

Introduction to Mental Health



Revival Fellowship Workshop

March 2019

Goals for the day

1. Better understand signs and symptoms of common mental health issues
2. Reflect on our role as brothers and sisters in Christ to provide support
3. Increase awareness of suicide and self-harm
4. Gain more resources and understand how to access professional support
5. Consider the option of a mental health/pastoral care support person in each assembly

What is mental health?

**MindMatters
in minutes**

**What is
mental
health?**

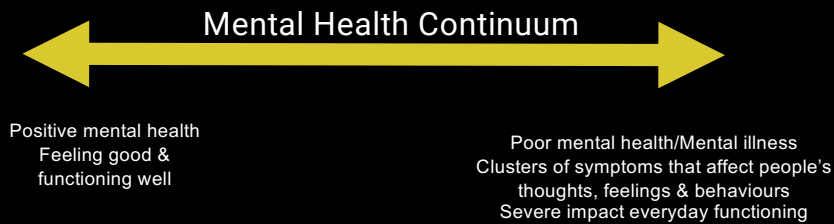
PART 1

A definition

<https://www.youtube.com/watch?v=ArOTqcMH2G0&feature=youtu.be>

What is mental health?

“A state of mind that allows you to cope with the endless challenges that life throws at you - that state of mind can be eroded by risk factors or supported by protective factors.”



Why do we need to know about mental health?

Why do we need to know about mental health? [1]



One in five (20%) Australians aged 16-85 experience a mental illness in any year



Almost half (45%) Australians will experience a mental illness in their lifetime

Why do we need to know about mental health? [1]



Most common mental health conditions

- anxiety, depression and substance use disorders

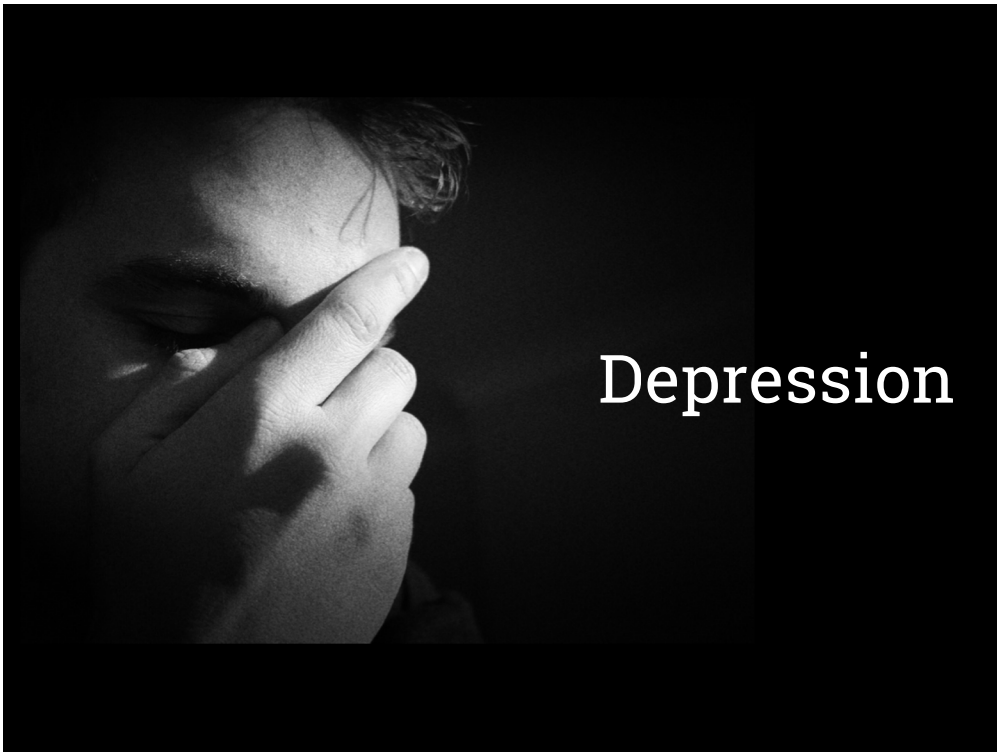
Being Spirit-filled does not make us immune

