

On-Call

Health Literacy

Understanding Mental Health

Some examples of “Serious” and “Common” Mental Health Issues

Serious mental health issues:

- Psychosis – Schizophrenia
- Manic Depression

Common mental health issues:

- Anxiety
- Depression

Psychosis



Types of Disorder:

Schizophrenia

Bipolar Disorder

Common symptoms when a psychotic disorder is developing

Changes in emotion and motivation:

- Depression
- Anxiety
- Irritability
- Suspiciousness
- Blunted, flat or inappropriate emotion
- Changes in appetite
- Reduced energy and motivation

Changes in thinking and perception:

- Difficulties with concentration or attention
- Sense of alteration of self, others or the outside world (e.g. Feeling that self or others have changed or are acting differently)
- Strange ideas or bizarre thoughts
- Unusual perceptual experiences (e.g. A reduction in or greater intensity of smell, sound, colour)

Changes in behaviour:

- Sleep disturbance
- Changes in eating habits
- Social isolation or withdrawal
- Reduced ability to carry out work and social roles

Anxiety

Anxiety can affect people in a variety of ways and the symptoms can be grouped into three broad categories. Each person is likely to be affected differently by these symptoms

Physical

- Neurological – dizziness, headache, sweating, tingling and numbness
- Musculoskeletal – muscle aches and pains,(neck, shoulders, lower back)
- Respiratory – hyperventilation, shortness of breath
- Cardiovascular – palpitations, chest pain, rapid heartbeat, flushing
- Gastrointestinal – choking, dry mouth, nausea, vomiting, diarrhoea

Psychological

- Unrealistic and/or excessive fear and worry (about past or future events)
- Mind racing or going blank
- Decreased concentration and memory
- Indecisiveness
- Irritability
- Impatience
- Anger
- Confusion
- Restlessness or feeling on edge
- Nervousness
- Tiredness
- Sleep disturbances
- Vivid dreams

Behavioural

- Sleep disturbance
- Changes in eating habits
- Social isolation or withdrawal
- Reduced ability to carry our work and social roles

Depression

Everyone can feel sad or down when bad things happen. However, everyday blues or sadness is not depression. People with the 'blues' may have a short-term depressed mood, but they usually manage to cope and can recover without professional help..

Mood and Motivation

- Continuous low mood
- Loss of interest or pleasure
- Hopelessness
- Helplessness
- Worthlessness

Psychological

- Guilt/negative attitude to self
- Poor concentration/memory
- Thoughts of death or suicide
- Tearfulness

Physical

- Slowing down or agitation
- Tiredness/lack of energy
- Sleep problems
- Disturbed appetite (weight loss/increase)

Anxiety and Depression



Anxiety

Does not mean weakness

Does not mean losing the mind

Does not mean personality problems

Severe Anxiety does mean an illness which requires treatment

Depression

Does not mean weakness

Does not mean laziness

Does mean a person has a medical disorder which requires treatment

Depression can be triggered by bereavement, physical illness, financial problems, childbirth and many other factors



This project has been funded with support from the European Commission. This publication reflects the views only of the author, and the Commission cannot be held responsible for any use which may be made of the information contained therein



2018-1-UK01-KA204-048095