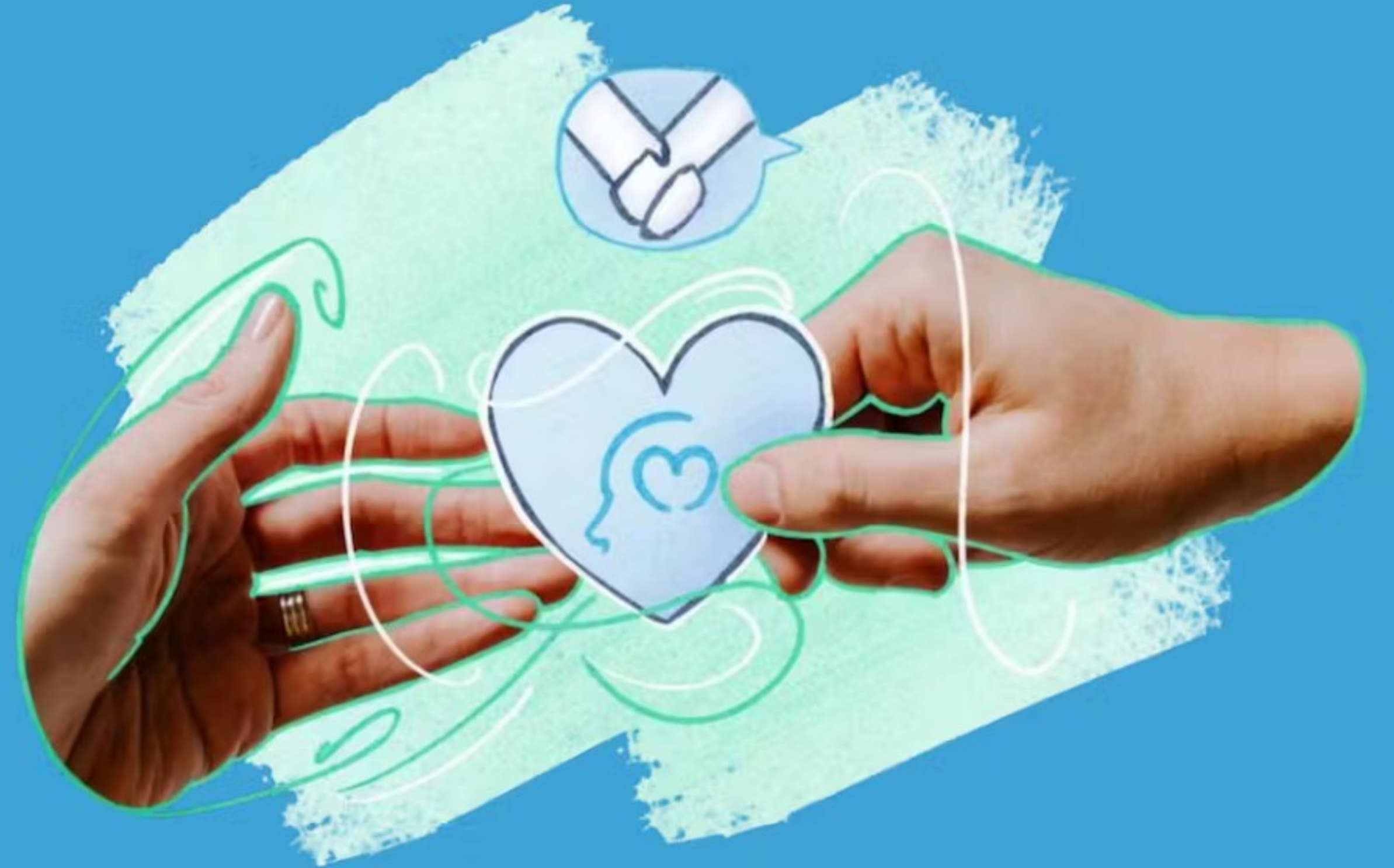


# Changing Your Perspective On Mental Health

Encouraging conversations around mental health and understanding how we can help to reduce stigma.





# In this **webinar**, we'll cover...



Understanding the global impact of poor mental health.



Recognising ways in which we can move from a reactive approach towards our mental health to a proactive approach.



How to recognise the signs of poor mental health and how to have a supportive conversation with someone about their mental health.



## Please note...

Some topics in today's session may be difficult for some. Please do monitor how you are feeling during and after the session and make sure you take a short break if needed after the webinar.