But it does give us an extra tool to use



Impact can be severe without intervention

*'Bear one another's burdens, and so fulfill
the law of Christ'
Gal 6:2 (NKJV)*



What is depression? Signs and symptoms

Disappointment
Lethargic
Depression
Hopeless
Flat LOW
Frustrated

Depression - collection of thoughts, behaviours, feelings and physical symptoms

Major Depression is

- more intense
- lasts longer (two weeks or more)
- significantly interferes with effective day-to-day functioning

Depression: Signs and symptoms

Behaviour

- not going out anymore
- not getting things done at work/school
- withdrawing from close family and friends
- relying on alcohol and sedatives
- not doing usual enjoyable activities
- unable to concentrate

Feelings

- overwhelmed
- guilty
- irritable
- frustrated
- lacking in confidence
- unhappy
- indecisive
- disappointed
- miserable
- sad

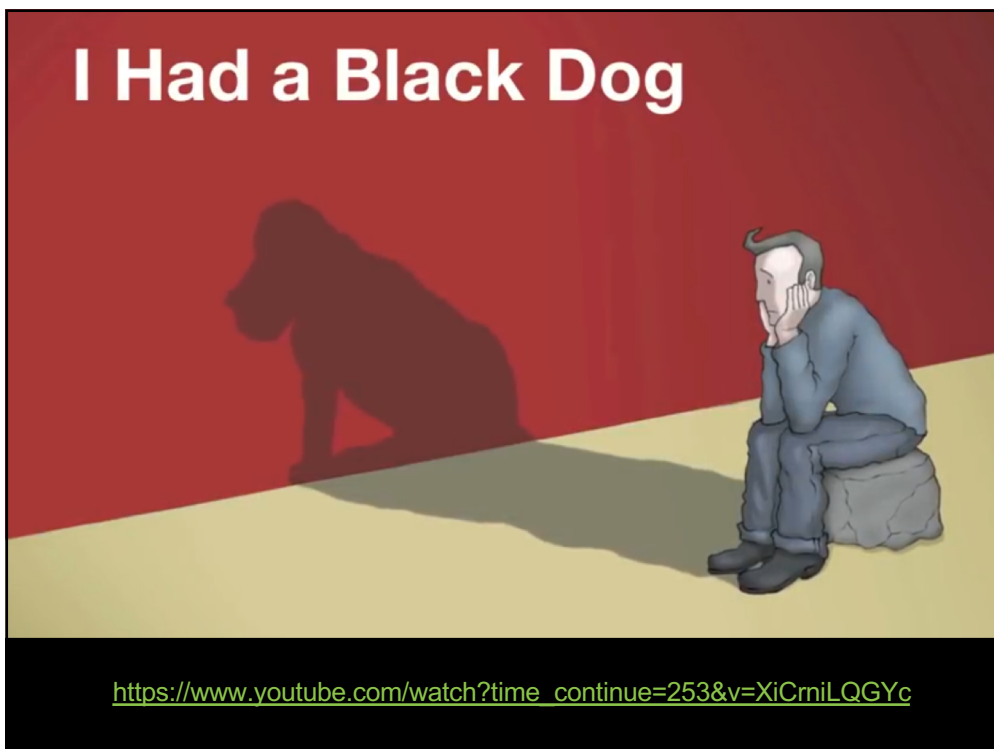
Thoughts

- I'm a failure
- it's my fault
- nothing good ever happens to me
- I'm worthless
- life's not worth living
- people would be better off without me
- the world is terrible
- everything is hopeless

