

MENTAL HEALTH TOOLKIT 2022



It's okay to ask for help

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Introduction

The Equality and Inclusion Partnership (EQuIP) is a Warwickshire-wide charitable organisation with a vision of a place where everyone embraces difference and diversity, ensures opportunity, eradicates inequality of treatment and operates in a fair environment for all.

EQuIP works towards the elimination of discrimination on the grounds of age, disability, sex, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief and sexual orientation.

What is Mental Health?

‘Mental health is a state of wellbeing in which the individual realises his or her abilities, can cope with the normal stresses of life, work productively and fruitfully, and is able to make a contribution to his or her community’.

The World Health Organisation (WHO)

Our mental health influences our physical health, as well as our capability to lead a healthy lifestyle and to manage and recover from physical health conditions.

Bell R. 2017 -

https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/647709/Psychosocial_pathways_and_health_equity.pdf

What causes mental health problems?

Mental health problems can have a wide range of causes. It’s likely that for many people there is a complicated combination of factors – although different people may be more deeply affected by certain things than others.

For example, the following factors could potentially result in a period of poor mental health:

- Childhood abuse, trauma or neglect
- Social isolation or loneliness
- Experiencing discrimination and stigma, including racism
- Social disadvantage, poverty or debt
- Bereavement (losing someone close to you)
- Severe or long-term stress
- Having a long-term physical health condition
- Unemployment or losing your job
- Homelessness or poor housing
- Being a long-term carer for someone
- Drug and alcohol misuse
- Domestic violence, bullying or other abuse as an adult
- Significant trauma as an adult, such as military combat, being involved in a serious incident in which you feared for your life, or being the victim of a violent crime
- Physical causes – for example, a head injury or a neurological condition such as epilepsy can have an impact on your behaviour and mood. (It's important to rule out potential physical causes before seeking further treatment for a mental health problem).

Although lifestyle factors including work, diet, drugs and lack of sleep can all affect your mental health, if you experience a mental health problem there are usually other factors as well.

<https://www.mind.org.uk/information-support/types-of-mental-health-problems/mental-health-problems-introduction/causes/>

Types of Mental Health problems

There are many different mental health problems. Some of them have similar symptoms, so you may experience the symptoms of more than one mental health problem or be given several diagnoses at once. Or you might not have any particular diagnosis, but still be finding things very difficult. Everyone's experience is different and can change at different times.

- Depression – A feeling of low mood that lasts for a long time and affects your everyday life. For further information, visit the link at the end of this section.

- Anxiety problems - Anxiety is what we feel when we are worried, tense or afraid – particularly about things that are about to happen, or which we think could happen in the future. For further information, visit the link at the end of this section.
- Phobias - A phobia is an extreme form of fear or anxiety triggered by a particular situation (such as going outside) or object (such as spiders), even when it's very unlikely to be dangerous. For further information, visit the link at the end of this section.
- Eating problems - Eating problems are not just about food. They can be about difficult things and painful feelings which you may be finding hard to face or resolve. Lots of people think that if you have an eating problem you will be over- or underweight, and that being a certain weight is always associated with a specific eating problem, but this is a myth. Anyone, regardless of age, gender or weight, can be affected by eating problems. For further information, visit the link at the end of this section.
- Schizophrenia - Views on schizophrenia have changed over the years. Lots of people question whether it's really a distinct condition, or actually a few different conditions that overlap. For further information, visit the link at the end of this section.
- Obsessive-compulsive disorder (OCD) - Obsessive-compulsive disorder is a type of anxiety disorder. The term is often misused in daily conversation – for example, you might hear people talk about being 'a bit OCD', if they like things to be neat and tidy. But the reality of this disorder is a lot more complex and serious. For further information, visit the link at the end of this section.
- Personality disorders - Personality disorder is a type of mental health problem where your attitudes, beliefs and behaviours cause you longstanding problems in your life. If you have this diagnosis, it doesn't mean that you're fundamentally different from other people – but you may regularly experience difficulties with how you think about yourself and others and find it very difficult to change these unwanted patterns. For further information, visit the link at the end of this section.

- Bipolar disorder - Bipolar disorder (once called manic depression) mainly affects your mood. With this diagnosis you are likely to have times when you experience: manic or hypomanic episodes (feeling high); depressive episodes (feeling low); and potentially some psychotic symptoms. For further information, visit the link at the end of this section.