# Leading today's session is...

Kayleigh Fuller  
Training and Development Lead,  
Everymind at Work





# We **all** have mental health...

It may be hard hearing my story, but these are conversations we need to start having to **normalise mental health.**

# Welcome to Menti!





# What is your favourite chocolate bar?

42 responses





**1 in 4 people experience mental health issues each year  
in the UK.**

Source: NHS (2016)

Changing Your Perspective On Mental Health







**700,000 people die by suicide each year, globally. That means one person every 40 seconds.**

Source: WHO (2021)

Changing Your Perspective On Mental Health





**63% of people feel it is getting easier to talk about mental health.**

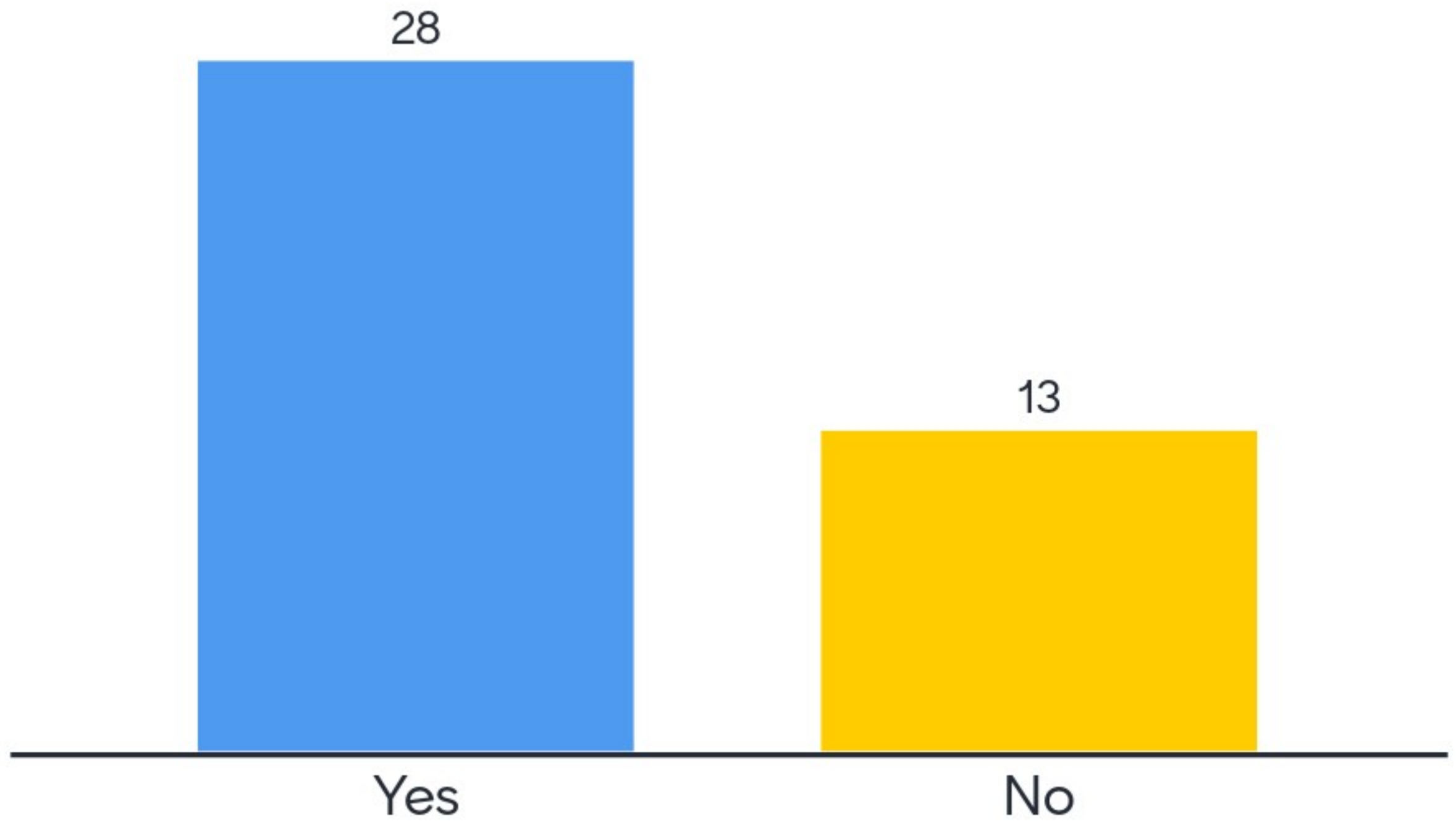
Source: Mind (2022)

Changing Your Perspective On Mental Health





# Have you struggled with your mental health in the past year?



# Who have you reached out to before for support with your mental health?





# The current reactive approach

**The current approach we often take to our mental health can be reactive.**

People may reach crisis point before they get help or support.