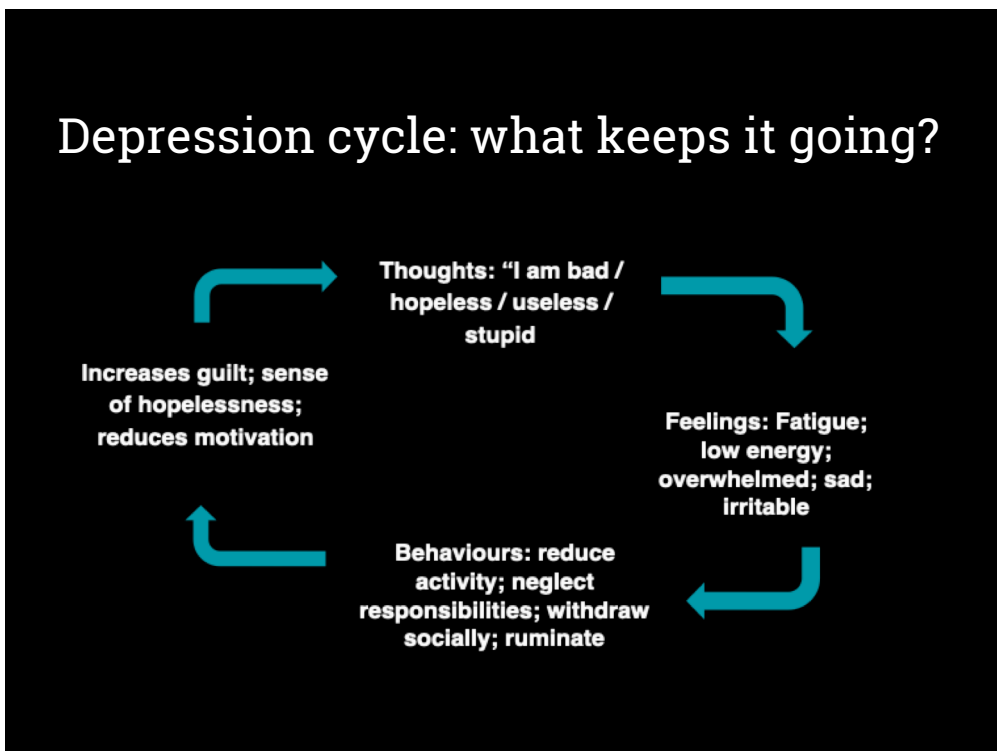
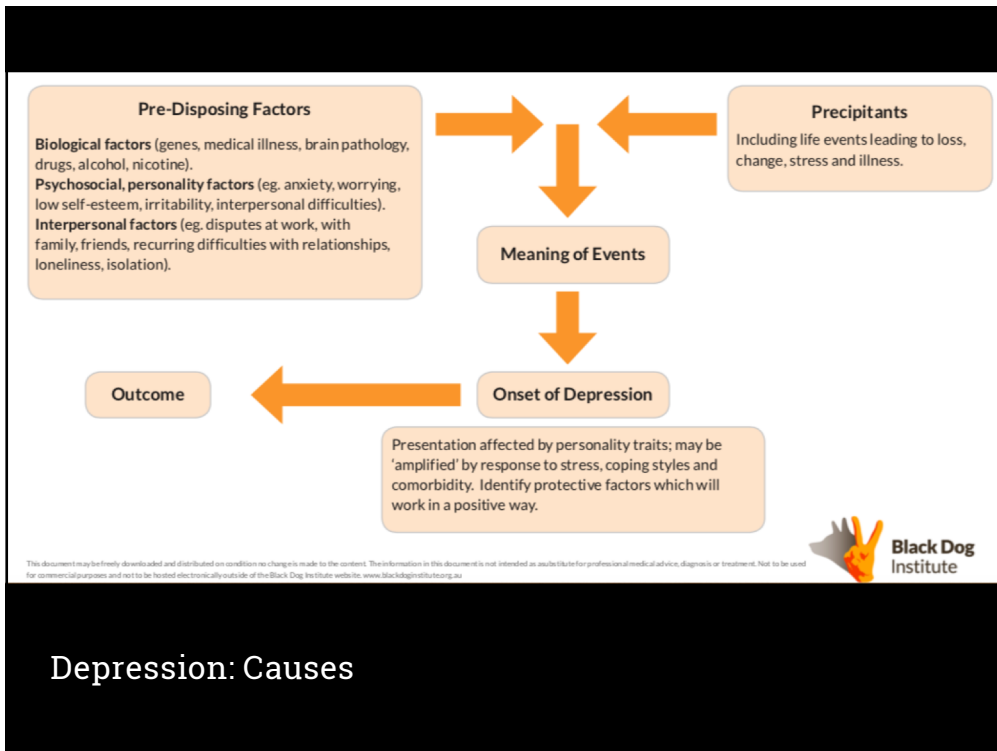
Physical

- tired all the time
- sick and run down
- headaches and muscle pains
- churning gut
- sleep problems
- loss or change of appetite
- significant weight loss or gain
- sexual interest may decline

