

The background is a light blue gradient. It is decorated with several realistic water droplets of various sizes. Some droplets are at the top left, some are at the bottom right, and others are scattered in the center. Each droplet has a highlight and a shadow, giving it a 3D appearance.

MENTAL HEALTH IN FIRST AID

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GOALS FOR SESSION

- TO DEFINE WHAT IT MEANS TO BE MENTALLY HEALTHY.
 - TO RECOGNISE THE SIGNS AND SYMPTOMS OF ANXIETY, WHEN IT BECOMES A CLINICAL PROBLEM.
 - TO IDENTIFY THE SIGNS AND SYMPTOMS OF CLINICAL DEPRESSION.
 - TO UNDERSTAND RISK FACTORS FOR SUICIDALITY AND ACTION TO TAKE.
 - RECOGNISE HOW AND WHEN TO HELP WITH A PSYCHOTIC EPISODE.
 - RECOGNISE THE IMPORTANCE OF LOOKING AFTER YOUR OWN MENTAL HEALTH
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MENTAL HEALTH IS.....

‘...THE EMOTIONAL AND SPIRITUAL RESILIENCE WHICH ALLOWS US TO ENJOY LIFE AND SURVIVE PAIN, DISAPPOINTMENT AND SADNESS. IT IS A POSITIVE SENSE OF WELL-BEING AND AN UNDERLYING BELIEF IN OUR OWN, AND OTHERS’, DIGNITY AND WORTH’.

(HEALTH EDUCATION AUTHORITY. MENTAL HEALTH PROMOTION: A QUALITY FRAMEWORK. LONDON: HEALTH EDUCATION AUTHORITY; 1997)

Scenario 1

Janet has been your manager for nearly a year, she is not an easy person to know but you have a reasonable working relationship and you recognize her busy life as a senior tutor is stressful. She is always hyperactive and flies around the college over the past few weeks you've noticed increased irritability and she has been very sharp with you at times and has made some of your students cry. She has very odd habits washing her hands frequently and she won't use door handles but kicks them open. You have joked with colleagues when you're waiting for her in meetings (she's always late) about how she'll get in the door this time. You feel a bit sympathetic towards her as she looks so tired and seems unable to concentrate on her work. Once a while ago she did say to you that she finds the demands of the job too much and she's worried she's not good enough for Cambridge but then she closed up immediately and has never spoken like this since.

1. Is there any evidence that she is experiencing anxiety at diagnostic levels? Note any signs and symptoms.
2. How would you respond in this situation?

COGNITIVE BEHAVIOUR THERAPY-CYCLE

- THOUGHT
- “I’M NOT GOOD ENOUGH”

Behaviour
Avoid

FEELINGS –ANXIETY, DREAD

- PHYSICAL-NAUSEA, RAISED PULSE, BREATHLESS, RESTLESS ETC

Consider the following scenario in pairs.

Scenario 2

You know Jonny quite well he is a student but very involved with your office. Over the last month you've noticed he's more withdrawn and not chatting, physically he looks a mess with his clothing creased and dirty, previously he was always casually dressed but smart. He looks tired and has complained of not sleeping. He seems to have low energy and has said to you several times "I can't be bothered with this term anymore; I'm done" you've been helping him plan a departmental activity he's not meeting any deadlines, is late for meetings and his concentration is appalling. You are so concerned that you decide to set aside time and ask him how he is, he responds by pulling up his sleeves and shows clear cut marks on his wrists and up his arms, some fresh and some scars.

1. Is there any evidence that he is clinically depressed? Note any signs and symptoms.
2. How would you respond in this situation?

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