To learn more about any of these different types of mental health problems in the section above, visit: <https://www.mind.org.uk/information-support/types-of-mental-health-problems/mental-health-problems-introduction/types-of-mental-health-problems/>

The Impact of COVID-19

Public Health England has been monitoring population mental health throughout the pandemic using a range of surveys close to real-time data. This shows that self-reported mental health and wellbeing at a population level (including in anxiety, stress and depression) has worsened during the pandemic and remains worse than pre-pandemic levels.

The following groups have been found to be more at risk from poor mental health:

- Children and young people with particular characteristics
- Young adults aged 18 to 34
- Women (especially lone mothers)
- Women experiencing domestic violence
- Adults living alone
- Adults with pre-existing mental health conditions
- Adults with caring responsibilities
- Adults with low income
- Adults who have experienced loss of income since the onset of the pandemic
- Adults working in small businesses or self-employed
- Front line health and social care professionals
- Adults with long-term physical health conditions
- Older adults recommended to shield or with multi-morbidities
- Children and men from certain minority ethnic backgrounds
- Adults with COVID-19 symptoms

<https://www.gov.uk/government/publications/wellbeing-in-mental-health-applying-all-our-health/wellbeing-in-mental-health-applying-all-our-health#fnref:4>

Social risk factors include poverty, migration, extreme stress, exposure to violence (domestic, sexual and gender-based), emergency and conflict situations, natural disasters, trauma, and low social support, increase risk for poor mental health and specific disorders. Perinatal mental health problems can affect between 10 to 20% of women during pregnancy and the first year after having a baby

<https://www.gov.uk/government/publications/better-mental-health-jsna-toolkit/4-perinatal-mental-health>

Across the UK, those in the poorest fifth of the population are twice as likely to be at risk of developing mental health problems as those on an average income.

<https://www.mentalhealth.org.uk/explore-mental-health/blogs/tackling-poverty-good-mental-health>

Help and Support

If you are experiencing mental health problems, you are not alone. There are organisations that can offer advice and support.

All details are correct at the time of printing.

Mental Health Resources

<p>CAMHS Resources This site was created for young people, carers and professionals to pool together lots of helpful resources from across the internet that are available to help support your mental health and well-being. There are downloads, apps, websites, videos and books all free to use.</p>	<p>W: https://www.camhs-resources.co.uk/</p>
<p>Dimensions of Health and Wellbeing – NHS Coventry & Warwickshire Partnership NHS Trust A Free online tool providing personalised information to support an individual’s wellbeing and mental health.</p>	<p>W: https://dimensions.covwarkpt.nhs.uk/Dimensions-Landing.aspx</p>
<p>Mental Health UK Mental Health UK have produced some downloadable mental health and wellbeing resources for the workplace.</p>	<p>W: https://mentalhealth-uk.org/help-and-information/downloadable-resources/</p>

Reading Well Shelf Help for young people - Warwickshire Libraries

Reading Well Shelf-help is a collection of books aimed at young people which can help with concerns such as anxiety and stress or more specific concerns or difficulties such as eating disorders, obsessive-compulsive disorder and depression.

(To access these books, you will need a Warwickshire library card, or to join the library to get one).

W: <https://library.warwickshire.gov.uk/iguana/www.main.cls?sUrl=search#navigation>

Reading Well for children – Warwickshire Libraries

Reading Well for children recommends reading to help children understand their feelings and worries and cope with tough times. The books have been chosen by children, carers, health experts and librarians.

The booklist is aimed at children in key stage 2 (7-11 years) and includes books that can be read independently or shared with carers.

(To access these books, you will need a Warwickshire library card, or to join the library to get one).

W: <https://library.warwickshire.gov.uk/iguana/www.main.cls?sUrl=search#navigation>

