

Mental Health Awareness



If you need to contact us...

This presentation will cover topics you may find upsetting.

You will also see video clips talking about these subjects.

If you have been affected by anything in this session and/ or find it hard to complete, we understand and respect your wishes. We recommend you contact us to discuss further.

Please make a note of our contact details before you go any further.

You can contact the Safeguarding and Wellbeing team (details on next slide)

How to contact the Safeguarding and Wellbeing Team

Tel: 01274 088999 or 07872 052703

Email: safeguarding@bradfordcollege.ac.uk

In person:

Main Campus (David Hockney Building, Lister Building and the Advanced Technology Centre)

Location: Second floor, David Hockney Building (DHB)

Opening times: Monday to Thursday 8.30am to 4.30pm

Trinity Green Campus

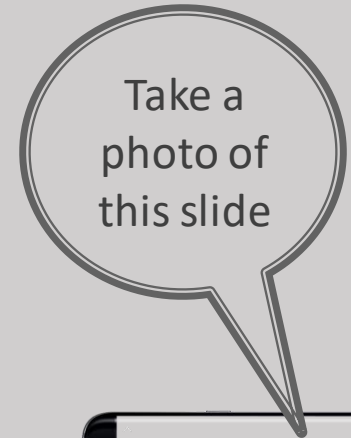
Location: Student Services Office, Ground floor

Opening times: Monday to Thursday 8.30am to 4.30pm

Bowling Back Lane Campus

Location: Unit 3, Refectory

Opening Times: Monday to Thursday 8.30am to 4.30pm



Group Information

- Please be respectful
- Please do not reveal sensitive information about yourself or others
- Take part in the activities, we're all here to learn
- Take care of yourself
- The yellow symbol is a trigger warning on slides you may find upsetting





Objectives

- Create an awareness of Mental Health
- Identify common Mental Health conditions
- Explore self-care strategies
- Information for available support

Discussion Activity

What do you think Mental Health is?



Mental Health is...

- In many ways, mental health is just like physical health, everybody has it and we need to take care of it
- Good mental health means being generally able to think, feel, react in the ways that you need and want to live your life

Approximately 1 in 4 people in the UK will experience a mental health problem each year. In England, 1 in 6 people report experiencing a common mental health problem (such as anxiety and depression) in any given week



MENTAL HEALTH

IS...

- A part of everyone
- Something to look after
- Real and complex
- Really important
- Something you can change

ISN'T...

- A sign of weakness
- All in your head
- Something you can just snap out of
- Always a negative thing
- Something to be ashamed of

Discussion Activity

Can you name some Mental Health conditions?