I Had a Black Dog

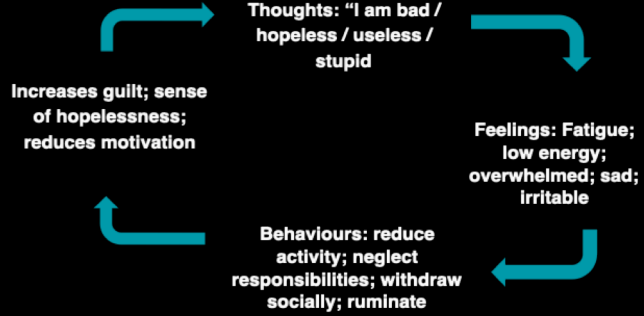


https://www.youtube.com/watch?time_continue=253&v=XiCmiLQGYc



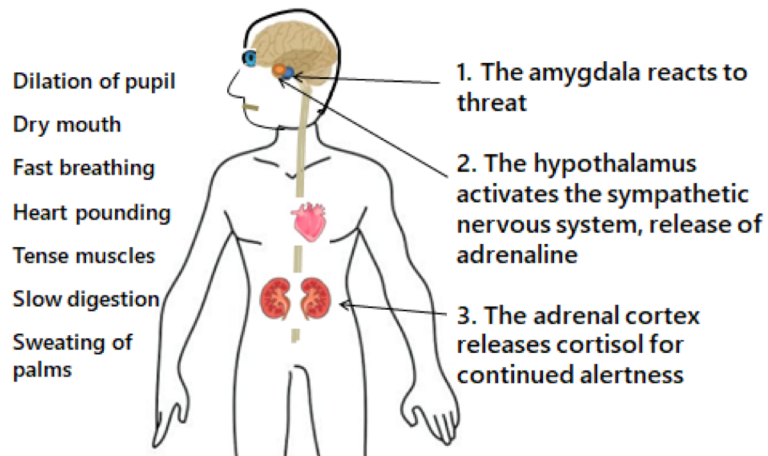
Depression Treatment: Psychological approach

Learn skills to manage unhelpful thoughts, tolerate uncomfortable feelings and gradually change behaviours that are unhelpful



Anxiety: What is it?

The fight or flight response



Anxiety: What is it?

More than feeling stressed/worried



Anxiety can become a problem when it is:

- Excessive (out of proportion to reality of threat)
- feels uncontrollable
- persistent
- causes significant distress, or impairs daily life

Anxiety: Signs and symptoms

Behaviour

- avoidance of situations that make you feel anxious
- engage in safety behaviours to help cope (avoid eye contact, be a wallflower, stay with someone you trust, use alcohol, drugs)

Feelings

- very worried or afraid most of the time
- tense and on edge
- nervous or scared
- panicky
- irritable, agitated
- worried you're going crazy
- detached from your body
- feeling like you may vomit

Thoughts

- what if...(something terrible happens)
- everything's going to go wrong
- I might die
- I can't handle the way I feel
- I can't focus on anything but my worries
- I don't want to go out today
- I can't calm myself down

Physical

- panic attacks
- hot and cold flushes
- racing heart
- tight chest
- quick breathing
- restlessness
- feeling tense, wound up and edgy
- sleep problems
- sweating
- tummy aches

Many types of anxiety

Social Anxiety
Generalised Anxiety
Specific Phobias
Panic Disorder

Anxiety also present in
OCD
PTSD

Overestimate the likelihood that something terrible will happen in the future

Underestimate our ability to cope with it

Anxiety: Causes

Family history of mental health

Personality factors

Ongoing stressors

Physical health problems

Substance abuse

Childhood trauma/adversity



Anxiety cycle: what keeps it going?



Anxiety Treatment: Psychological approach

Learn skills to manage unhelpful **thoughts**, tolerate uncomfortable **feelings** and gradually change **behaviours** that are unhelpful



Talking about mental health concerns

Activity: Talking about mental health

Groups of 5 people or at your table

What gets in the way of asking how people are really going?

How to relate when we don't understand exactly what is going on for someone else?

Write down

- Barriers (what gets in the way)
 - Tips for relating
-

Our role as brothers and sisters in Christ

Examples in the Word

Job 16:5

Romans 12:15

Ephesians 4:32

Colossians 3:12-14

1 Peter 3: 8

James 1: 19



<https://www.youtube.com/watch?v=uKZKo2qMXaE>



What is self-harm?