<p>Young People’s Mental Health The Royal College of Psychiatrists have worked with young people to create some useful resources about young people's mental health. It is aimed at young people and their parents and carers. (Based in London)</p>	<p>W: https://www.rcpsych.ac.uk/mental-health/parents-and-young-people</p>
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<p>Warwickshire County Council 'Hope' animation shares young adult mental health journeys.</p>	<p>W: https://www.youtube.com/watch?v=PHNowj22ULQ</p>
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<p>Peer support groups for Warwickshire parents and carers of young people who self-harm The Kaleidoscope Group have launched a peer support service for parents and carers of young people who self-harm or have thoughts of suicide. The groups are held twice monthly with sessions offered in the day and the evening. Self-referrals or referrals by a professional are accepted. (Warwickshire based)</p>	<p>W: https://tqea.attrust.org.uk/wp-content/uploads/sites/26/2021/08/Self-Harm-support-for-Parents-and-Carers-in-Warwickshire.pdf</p>
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<p>Books on Prescription / Reading Well - Warwickshire Libraries</p> <p>A service that can help you manage your health and wellbeing through self-help prescription books, which can be borrowed through your local Warwickshire library.</p> <p>(To access these books, you will need a Warwickshire library card, or to join the library to get one)</p>	<p>Reading well for Mental Health https://tra-resources.s3.amazonaws.com/uploads/entries/document/2814/ReadingWell_Leaflet_-_Interactive_V1.pdf</p> <p>Reading well for Dementia https://tra-resources.s3.amazonaws.com/uploads/entries/document/726/RWBOP_dementia_digital_user_leaflet.pdf</p> <p>Reading well for people with long term conditions https://tra-resources.s3.amazonaws.com/uploads/entries/document/2312/Interactive_leaflet_Final.pdf</p>
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<p>Warwickshire Community & Voluntary Action (WCAVA)</p> <p>In August 2021 WCAVA produced a Directory of Mental Health Support in Warwickshire</p>	<p>WCAVA Directory link: https://www.wcava.org.uk/sites/www.wcava.org.uk/files/mh_directory_updated_version_july_2021.pdf</p>
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Local Mental Health Support Services

<p>Age UK Coventry and Warwickshire Counselling Service Age UK Coventry & Warwickshire offer a confidential and professional counselling service for individuals aged 65 and over.</p> <p>The Counselling Service can support people who may be experiencing anxiety, stress, depression, bereavement and difficult emotions such as low self-esteem. They can also support carers who are finding their role challenging. (Based in Leamington Spa)</p>	<p>T: 01926 458112 or 07436 108115</p> <p>This service is delivered through a telephone and Zoom service. It is free however donations are always welcome.</p> <p>E: counselling@ageukcovwarks.org.uk</p> <p>W: https://www.ageuk.org.uk/coventryandwarwickshire/our-services/counselling-service/</p>
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<p>Alzheimer’s Society – Dementia Connect Dementia Connect, from the Alzheimer’s Society, is a new personalised dementia support service for anyone affected by dementia.</p> <p>(Services across Warwickshire)</p>	<p>T: 0333 150 3456 Mon – Wed 9am to 8pm / Thurs to Fri 9am to 5pm / Sat – Sun 10am to 4pm</p> <p>The service is free, easy to access, and puts you in touch with dementia advisers.</p> <p>E: dementia.connect@alzheimers.org.uk</p> <p>W: https://www.alzheimers.org.uk/get-support/dementia-connect</p>
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<p>Coleshill & Water Orton Memory Cafe For people living with dementia and their carers.</p> <p>Sessions cost £2.50 per person. (Based in North Warwickshire)</p>	<p>It is held on the 1st Friday of every month from 2pm to 4pm at:</p> <p>Robert Lloyd Room, Water Orton Church, Water Orton, B46 1QU</p> <p>T: 07478 202052.</p>
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<p>Coventry and Warwickshire Mind They wish to make sure that everyone with a mental health problem gets the support they need and the respect they deserve. This could mean having access to information, a listening ear, or more specialist support and services to help someone to live and recover from their mental health problem. (Based in Coventry but cover Coventry and Warwickshire)</p>	<p>T: (024) 7655 2847</p> <p>W: https://cwmind.org.uk</p>
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<p>Coventry and Warwickshire Mind's Safe Haven Provides an out-of-hours mental health support service to people across Warwickshire. The service is for anyone aged 16+ who is struggling. (Based in Nuneaton)</p>	<p>T: (024) 7771 4554 Open from 6pm to 11pm every evening</p> <p>Text: (07970) 042270</p> <p>Email: safehaven@cwmind.org.uk</p> <p>W: https://cwmind.org.uk/warwickshire-safe-haven-nuneaton/</p>
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<p>Coventry & Warwickshire Partnership NHS Trust - NHS Mental Health Access Hubs</p> <p>Mental Health Access Hubs provide access to all adult mental health services. A team member will explore and triage the nature of your crisis with you and, if appropriate, will make arrangements for a clinician to meet with you.</p>	<p>T: Freephone 08081 966798 (Hours of operation: 24 hours a day, seven days a week)</p> <p>W: https://www.covwarkpt.nhs.uk/service-detail/health-service/mental-health-access-hubs-878/</p>
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<p>Coventry, Warwickshire and Solihull IAPT (Improving Access to Psychological Therapy) Services</p> <p>They provide short term psychological therapy for people with mild to moderate symptoms of anxiety, stress, panic, worry, low mood / depression.</p> <p>This service is for those 16 years and over. Your GP can refer you or you can self-refer. You must be registered with a GP in Coventry, Warwickshire, Rugby or Solihull to access this service.</p>	<p>T: 024 7667 1090 (Self-referral into the service). 8.30am to 4.30pm</p> <p>W: Service Contact: https://www.healthymindservice.com</p> <p>Online self-referral at: W: https://www.healthymindservice.com/self-referral</p>
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<p>Kooth</p> <p>Kooth is a free, safe and anonymous place for young people aged 11-25 to find online</p>	<p>W: https://www.kooth.com/</p>
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support and counselling. As well as confidential counselling online, Kooth offers access to lots of self-help tools such as discussion forums and an online magazine.
(Based in Coventry)

