

**Glasgow
Kelvin
College**

STUDENT MENTAL HEALTH
INFORMATION PACK

Glasgow Kelvin - A Mentally Healthy College

#selfcare

Mental Health – An Awareness

Introduction

One in four people are expected to experience a mental health problem, yet stigma and discrimination are still very common. Myths such as assuming mental illness is somehow down to a 'personal weakness' still exist.

'Mental health influences how we think and feel about ourselves and others, as well as how we interpret events.

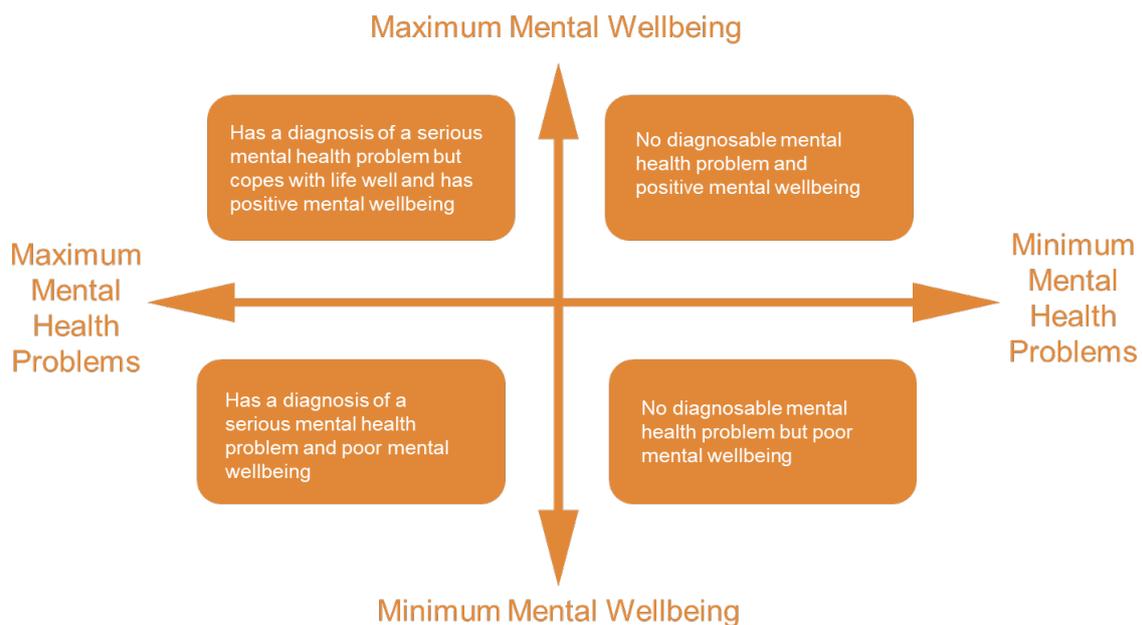
It affects our capacity to learn, to communicate and to form, sustain and end relationships. It also influences our ability to cope with change, transition and life events, such as having

a baby, moving house, or experiencing bereavement.'

(Friedli 2004)

The total cost of mental health problems in Scotland is estimated at £10.7 billion, taking account of social and care costs, economic outputs and human costs.⁶

Mental Health Continuum



Definition of Mental Health?

A person who is considered 'mentally healthy' is someone who can cope with the normal stresses of life and carry out the usual activities they need to in order to look after themselves; can realise their potential; and make a contribution to their community. However, your mental health or sense of 'wellbeing' does not always stay the same and can change in response to circumstances and stages of life.

Everyone will go through periods when they feel emotions such as stress and grief, but symptoms of mental illnesses last longer than normal and are often not a

reaction to daily events. When these symptoms become severe enough to interfere with a person's ability to function, they may be considered to have a significant psychological or mental illness.

Someone with clinical depression, for example, will feel persistent and intense sadness, making them withdrawn and unmotivated. These symptoms usually develop over several weeks or months, although occasionally can come on much more rapidly.

Mental health problems are defined and classified to help experts refer people for the right care and treatment. The symptoms are grouped in two broad categories - neurotic and psychotic.