**We need to take a more proactive approach to mental health.**

# If we ignore our mental health...

Imagine the bottle represents your mental health and every time something stressful happens the bottle gets shaken.

**With time, that bottle will explode.**

It's important that we learn how to slowly open the bottle to alleviate stress and avoid overwhelm.







# The proactive approach

**Mental health and physical health are very similar.**

Physical illness

Physical health

Physically healthy

Mental illness

Mental health

Mentally healthy



# How do we move from the reactive approach to proactive?

Challenging Stigma is a great place to start.



## Stigma can sound like...

"They're faking it, they're just lazy"

"Mental illness is weakness"

"It's an excuse"

"That's silly"

"Why can't you get out of bed, your legs aren't broken"

"Other people have it a lot worse"

"It's all for attention"

"Don't be dramatic"



# The effects of stigma

How can stigma impact our mental health?

**Self-stigma**

**Feel judged or that people don't believe or understand you**

**Fear losing personal relationships or your job**

**Low self-esteem and confidence**

**Feel alone or isolated**

**Reluctant to seek help or talk to people when you are struggling**



# What words immediately spring to mind if I say the word "mental"?

112 responses





# Our words matter





# Your personal role in reducing stigma

Be mindful of the **language** you use and catch yourself before **judgement**

Further **educate** yourself on mental illness

Be okay with **vulnerability** yourself

**Normalise** and have more conversations about mental health at work

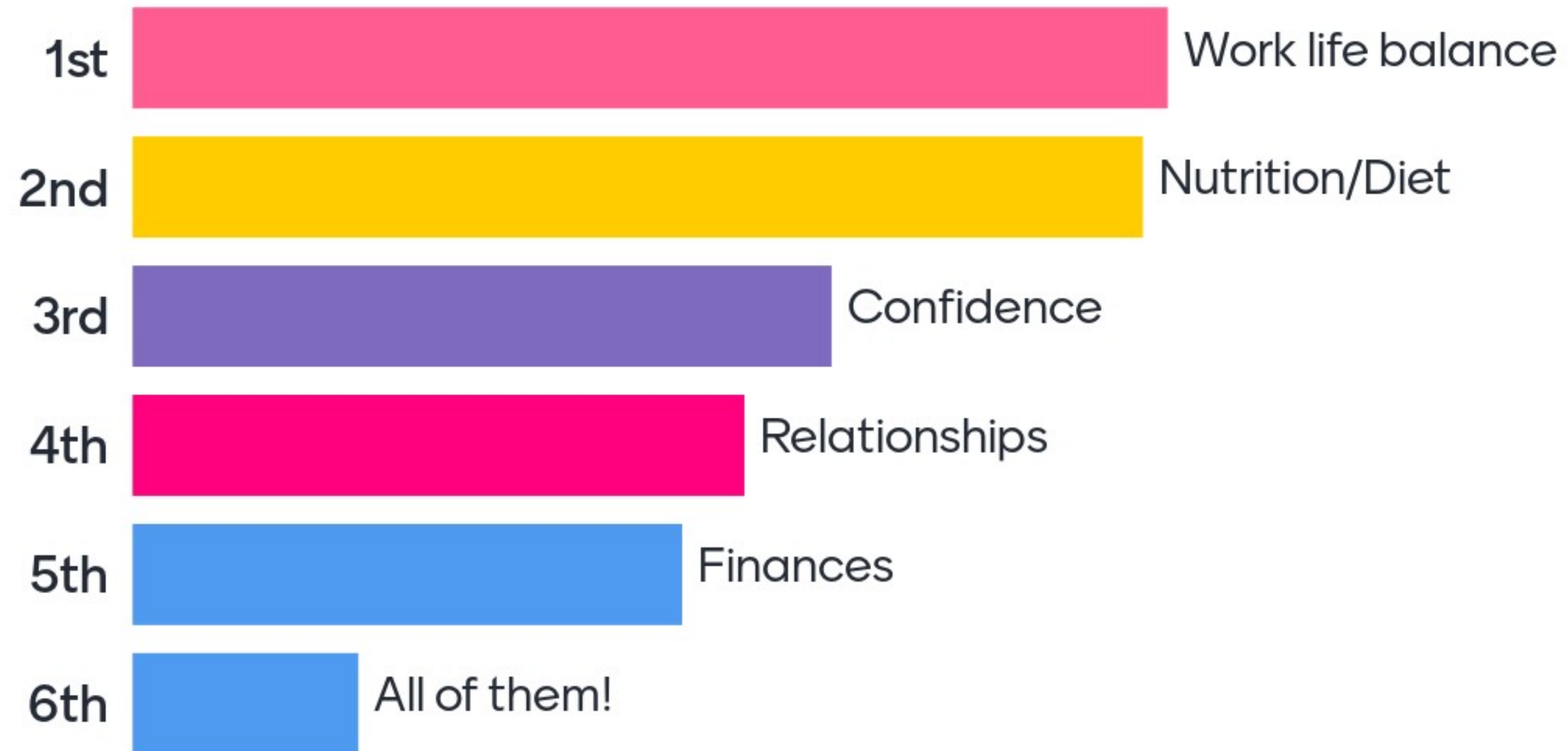
# Supporting your own mental health





**Your role in supporting other people begins with supporting *yourself*.**

# Out of the below, what would you say you needed more support with?







**Your mental health experiences are unique to you  
and so your wellbeing strategy needs to be unique  
too.**





# What could help?

Here's some wellbeing strategies that could help you look after your wellbeing and alleviate stress.



Connection



Journalling



Exercise/hobbies



Talking to someone



Nature



Mindfulness



Listen to podcasts



Reading



# What could help?

Here's some wellbeing strategies that could help you look after your wellbeing and alleviate stress.



Work-life balance



Setting boundaries



Tech free time



Rest/sleep



Healthy eating



Setting goals



