



CWU- NORTH WEST REGION SUPPORTING WORLD MENTAL HEALTH WEEK 2021



<https://youtu.be/I3Mo4ODY31I>



1 - MENTAL HEALTH AWARENESS WEEK 10TH - 16TH MAY 2021



Mental Health Awareness Week is an annual event when there is opportunity for the whole of the country to focus on achieving better mental health, it is open to every individual and it is about starting conversations about our own mental health and the normal day to day issues which may cause it to deteriorate. This year the Mental Health Foundation has chosen the initiative Thinking about connecting with nature and how nature can improve our mental health.

The theme was chosen because being in nature is known to be an effective way of tackling mental health problems and of protecting our well-being.

This seemed particularly important this year - in the year of a pandemic. Research has shown that being in nature has been one of the most popular ways the public have tried to sustain good mental health at a challenging time.

Our hope is that by growing awareness of the importance of nature to good mental health – we can also work to ensure that everyone can share in it.

Nature is something that is all around us. It can be really helpful in supporting good mental health. Our ambition is to try to make that connection clearer for both individuals and policy makers.



CWU NORTH WEST REGION SUPPORT MENTAL HEALTH AWARENESS WEEK 2021

'Nature and the environment' as the **theme** for **Mental Health Awareness Week 10-16 May 2021!**
The evidence is clear that access to nature is crucial for our **mental health** and millions of people re-discovered that during lockdowns this year.



HOW TO CONNECT WITH NATURE.....

There's a lot of good research to support the role nature can play in protecting and supporting our mental health.

For many of us though, 'being in nature' may not be as easy as it sounds.

The good news is, you don't have to climb a mountain to feel the benefit –there are lots of simple ways to bring nature into your everyday.

Here are some top tips on how you can build your own connection with nature.

Nature is all around us. It might be a garden, a local park, a nearby beach or open countryside. Even in cities where nature can be harder to find, there's things community gardens or courtyards to discover and explore. Look out for the unexpected –an urban fox on your way out for the early shift, changes in the weather or birdsong outside your window. Try to notice nature wherever you are, in whatever way is meaningful for you.

Forgotten what Nature is and what it can do for you?? Nature is all around and closer than you think!! The next video shows how easy it is to connect with nature.

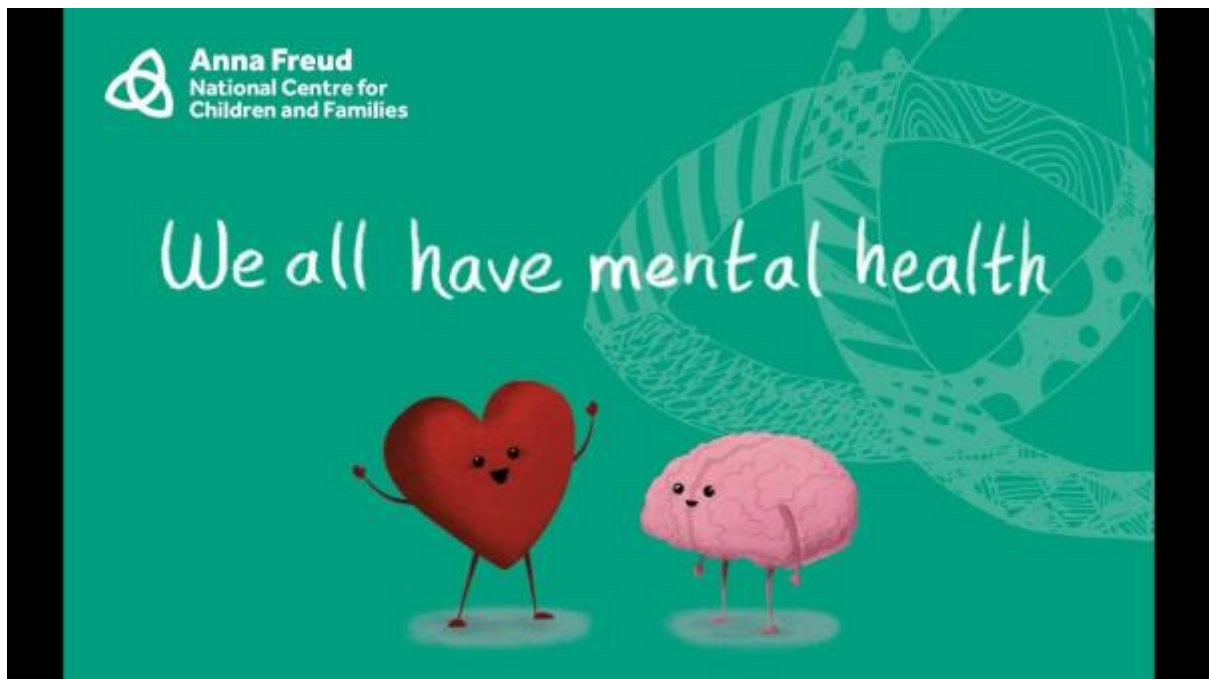


https://youtu.be/597_6HF-dvc

WE ALL HAVE MENTAL HEALTH..



