

SUPPORTING MENTAL HEALTH AT WORK

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Luminate



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FACTORS THAT INFLUENCE OUR MENTAL HEALTH



PHYSICAL SIGNS

Frequent headaches/migraines

Suffering from frequent minor illnesses

Constant tiredness / lack of energy

Skin conditions

Extreme body temperature

Sudden weight gain/loss

Lack of care over appearance

Being run down

Digestive problems / IBS

Muscle tension

Shortness of breath



BEHAVIOURAL SIGNS

Irritability, aggression or tearfulness

Being withdrawn / socially isolated

Increased conflict with others

Addictive / excessive behaviour

Inability to concentrate

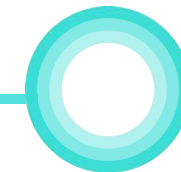
Loss of confidence

Forgetful / mindlessness

Mood swings

Loss of humour

Increased consumption of alcohol/cigarettes or other drugs



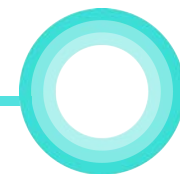
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THE MENTAL HEALTH CONTINUUM

HEALTHY

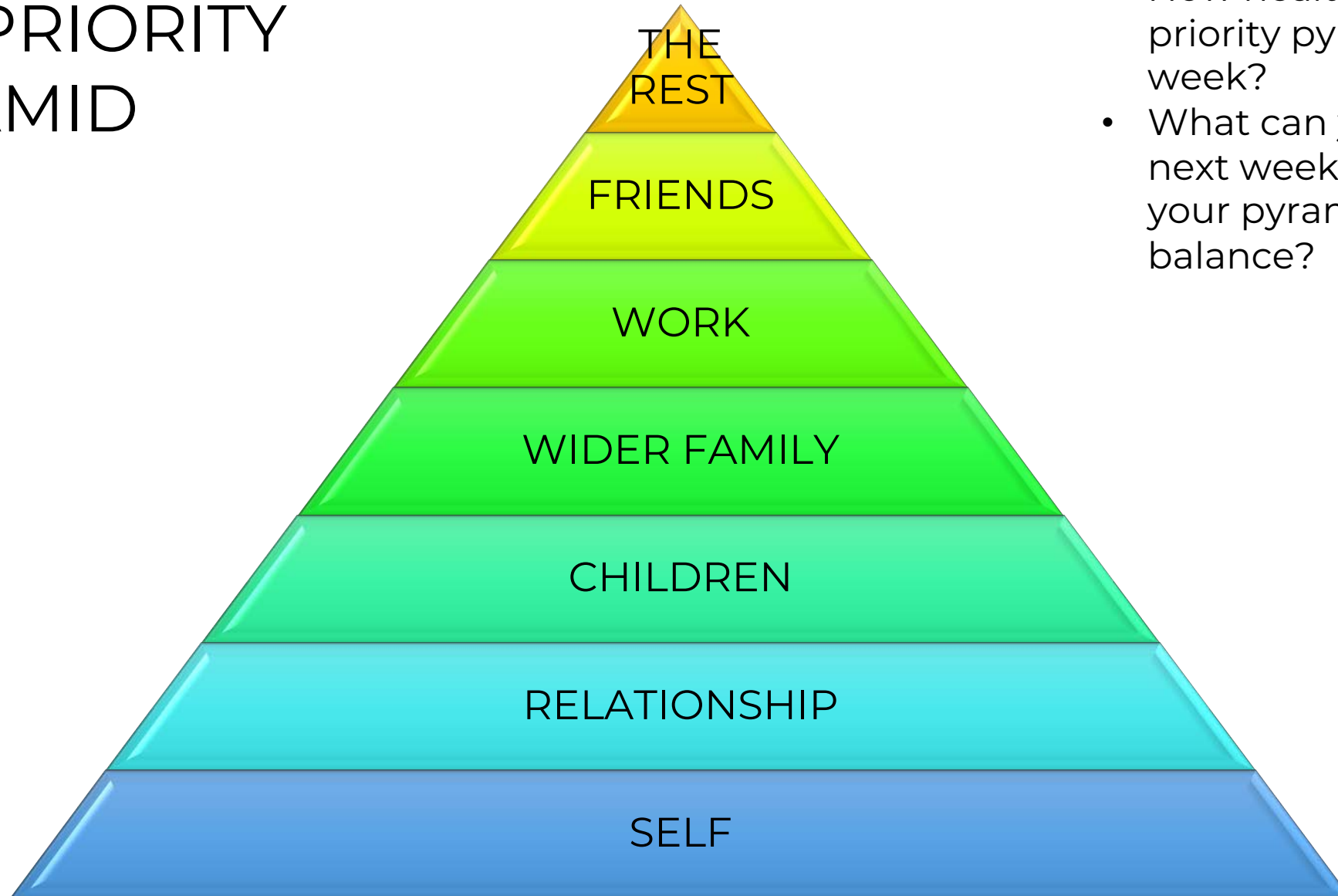


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THE PRIORITY PYRAMID



- How healthy was my priority pyramid this week?
- What can you do next week to ensure your pyramid is in balance?

STARTING A CONVERSATION ABOUT MENTAL HEALTH

“I’ve noticed…”

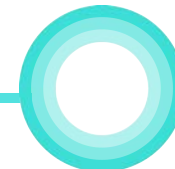
Talk about your own experiences

Active listening skills

Ask twice

It’s not your job to ‘fix’ the problem!

Empathy vs. sympathy



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HELPFUL RESOURCES

- **BACP** – British Association for Counselling & Psychotherapy
<https://www.bacp.co.uk/>
- **Samaritans** – a 24/7 helpline offering support to people suffering from mental illness – call 116 123
- **Shout crisis line** – text support for those in crisis – text 85258 / <http://giveusashout.org/>
- **CALM helpline** – a helpline for men who feel down or are experiencing mental illness or suicidal thoughts – 0800 58 58 58
- **Mind** support groups & services – <https://www.mind.org.uk/information-support>
- **Young Minds, medication information** – <https://youngminds.org.uk/find-help/medications/>
- **Hub of hope** – <https://hubofhope.co.uk/>

THANK YOU!

Keep in touch:

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