# Supporting others with their mental health

# Signs of poor mental health

Lack of engagement, productivity & focus

Uncharacteristic behaviour

Feeling more overwhelmed than usual

Increased absence

Change in usual emotions

Disinterest in work or day-to-day activities

Seeming tired when usually energised

Changes in appetite

Increased risk taking behaviours

Changes in sleeping patterns



# A simple way to hold supportive conversations about someone's mental health



**Ask**



**Listen**



**Signpost**



# Ask, listen, signpost

## ASK

- Notice behaviour changes
- Be specific and ask how they are feeling
- Use compassionate and empathetic language
- Ask twice!





# Ask, listen, signpost

## LISTEN

- Give your full focus
- Be non-judgemental
- Avoid interruption
- Avoid trying to 'fix'
- Be mindful of your body language





# Ask, listen, signpost

## SIGNPOST

- Remember your boundaries
- You're not expected to be a therapist
- Signpost to professional supports if needed
- Encourage the use of internal supports
- Provide practical support if needed





# National signposting options

## UK SUPPORT

SHOUT text service: **85258**

CALM hotline: **0800 58 58 58 (5pm – midnight)**

Papyrus hotline: **0800 068 41 41 (10am – 10pm)**

Samaritans: **116 123 (24/7)**

Hub of Hope: **[www.hubofhope.co.uk](http://www.hubofhope.co.uk)**

**Urgent help in a crisis**

Call 999

**Relate  
(Relationship counselling)**

Call: 0300 0030 396  
[www.relate.org.uk](http://www.relate.org.uk)

**BEAT (Eating disorder service)**

Call: 0808 801 0677  
[www.b-eat.co.uk](http://www.b-eat.co.uk)

**OCD UK**

Call: 0333 212 2890  
[www.ocduk.org](http://www.ocduk.org)

**Anxiety UK**

Call: 03444 775 774  
[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

**Your local Mind**

Call: 0300 123 3393  
[www.mind.org.uk](http://www.mind.org.uk)



# The Everymind at Work Champions

## Course

We believe that **everyone** has a role to play in normalising mental health conversations in the workplace. This course equips you with the tools to support yourself and others in the workplace.

-  **A certificate of completion**
-  **Monthly newsletters with actionable steps to supporting your colleagues**
-  **Additional resources and learning materials**
-  **Networking opportunities with other Champions**



Scan the QR code to access the course!







**And remember... It's 1 in 1. Struggling with your mental health **doesn't make you weak.** It makes you human.**

**Thank you!**