2 - If worried about close children, here's a short video



<https://youtu.be/DxIDKZH3-E>



3 - EVERYTHING STARTS WITH A CONVERSATION

We often find it helpful to talk problems through with a friend or family member, but sometimes friends and family cannot help us and we need to talk to a health professional .

We must also remember that although we are here for you, our NW CWU Mental Health Network colleagues are primarily here to observe, signpost and support, we must take into account that we must not overstep the mark or our abilities as this may cause more issues.

We therefore also promote Talking therapies which involves talking to someone who is trained to help you deal with their negative feelings. They can help anyone who is experiencing distress. You do not have to be told by a doctor that you have a mental health problem to be offered or benefit from a talking therapy.

Talking therapies give people the chance to explore their thoughts and feelings and the effect they have on their behaviour and mood. Describing what's going on in your head and how that makes you feel can help you notice any patterns which it may be helpful to change.

It can help you work out where your negative feelings and ideas come from and why they are there.

Understanding all this can help people make positive changes by thinking or acting differently. Talking therapies can help people to take greater control of their lives and improve their confidence.

If you're looking for how you can start a conversation?

we can recommend a talking toolkit to help



<https://youtu.be/BcAPn97Svb4>

4 - You can download the HSE talking toolkit here

<https://campaigns.hse.gov.uk/go-home-healthy/work-related-stress/>

So, Why is TALKING important?

TALKING
Concept Knowledge
Vocabulary
Literacy
Comprehension
ECRR

How can people reach out?



It can be daunting to approach someone who is struggling to cope; you may not know what to say or worry that you'll make things worse. However, you don't need to be an expert. Often, just asking if someone's OK and letting them know you're listening can give people the confidence to open up about how they're feeling.

Signs that someone may need support



- Feeling restless and agitated

- Feeling tearful
- Not wanting to talk to or be with people
- Not wanting to do things you usually enjoy
- Using alcohol or drugs to cope with feelings
- Finding it hard to cope with everyday things
- Not replying to messages or being distant
- Their work just doesn't appear to be at the same standard
- New pattern of unexplained lateness or absences
- Recent inability to concentrate on their work or in meetings
- Recent inability to complete any of their work

You might not always be able to spot these signs, and these emotions show up differently in everyone.

Confidential helplines



Contact the services below for free, confidential support.

Remember, you are not alone.

- Samaritans: 116 123

The Samaritans offer a safe place for you to talk any time you like, in your own way – about whatever's

getting to you. 24/7 support for people who are in despair or suicidal.

- Mind Infoline: 0300 123 3393 (or text 86463)

The team at the leading mental health charity Mind can provide information on a range of topics including

types of mental health problem, where to get help, medication and alternative treatments.

- Workplace mental health support service: 0300 4568114

Provided by Remploy, in partnership with Access to Work, WMHSS offers a free and confidential support

service to help you remain in your job when it is being affected by stress, anxiety, depression or other

mental health issue (whether diagnosed or not). If you are finding work difficult or you are absent from

work their advisors will help you make a wellbeing plan and support you with workplace adjustments,

including how to get support from your employer.

- Campaign Against Living Miserably (CALM): 0800 58 58 58

CALM provide a helpline for men in the UK who are down or have hit a wall, who need to talk or find

information and support. The helpline is open 5pm–midnight, 365 days a year. They also offer a webchat

service between the same hours.

- Prevention of Young Suicide (Papyrus) 0800 068 41 41

Papyrus provide confidential help and advice to young people and anyone worried about a young person. Their HOPELineUK service is staffed by trained professionals who give non-judgemental support, practical advice and information to; children, teenagers and people up to the age of 35. They

can be contacted on 0800 068 41 41, by email: pat@papyrus-uk.org or SMS 07786 209697



5 - H.O.P.E STRATEGY -HELPING OUR PEOPLE EXCEL



#LET'S TALK

#IT'S OK NOT TO BE OK



6 - YOU DON'T HAVE TO BE TRAINED IN MENTAL HEALTH FIRST AID TO BE 'IN YOUR MATES CORNER'!



<https://youtu.be/nOkH2jGK4p0>

If you are a Young worker in need of support MAKE CONTACT. We CAN and WILL support you. Peer to Peer support is available. If you are 30 years or under you can get actively involved with our growing young workers network.

We now have young worker CWU trained MHFAs in our region, If Covid is Affecting you and YOU are struggling reach out.

A SMALL CONVERSATION CAN HELP. ITS A STARTING POINT





7 - REMEMBER YOU MATTER & YOU ARE LOVED!