Self-harm = deliberately hurt their bodies

Other deliberate behaviours - self-starving, binge drinking, smoking or other drug use and dangerous driving - not normally included in definition

Cutting is most common [3]

Self-harm often goes unnoticed [3,4,5]

Self-harm - need to seek professional help

Suicide: Sobering statistics [13]

Suicide is the
leading
cause of death
for Australians aged
between 15 and 44

About
200
Australians
attempt
suicide every
day

More than
8 people die
each day
in Australia by
suicide



What if someone is really suicidal and/or not safe to leave on their own?

Call 000 or head to a hospital emergency department

ACT - 1800 629 354 FREE – Mental Health Triage Service

NSW - 1800 011 511 FREE – Mental Health Line

*Stay with them until they are being looked
after and/or call someone else to support you*

One of our roles is to **listen**

What is active listening?

Listen

Acknowledge

Check for understanding

Explore/engage



Active listening checklist

LISTEN

- Listen more than talk
- Give total attention
- Don't interrupt
- Put yourself in the talker's shoes

ACKNOWLEDGE

- Use your body language to acknowledge also
- "Let me take some notes"
- "That's interesting"

CHECK for UNDERSTANDING

- Confirm content
- Confirm emotion

- "Can I check that I understood that correctly?"
- "Can you tell me more about what that means?"
- Reflecting content - "From your point of view..."
- Paraphrasing - "You're telling me that..."
- Reflecting feelings "It sounds like you're feeling..."

EXPLORE

- Questions to clarify, or focus on issue
- Interaction, ideas - "What do you see as some of the options?"
- Two way dialogue

Finding professional support

Who is professionally trained to help?

GPs

Psychiatrists

Psychologists

Clinical psychologists

Mental health nurses

Mental health social workers

Aboriginal and Torres Strait
Islander health workers

Counsellors

Crisis Assessment Teams

<https://www.beyondblue.org.au/get-support/who-can-assist>

<https://www.psychology.org.au/for-the-public/about-psychology/types-of-psychologists>

Find a psychologist / service

<https://www.psychology.org.au/Find-a-Psychologist>

<https://acpa.org.au/find-a-clinical-psychologist/>

Headspace - face to face support and services for 12-25
years <https://headspace.org.au/headspace-centres/>

Mental Health First Aid Courses



A range of short courses (1-2 days) are available that help people learn how to assist adults who are developing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis, until appropriate professional help is received or the crisis resolves.

Options include:

MHFA <https://mhfa.com.au/courses>

ASIT training <https://www.livingworks.net/programs/asist/>

Website sources of information about Anxiety, Depression and other Mental Health problems

Black Dog Institute <https://www.blackdoginstitute.org.au/>

Beyond Blue <https://www.beyondblue.org.au/>

Centre for Clinical Interventions
<https://www.cci.health.wa.gov.au/Resources/Overview>

SANE Australia www.sane.org

Mind Health Connect <http://www.mindhealthconnect.org.au/>

Discussing suicide <http://www.conversationsmatter.com.au/>

General mental health resources for children and young people

Kids Matter

KidsMatter is an Australian mental health and well-being initiative set in primary schools and early childhood education and care services

<https://www.kidsmatter.edu.au/mental-health-matters>

Be You - great educational resources for teachers and leaders in the community

<https://beyou.edu.au/>

Headspace <https://headspace.org.au/resource-library/category/resources-for-young-people/>

Telephone helplines/Suicide support

Lifeline

24-hour national telephone crisis counselling service and online counselling
Telephone: 13 11 14 or www.lifeline.org.au

Kids Helpline

Free confidential 24-hour telephone and online counselling for young people aged 5 to 25 years
Telephone: 1800 55 1800 or www.kidshelpline.com.au

Suicide Call Back Service

24-hour national telephone counselling and online service for people 18 years and over
Telephone: 1300 659 467 or www.suicidecallbackservice.org.au

Online evidence-based courses for anxiety and depression

BRAVE - The BRAVE Program is an interactive, online program for the prevention and treatment of childhood and adolescent anxiety. The programs are free, and provide ways for children and teenagers to better cope with their worries. There are also programs for parents. <https://brave4you.psy.uq.edu.au/>

This Way Up <https://thiswayup.org.au/>

Mindspot <https://mindspot.org.au/>

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- [13] <https://www.beyondblue.org.au/media/statistics>