JJEllis Ltd. Mental Health Awareness Talk

Talk Handout and useful Resources

Nick Ellis



Health is..

Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity

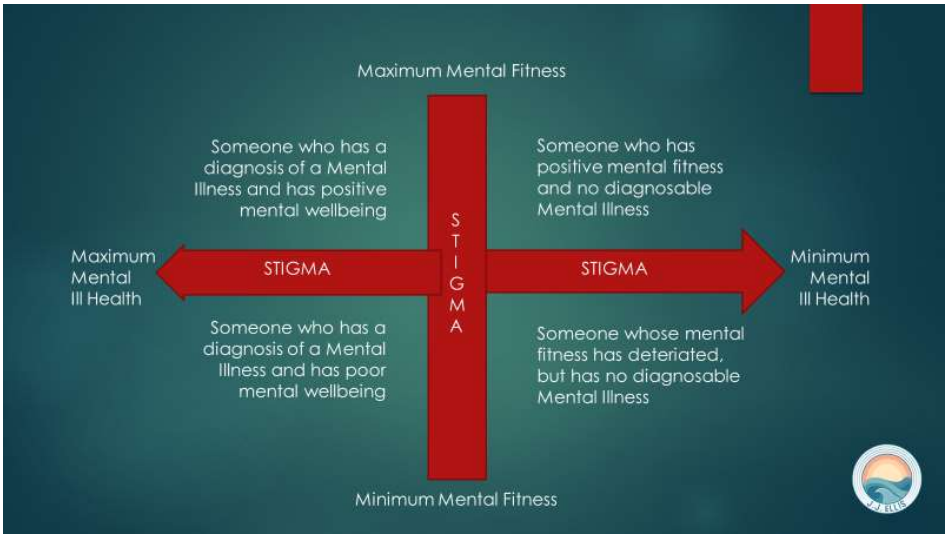
World Health Organisation

Mental Health is….

Mental health is defined as a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community

World Health Organisation 2014

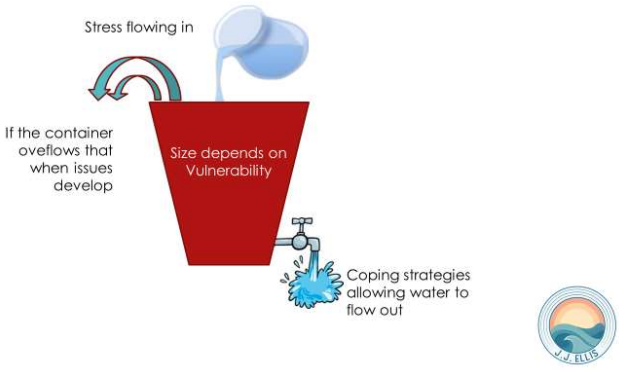
Frame of Reference



This is a very useful model and one that is key to the workplace. In a very simplistic form, Mental Fitness is how you feel, are you in a good place or not such a good place, this can also be described as mental wellbeing.

For managers please note, in my experience most people will return to work from sickness in the lower two boxes.

Stress Container



The aim is to put into place helpful coping strategies that act like taps in your container and allow the stress to come out of the bottom and help prevent you 'emotionally snapping' when your

container is overflowing. However please note, there are also negative coping strategies that close these taps off.

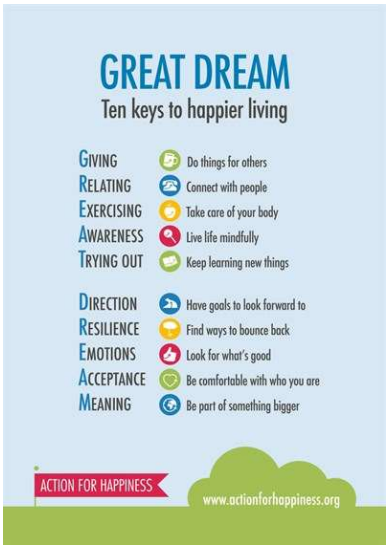
There are also wellbeing strategies that help as well and keep you physically fit. The difference between a coping strategy and a wellbeing strategy is that a coping strategy is something you can do as part of your normal day, even in the worst of days these are there to help. A Wellbeing strategy is something that you do when you can.

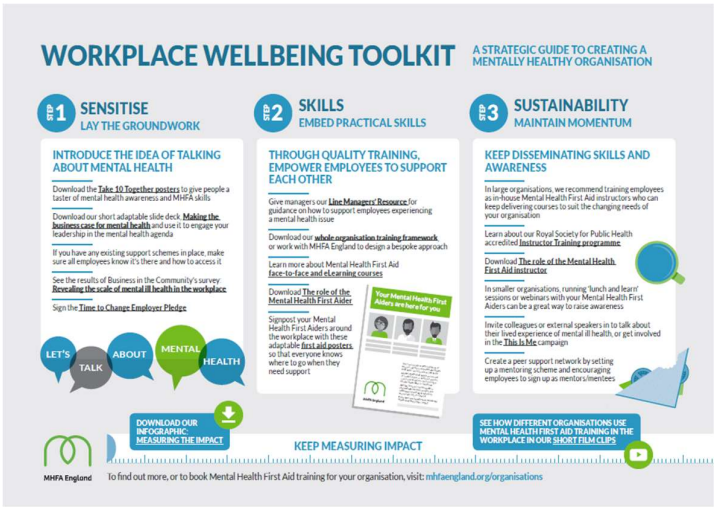
Examples of positive Coping Strategies

- Taking a break
- Going for a walk
- Talking to people
- Walking your dog
- Exercise
- Counselling
- Meditation/Mindfulness