Neurotic conditions are extreme forms of 'normal' emotional experiences such as depression, anxiety or obsessive compulsive disorder (OCD). Around one person in 10 experiences these mood disorders at any one time. Psychotic symptoms affect around one in 100 and these interfere with a person's perception of reality, impairing their thoughts and judgments. Conditions include schizophrenia and bipolar disorder.

Mental illness is common but fortunately most people recover or learn to live with the problem, especially if diagnosed early.

How Common Are Mental Illnesses in the UK?

- Anxiety will affect 10% of the population
- Bipolar disorder will affect one in 100
- One in every 150, 15-year-old girls will become anorexic, and one in every 1000 15-year-old boys
- 20% of people will become depressed at some point in their lives
- OCD will affect 2%
- Personality disorder will affect one in 10, though for some it won't be severe
- Schizophrenia will affect one in 100

Source: [Royal College of Psychiatrists](#)

What Causes Mental Illness?

The exact causes of most mental illnesses is not known but a combination of physical, psychological and environmental factors are thought to play a role.

Many mental illnesses such as bipolar disorder can run in families, which suggests a genetic link. Experts believe many mental illnesses are linked to abnormalities in several genes that predispose people to problems, but do not on their own directly cause them. Therefore, a person can inherit a susceptibility to a condition but may not go on to develop it.

Psychological risk factors that make a person more vulnerable include suffering, neglect, loss of a parent, or experiencing abuse.

General Signs to look for in adults, older children, pre-teens and younger children



In adults

- Confused thinking
- Long-lasting sadness or irritability
- Extremely high and low moods
- Excessive fear, worry, or anxiety
- Social withdrawal
- Dramatic changes in eating or sleeping habits
- Strong feelings of anger
- Delusions or hallucinations (seeing or hearing things that are not really there)
- Increasing inability to cope with daily problems and activities
- Thoughts of suicide
- Denial of obvious problems
- Many unexplained physical problems
- Abuse of drugs and/or alcohol

In older children and pre-teens

- Continue Reading Below
- you might like Changes in school performance, falling grades
- Inability to cope with daily problems and activities
- Changes in sleeping and/or eating habits
- Excessive complaints of physical problems
- Defying authority, skipping school, stealing, or damaging property
- Intense fear of gaining weight
- Long-lasting negative mood, often along with poor appetite and thoughts of death
- Frequent outbursts of anger
- Abuse of drugs and/or alcohol
- Withdrawing from friends and activities

In younger children

- Changes in school performance
- Poor grades despite strong efforts
- Excessive worry or anxiety
- Hyperactivity
- Persistent nightmares
- Persistent disobedience and/or aggressive behaviour
- Frequent temper tantrums

Recovery

Recovery is a journey in which the individual is active in managing and controlling their illness. The person needs to be respected as an individual and not a disease.

The aim of recovery is to live a satisfying and fulfilling life whether or not there are symptoms.

The benefits of good mental health

Improving the mental health of the population is an important goal in itself. However, the benefits of this go much wider than our mental health. There are a number of associated positive health and social outcomes for individuals and the broader community. Outcomes associated with improved mental health include

- Healthier lifestyle, improved physical health, improved quality of life and increased life expectancy
- Improved recovery from illness and fewer limitations in daily living
- Reduced reliance on services with greater use of self-help and self-management approaches
- Higher educational achievement
- Reduction in workplace absence, greater performance and productivity, higher employment and higher earnings
- Enhanced mental wellbeing within neighbourhoods and communities through increased participation in community life
- Individuals empowered to take action to bring about change in their lives or within their community
- Improved relationships, pro-social attitudes and behaviours, increased social cohesion and engagement, and reduction in crime.



Resources – Websites.