ANXIETY

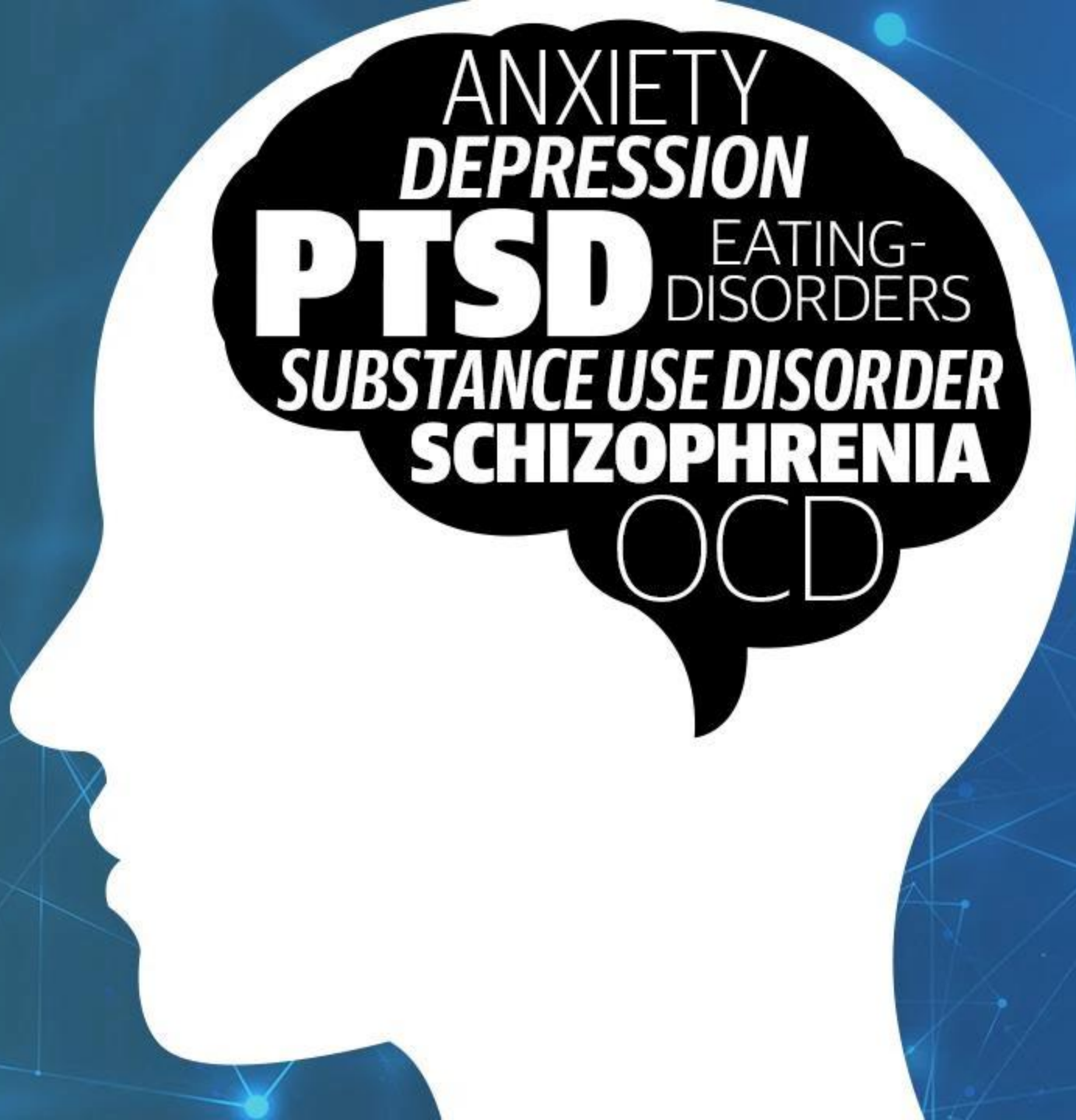
DEPRESSION

PTSD EATING-
DISORDERS

SUBSTANCE USE DISORDER

SCHIZOPHRENIA

OCD





Anxiety

We all experience anxiety, though we need to establish when anxiety becomes a mental health problem.

Anxiety can become a mental health problem if it impacts on your ability to live your life as fully as you want to. For example, it may be a problem for you if;

- Your feelings of anxiety are very strong or last for a long time
- Your fears or worries are out of proportion to the situation
- Your worries feel very distressing or are hard to control
- You regularly experience symptoms of anxiety, which could include panic attacks, faster heart beat or avoidance of situations
- You find it hard to go about your everyday life or do things you enjoy



Discussion Activity

How would you recognise if someone was feeling anxious?

- Think about the effects on the body and mind
- Discuss in pairs or small groups

Signs of Anxiety





Self-Harm

- Self-harm is when you hurt yourself as a way of dealing with very difficult feelings, painful memories, or overwhelming situations and experiences.
- After Self-harming you may feel a short-term sense of release, but the cause of your distress is unlikely to have gone away. Self-harm can also bring up very difficult emotions and could make you feel worse.



Discussion Activity

How would you recognise if someone was self-harming

Discuss in pairs or small groups

Basic Forms of Self-harm



Cutting



Piercing



Hitting



Burning



Picking



- Unexplained cuts, bruises, or cigarette burns, usually on the wrists, arms, thighs, and chest
- Keeping fully covered at all times, even in hot weather
- Signs of depression
- Not wanting to go on and wishing to end it all
- Signs they have been pulling out their hair
- Compulsively picking at skin
- Showing no concern for their own safety

Self-Harm

Self-Harm Alternatives



Draw On Yourself



Go On a Walk



Listen To Music



Hold Onto an Ice Cube



Take a Hot or Cold Shower



Call a Trusted Loved One



Write Out Your Feelings





Depression

- Depression is a low mood that lasts for different periods of time, and affects your everyday life
- In its mildest form, depression can mean just being in low spirits. It doesn't stop you from leading your life but makes everything harder to do and seems less worthwhile
- At its most severe, depression can be life-threatening because it can make you feel suicidal or simply give up the will to live (mind.org.uk)





Discussion Activity

What stood out to you most about the
Black Dog video?