Rise
Rise is a family of NHS-led services, working with Coventry and Warwickshire Mind, providing emotional wellbeing and mental health services for children and young people in Coventry and Warwickshire.
Rise aims to build resilience and empower children and young people (as well as the adults in their lives) to know where to go for help and advice.
It's made up of a number of different services, each led by mental health specialists.
(Based in Coventry)

W: <https://cwrise.com/>

South Warwickshire and Worcestershire Mind (Formerly Springfield Mind)
Their mission is “empowering individuals to access mental health and wellbeing support to thrive in their local communities.”

T: 01789 298615
E: enquiries@springfieldmind.org.uk
W: <https://springfieldmind.org.uk>

Wellbeing for Warwickshire
A single place to go for help with your mental health. Face-to-face or on the phone. Online or in the classroom.

T: 0800 616171 (24/7, 365 days a year)
W: <https://wellbeingforwarwickshire.org.uk/>

This service is available for Warwickshire residents. The 24/7 helpline is also available to Coventry residents.	
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National Mental Health Support Organisations

Advance	T: 0333 012 4307 Monday – Friday, 8.30am to 4.30pm W: https://www.advanceuk.org/
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Advance Housing and Support Limited is a registered society under the Co-operative and Community Benefit Societies Act 2014 and a Registered Housing Provider. They provide housing, support and other community related services, specialising in supporting people with learning difficulties and mental health conditions.

(They operate over a large geographical area across the Midlands, London, South East and the South West)

Every Mind Matters	W: https://www.nhs.uk/every-mind-matters/
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The Every Mind Matters platform provides advice on common mental health concerns, how to look after your mental health and wellbeing, and where to get further support.

Mental Health UK	W: https://mentalhealth-uk.org
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Mental Health UK can be contacted if you are looking for mental health help or advice for you or someone you know in the workplace.

<p>Papyrus (Prevention of Young Suicide) – HOPELINEUK HOPELINEUK is a confidential support and advice service for children and young people under the age of 35 who are experiencing thoughts of suicide, or anyone concerned that a young person could be thinking about suicide. (Offices in Cheshire, Birmingham and London)</p>	<p>T: 0800 068 4141 (Every day from 9am to midnight)</p> <p>Text: 07860 039967</p> <p>E: pat@papyrus-uk.org.uk</p> <p>W: https://www.papyrus-uk.org</p>
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<p>Parenting Mental Health For parents of a child or young person with depression, anxiety or other mental health issues it can often be a struggle to find support for yourself. Parenting Mental Health offers support, training and connection with other parents going through similar situations. (Based in Birmingham)</p>	<p>W: https://parentingmentalhealth.org/</p>
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<p>Rethink Mental Illness The Rethink Mental Illness Advice Service offers practical help on issues such as the Mental Health Act, community care and welfare benefits, living with mental illness, medication and care.</p>	<p>T: 0808 801 0522</p> <p>E: info@rethink.org (For general information)</p> <p>W: https://www.rethink.org</p>
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<p>Samaritans The Samaritans give people ways to cope and the skills to be there for others. And they encourage, promote and celebrate those moments of connection between people that can save lives.</p>	<p>Call: 116 123 (24 hours a day, 365 days a year)</p> <p>E: jo@samaritans.org</p> <p>W: https://www.samaritans.org/</p>
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