<https://www.nhs.uk/conditions/stress-anxiety-depression/>

<https://www.thinkpositive.scot/>

<http://www.bbc.co.uk/science/0/22028518>

<http://www.itsokay.tv/>

<https://www.webmd.com/depression/mental-health-warning-signs>

[http://www.sane.org.uk/what we do/support/helpline/](http://www.sane.org.uk/what_we_do/support/helpline/)

<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

Self-Help apps

- <http://sam-app.org.uk/>
- <https://play.google.com/store/apps/details?id=com.excelatlife.cbtdiary&hl=en>
- https://play.google.com/store/apps/details?id=se.annadroid.Db112&hl=en_GB
- <https://www.smilingmind.com.au/smiling-mind-app>
- <https://brothersinarmsscotland.co.uk/need-help/get-help/>
- <https://www.seemescotland.org/contact/>
- <https://www.samh.org.uk/information/contact-us>

College Support

- Advice, Guidance and learner Support
- Student Association
- College counselling service
- College Mental Health first aiders

Help Lines

- **Anxiety UK**
Charity providing support if you have been diagnosed with an anxiety condition.
Phone: 03444 775 774 (Mon-Fri, 9.30am-5.30pm)
Website: www.anxietyuk.org.uk
- **Bipolar UK**
A charity helping people living with manic depression or bipolar disorder.
Website: www.bipolaruk.org.uk
- **CALM**
CALM is the Campaign against Living Miserably, for men aged 15-35.
Website: www.thecalmzone.net
- **Depression Alliance**
Charity for sufferers of depression. Has a network of self-help groups.
Website: www.depressionalliance.org
- **Men's Health Forum**



24/7 stress support for men by text, chat and email.

Website: www.menshealthforum.org.uk

- **Mental Health Foundation**

Provides information and support for anyone with mental health problems or learning disabilities.

Website: www.mentalhealth.org.uk

- **Mind**

Promotes the views and needs of people with mental health problems.

Phone: 0300 123 3393 (Mon-Fri, 9am-6pm)

Website: www.mind.org.uk

- **No Panic**

Voluntary charity offering support for sufferers of panic attacks and OCD.

Offers a course to help overcome your phobia/OCD. Includes a helpline.

Phone: 0844 967 4848 (daily, 10am-10pm)

Website: www.nopanic.org.uk

- **OCD Action**

Support for people with obsessive compulsive disorder (OCD). Includes information on treatment and online resources.

Phone: 0845 390 6232 (Mon-Fri, 9.30am-5pm)

Website: www.ocdaction.org.uk

- **OCD UK**

A charity run by people with OCD, for people with OCD. Includes facts, news and treatments.

Phone: 0845 120 3778 (Mon-Fri, 9am-5pm)

Website: www.ocduk.org

- **PAPYRUS**

Young suicide prevention society.

Phone: HOPElineUK 0800 068 4141 (Mon-Fri, 10am-5pm & 7-10pm.

Weekends 2-5pm)

Website: www.papyrus-uk.org

- **Rethink Mental Illness**

Support and advice for people living with mental illness.

Phone: 0300 5000 927 (Mon-Fri, 9.30am-4pm)

Website: www.rethink.org

- **Samaritans**

Confidential support for people experiencing feelings of distress or despair.

Phone: 116 123 (free 24-hour helpline)

Website: www.samaritans.org.uk

- **SANE**

Emotional support, information and guidance for people affected by mental illness, their families and carers.

SANEline: 0300 304 7000 (daily, 4.30-10.30pm)

Peer support forum: www.sane.org.uk/supportforum

Website: www.sane.org.uk/support

- **Brothers in arms**

The Calm helpline: 5pm-midnight, 365 days a year

NATIONWIDE: 0800 58 58 58

- **Breathing Space helpline:**
Opening hours: Monday - Thursday 6pm to 2am
Weekend: Friday 6pm-Monday 6am.
Breathing Space is free to phone from a landline and any mobile phone network.

On Line Communities

- **Big White Wall**

The college has a partnership with 'The Big White Wall' which is an online resource to support mental wellbeing for those over 16 year old.

How It Works

At the heart of Big White Wall is its community of members, who support, help each other and share what's troubling them in a safe and anonymous environment. The site is available 24 hours a day, 7 days a week, 365 days a year – no need to wait until morning, the next business day or for a doctors' appointment.

You can find support simply by logging on.

How Members Feel Better

67% report improved wellbeing from using BWW such as reduced isolation, improving coping skills and improved emotional health

For 48% of members, Big White Wall was their first step in accessing mental health support, outside of professional intervention

1 in 2 members share an issue for the first time on BWW

Website: www.bigwhitewall.com

If you are not yet 16 please speak with your Class Tutor or a member of the Advice, Guidance and Learner Support Team who can support you.