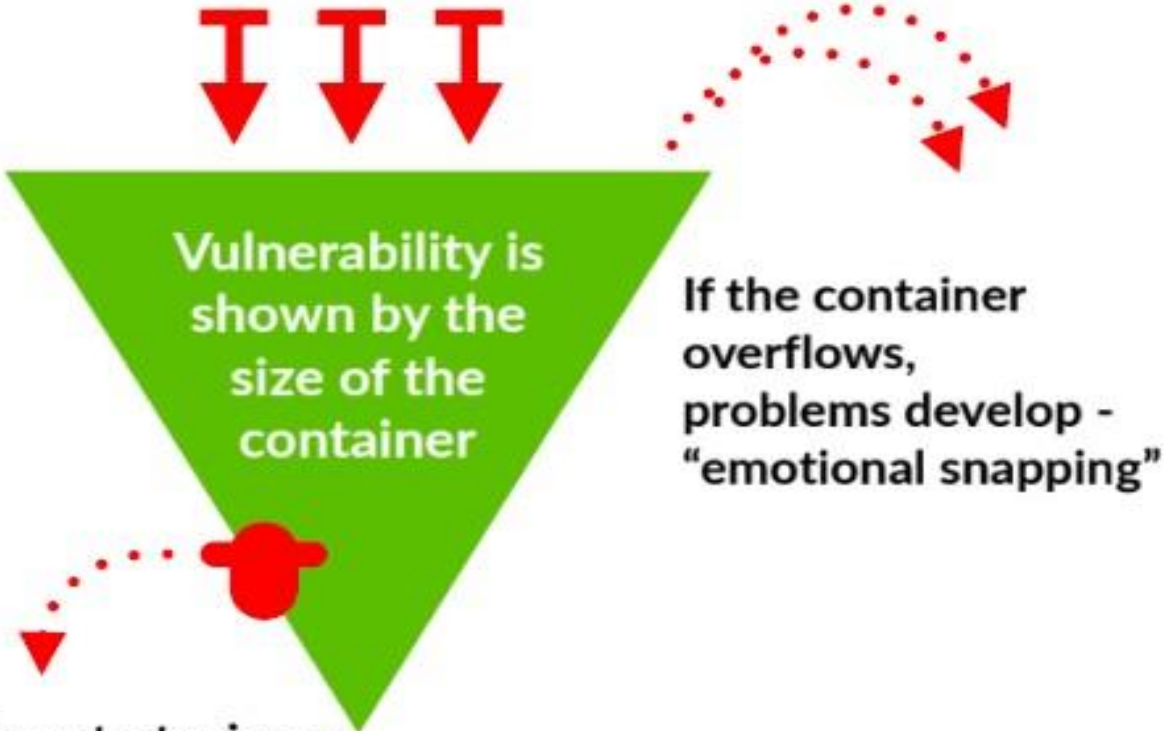
# Mental Health Spectrum



# Zubin & Spring Stress Vulnerability Model 1977



Stress flows into the container



Helpful coping strategies = tap working lets the stress out  
Unhelpful coping strategies = tap blocked so water fills container and overflows





<https://www.youtube.com/watch?v=KZBTYViDPIQ>





**HOPE**

**HOPLESSNESS**

**NO WARNING**

**DEATH**

**SUICIDE**

**CPR**

**C : Current Plan?**

**P : Prior Behaviour**

**R : Resources**

**ASK**

<https://www.youtube.com/watch?v=-rDaL2bzHac>





# SIGNPOSTING



**THANK YOU FOR LISTENING!**



**ANY QUESTIONS?**

