



# JULY/AUG NEWSLETTER 2019



## SAFEGUARDING : MENTAL HEALTH

### Welcome

Welcome to the newsletter, we'll be updating the newsletter every other month with regular hints, tips and advice. This newsletter is focussed on Mental Health.

### What is it?

Mental health is a person's condition with regard to their psychological and emotional well-being.

There are different types of mental health issues including:

- Phobias
- Post-traumatic stress disorder
- Depression
- Anxiety
- Eating disorders
- Obsessive-compulsive disorder
- Personality disorders
- Schizophrenia
- Self esteem issues
- Stress
- Bipolar Disorder

### Shocking statistics

- 1 in 5 adults has considered taking their own life at some point.
- Depressive disorders

contribute to the burden of suicide and heart disease on mortality and disability.

- Nearly half (43.4%) of adults think that they have had a diagnosable mental health condition at some point in their life .
- In 2014, 19.7% of people in the UK aged 16 and older showed symptoms of anxiety or depression .
- In 2013, there were 8.2 million cases of anxiety disorder .
- Approximately 1 in 4 people in the UK will experience a mental health problem each year.
- 75% of mental illnesses start before a child reaches their 18th birthday .
- Suicide is a leading cause of death in young men and women aged 20-34 in the UK.

### What can you do if you are struggling with your mental health?

Self care is important and there are some things you can try to help yourself out.

Talk to someone you trust - Talking to a friend family member colleague

or teacher can be a great way to discuss how you're feeling rather than keeping emotions bottled up.

Look after your physical health - Be sure you get enough sleep, think about what you eat and try to do some form of physical activity.

Try Breathing exercises -Breathing exercises can help you cope and feel more in control.

Keep a diary -It might help to make a note of what happens and when, this could help you to find out what triggers panic attacks or change in emotions.

Visit your GP - Visiting your GP could get you diagnosed and offer medication, therapy or support.

### Signs of mental health issues

- Avoiding friends and social activities
- Changes in eating habits such as increased hunger or lack of appetite
- Being distant to friends and family.
- Seems paranoid.

# NEWSLETTER



## Safeguarding Team

Contact Steadfast Training's Safeguarding team on 0845 223 2401 or email [sonia.roberts@steadfasttraining.co.uk](mailto:sonia.roberts@steadfasttraining.co.uk) or [ian.gow@steadfasttraining.co.uk](mailto:ian.gow@steadfasttraining.co.uk)

**Samaritans** has a free to call service 24 hours a day, 365 days a year, if you want to talk to someone in confidence. Call them on 116 123.

You can **call NHS 111** if you or someone you know needs urgent care, but it's not life threatening, e.g. if you have an existing mental health problem and your symptoms get worse or if you experience a mental health problem for the first time.

You can also **contact your GP surgery** and ask for an emergency appointment. In a crisis, you should be offered an appointment with the first available doctor.

**Call 999** if you or someone you know experiences an acute life-threatening medical or mental health emergency.

You can **go to A&E directly** if you need immediate help and are worried about your safety. You may be close to acting on suicidal thoughts or have seriously harmed yourself.

## 9 Protected Characteristics;

- Age
- Disability
- Gender Reassignment
- Marriage & Civil Partnership
- Pregnancy & Maternity
- Race
- Religion or Belief (including lack of belief)
- Sex
- Sexual Orientation

## The Prevent Duty

The Prevent Duty is part of the government strategy to reduce the risk of Extremism, Terrorism and Radicalisation. Extremism is the holding of extreme political or religious views. How can we prevent it? Whilst the signs are different in each case, we can see some of or a mixture of these changes in dress, clothing or social groups, secretive behaviour,

showing sympathy for extremist causes, advocating extremist messages, glorifying violence, accessing extremist literature and imagery, showing a mistrust of mainstream media reports and belief in conspiracy theories and appearing angry about governmental policies, especially foreign policy

Report possible terrorist activity online If you are concerned about someone or see anything suspicious call the local police or the police anti-terrorist hotline on 0800 789 321.

You can also report it online on the Met police website.

## British Values

British Values are defined as;

- Democracy
- The Rule of Law
- Individual Liberty
- Mutual respect for and tolerance of those with different faiths and beliefs and for those without faith.

**If you wish to raise an issue of safeguarding for a learner or individual related to Steadfast Training Ltd in any way, please contact the centre immediately on: 0845 223 2401.**

For more information on anything covered in the newsletter, feedback or ideas for the next issue, please contact us on [info@steadfasttraining.co.uk](mailto:info@steadfasttraining.co.uk).