



The communications union

North West Region



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**CWU- NORTH WEST REGION
SUPPORTING WORLD MENTAL
HEALTH DAY 2022**





The [World Health Organisation](#) recognises World Mental Health Day on 10 October every year.

The theme of 2022's World Mental Health Day, set by the [World Federation for Mental Health](#), is **'Make mental health and wellbeing for all a global priority'**.





One in eight people around the globe live with mental health conditions. The COVID-19 pandemic caused a **25% increase** in the prevalence of anxiety and depression worldwide.

Young people are particularly affected by mental health issues. The WHO says almost one in seven adolescents aged 10 to 19 live with [some form of mental health condition](#). Suicide is the fifth most prevalent cause of death in this age group - **45,800 die each year, one every 11 minutes**.

Almost one in five 15-24-year-olds in a global survey for the WHO reported that [they often felt depressed](#) and had little interest in doing things. According to the UK Mental Health Foundation, [half of mental health conditions are established by age 14](#) and 75% by age 24.

If you're struggling with thoughts of suicide you can contact HOPELINEUK for advice on staying safe and support with what you're going through. If you are concerned about **someone else** who you suspect may be having thoughts of suicide, you can also contact HOPELINEUK for advice on how to support them.

HOPELINEUK on 0800 068 4141, text 07860 039967 or email pat@papyrus-uk.org

CLICK ON THE LINK BELOW FOR A YOUNG PERSONS WORLD MENTAL HEALTH DAY 2022 TOOLKIT

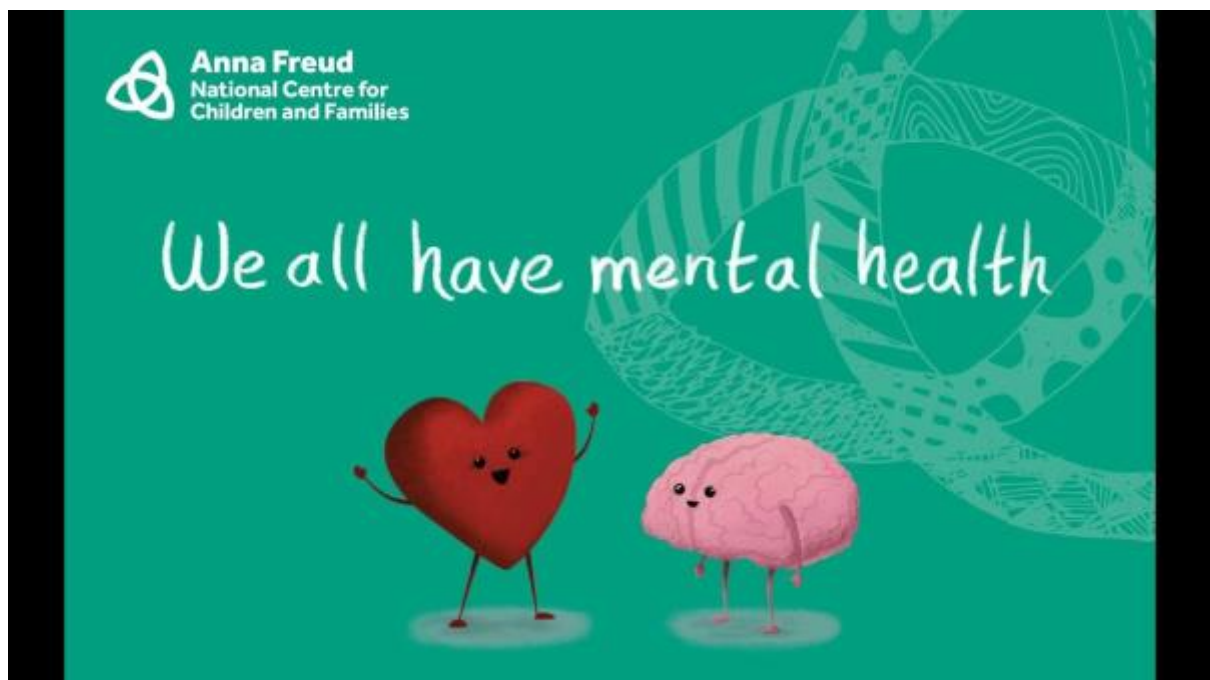
<https://mentallyhealthyschools.org.uk/resources/world-mental-health-day-2022-toolkit/>



WE ALL HAVE MENTAL HEALTH..



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





2 - 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

REMEMBER -- EMPATHY FUELS CONNECTION -- SYMPATHY DRIVES DIS-CONNECTION

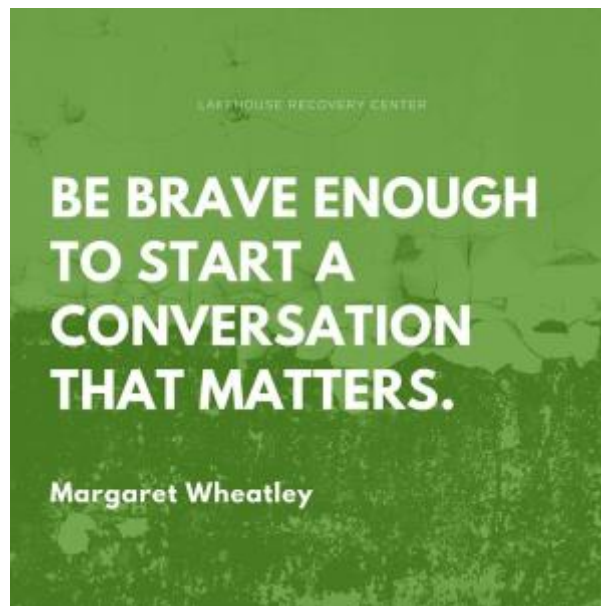
This short video from Brene Brown explains the difference.



So why do we Believe in Stress Conversations or Stress Risk Assessments?

Of 150 plus stress risk assessments carried out in our region, 76% of stress risk assessments have resulted in reasonable adjustments, 90% have resulted in a return to work and 100% have resulted in a Wellness Recovery Action plan.

The video link below explains what a stress risk assessment is and examples the HSE's 'Talking Toolkit'



3 - You can download the HSE talking toolkit here

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

So, Why is TALKING important?

A word cloud centered around the word **TALKING**. The word **TALKING** is the largest and most prominent, written in a bold, red, sans-serif font. Surrounding it are several other words in different colors and orientations. Above **TALKING** is the word **ConceptKnowledge** in a dark red font. To the right of **TALKING** is the word **ECRR** in a smaller, orange font. Below **TALKING** is the word **Vocabulary** in a larger, orange font. To the left of **TALKING** is the word **Literacy** written vertically in a dark red font. To the right of **TALKING** is the word **Comprehension** written vertically in a dark red font.

TALKING

ConceptKnowledge

ECRR

Vocabulary

Literacy

Comprehension

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



4 - H.O.P.E STRATEGY -*HELPING OUR PEOPLE EXCEL*



#LET'S TALK

#IT'S OK NOT TO BE OK



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



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





6 - REMEMBER YOU MATTER & YOU ARE LOVED!