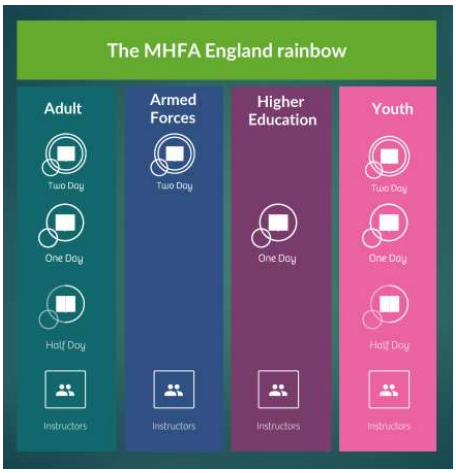
Examples of positive Negative Strategies

- Alcohol
- Drug Misuse
- Burying your head in the sand
- Avoidance





Further Training Options



In addition to MHFA Englands Courses, JJEllis Ltd offers short awareness talks from half an hour to three hour sessions.

Helpful Resources

Some Videos to take a look at online:
"I had a black dog" – World Health Organisation
"Empathy not Sympathy" – Brene Brown
"It's not about the nail"
"Small Talk Saves Lives" – Smaritans
"Whats so funny about Mental Illness" – Ruby Wax TED Talk
"Stand up Kid"

Some Apps that are worth looking at:
Headspace – Mindfulness App
CALM – Mindfulness App
Clam Harm
Stay Alive
Hearing Voices
Hub of hope

Some Great Books:
I had a Black Dog – WHO
Living with a Black Dog
The Stranger on the Bridge – Jonny Benjamin – A Journey from Despair to Hope
Sane New World – Ruby Wax
Mindfulness – Mark Williams & Danny Penman – Practical Guide
The Little Book of Big Stuff about the Brain – Andrew Curran – Adolescent Brain Development

Some really useful Websites
Docready.org – Great site to prepare for going to the Doctors
Mhfaengland.org – Great Site to download some great resources and look at training options
Jjellis.co.uk – My training company – site talks about training options
Actionforhappiness.org – Committed to building a happier more caring soceity
Bigwhitewall.com – Safe online for Anxiety
Moodgym.anu.edu.au – Online Congnitive Behavioural Therapy (CBT)
Getselfhelp.co.uk – Free Cognitive Behavioural Based Self Help
Moodscope.com – Mood tracking
Time-to-change.org.uk – Campaign challenging stigma around Mental health

Charities, Organisations and Support Groups

Samaritans – 24 hours a day, 7 days a week
Phone: 116 123
Email: jo@samaritans.org
www.samaritans.org

Mind
Mind Infoline – 9am to 6pm Mon to Friday
Phone: 0300 123 9393
info@mind.org.uk

Rethink – Advice & Information Service – 9.30am to 4pm
Phone 0300 5000 927 / 0121 522 7007
info@rethink.org
www.rethink.org

NSPCC – 24hrs a day, 7days a week
Phone: 0808 800 5000
help@nspcc.org.uk

www.mind.org.uk
Anxiety Uk – 9.30am to 5.30pm Mon to Fri
Phone:08444 775 774
Support@anxietyuk.org.uk
www.anxiety.org.uk

Combat Stress – 24hr helpline
Phone: 0800 138 1619
Text: 07537 404 719
combatstress@rethink.org
www.combatstress.org.uk

Help for Heroes
Phone: 01980 844 280
www.helpforheroes.org.uk

Depression Uk
Info@depressionuk.org
www.depressionuk.org

ABC (Anorexia & Bulimia Care)
Phone: 0300 011 1213
Support@anorexiabulimiacare.org.uk
www.anorexiabulimiacare.org.uk

Men Get Eating Disorders Too
sam@mengetedstoo.co.uk
www.mengetedstoo.co.uk

SelfHarmUK
www.selfharm.co.uk

Asist (Applied Suicide Intervention Skills Training)
www.livingworks.net

YoungMinds
Phone: 0808 802 5544 – 9.30am to 4pm Mon to Friday (Parents helpline)
www.youngminds.org,uk

Papyrus – Prevention of young suicide (up to 35yrs old)
0800 068 4141 Mon to Fri 10am to 10pm, Weekends 2pm to 10pm
pat@papyrus-uk.org
www.papyrus-uk.org

www.nspcc.org.uk
Cruse Bereavement Care
Phone: 0808 808 1677
helpline@cruse.org.uk
www.cruse.org.uk

BiPolar Uk
0333 323 3880
info@bipolaruk.org
www.bipolaruk.org

Carers Trust
0844 800 4361
support@carers.org
www.carers.org

Carers Uk
08008 808 7777 – 10am to 4pm Mon to Friday
www.carersuk.org

Stonewall - Supports LGBT community
Phone: 0800 050 2020
info@stonewall.org.uk
www.stonewall.org.uk

Hearing Voices Network
Phone: 0114 271 8210
nhvn@hotmail.co.uk
www.hearing-voices.org

CALM (Campaign against living miserably)
Charity that exists to prevent male suicide in the UK
0800 58 58 58 – 5pm to midnight 7 days a week
info@thecalmzone.net
www.thecalmzone.net

Childline
Phone: 0800 1111 – 24hrs a day 7 days a week
www.childline.org.uk



WWW.jjellis.co.uk

Nick Ellis – Lead Trainer

nick@jjellis.co.uk

For course bookings and enquiries

info@jjellis.co.uk