Discuss in groups and feedback to the
class

Self-Care: Top tips to look after your Mental Health

There are lots of other things you can try in college too!

Try the enrichment activities that are delivered by the Student Services Department, these include;

- Netball/Basketball
- Football
- Origami
- Walking Club
- Gym
- Jiu-Jitsu
- Table Tennis
- Chess

Self-care and support for young people

Some coping strategies are more helpful than others. As with any skill, we can always learn new ways of dealing with stress.

Here's some **self-care tips** to help **protect against stress**:



Try

Nurture your physical health – body and mind are connected, so eat regular meals and find a fun form of exercise that suits you and your schedule.

Set aside time to have fun or do something nice for yourself – positive emotions can help build a buffer against stress.

Spend time on an activity you enjoy – whether painting, playing guitar, or learning a new sport.

Talk to someone – tell a trusted friend or family member about how you're feeling, or chat online on a support site like **Childline** or **The Mix**.



Avoid

Overdoing it on caffeine, alcohol or sugar – they're a quick fix which can increase stress in the long term.

Overworking – we all need time to unwind so try to build in short, regular breaks while you're studying, working or revising.

Chasing perfection – it can create unrealistic expectations. It's not fair to compare yourself, as a whole person, to social media highlights from someone else's life.

Too much screen time – it can affect your sleep, so try to switch off now and then, and don't feel pressured to always be reading, watching or playing something.

Bottling up your feelings and assuming they will go away – this can make things worse in the long run.



If you're struggling to manage your stress, don't keep it to yourself – there is no shame in seeking help.


A good place to start can be talking to your GP, your parent or carer, or a counsellor at your school/college/university.

There are also plenty of organisations out there who can help. See a **list of support organisations** at mhfaengland.org



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Rest Well

While we've all heard about the ideal eight-hour sleep, actual requirements can vary significantly from person to person.

In addition, take steps to create the right environment to promote quality sleep by switching off your smartphone or iPad and avoiding caffeine after 6pm.

Try reading something that is not on a device – such as a book or magazine



Things to try outdoors

Get as much fresh air, sunlight, and nature as you can. Bradford/West Yorkshire has some beautiful spaces- explore them!

If you can't go outside, spend time with the windows open to let in fresh air.

Listen to natural sounds, like recordings or apps that play birdsong, ocean waves, or rainfall.

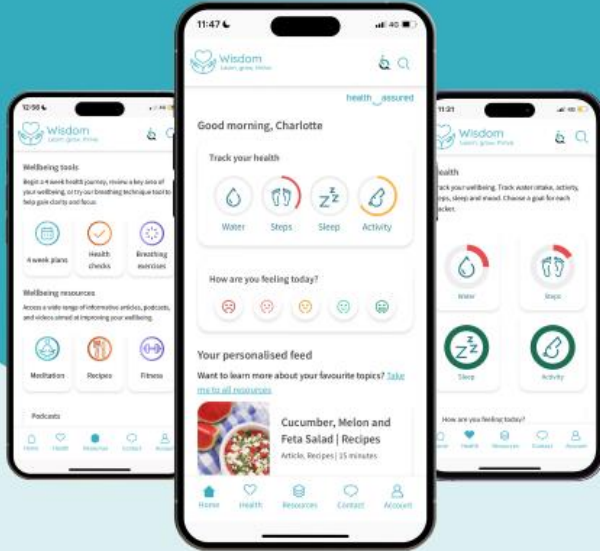




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Once you have opened Wisdom, use the organisation code to access the brand-new app.

Code: MHA162254

You will need to create a new account with an email address and password of your choice



Kooth is an online **mental wellbeing** community for young people

Here are some of the features young people can access on Kooth:



Magazine

The Kooth magazine shares personal experiences and tips from young people and our Kooth team



Discussion Boards

Young people can start or join a conversation with our friendly Kooth community, with lots of topics to choose from



Chat

Young people can chat with our helpful team about anything that's on their mind



Daily Journal

Young people can view their daily journal to track feelings or emotions and reflect on how they're doing



Sign up for free at **Kooth.com**

Visit
Kooth.com
for more
information

How can the Safeguarding and Wellbeing Team help?

- Specialist Mental Health and Wellbeing for 1:1 support
- Adjustments with deadlines/coursework
- Exam considerations
- Access to Counselling
- Referral to external charities and support organisations

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