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| 1 | Stigma | Based on negative views of people simply because they are seen as belonging to a particular group. Stigma often results in fear of members of the stigmatised group. | Five ways to wellbeing | | |
| 2 | Problems associated with stigma | Discrimination against the stigmatised group Fear of being stigmatised can result in people with mental health problems not getting help and having reduced self-esteem or confidence. | 18 | Connect | With other people over the phone using FaceTime or other video chat apps. Find out how you can connect with friends and family online |
| 3 | Mental health | 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. | 19 | Give | Give your time or skills to support a neighbour or family member. Volunteer to help others who may be advised to stay indoors or self-isolate. |
| 4 | Mental wellbeing | How we feel, how well we're coping with daily life or what feels possible at the moment. Good mental wellbeing doesn't mean you're always happy or unaffected by your experiences. | 20 | Be active | You don't have to go to the gym! Take time to work out at home or even set aside an hour to clean the house |
| 5 | Mental wellbeing toolkit | Identify and write down: How do I know when I'm stressed? Strategies which could support my mental wellbeing. | 21 | Take notice | Use the time to think about something you want to achieve, whether it's meditation or writing a book. Or, where possible, take notice of the outdoors and enjoy quiet walks in your local area |
| 6 | Support | Young Minds - www.youngminds.org.uk Childline - www.childline.org.uk Phone: 0800 1111 Samaritans - www.samaritans.org Phone: 116 123 Shout - a 24-hour text service for someone experiencing a crisis and needing immediate help: 85258 | 22 | Learn | Use the time to learn a new skill, such as another language or a musical instrument |
| 12 | Depression | Depression is a feeling of low mood that lasts for a long time and affects your everyday life. It | 23 | Anxiety | How we feel when we are worried, tense or afraid – particularly about things that are about |

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| | | can make you feel hopeless, despairing, guilty, worthless, unmotivated and exhausted. It can affect your self-esteem, sleep, appetite and your physical health. | | | to happen, or which we think could happen in the future. Occasional anxiety is a normal human experience. But if your feelings of anxiety are very strong, or last for a long time, they can be overwhelming. |
| 13 | Self-esteem | How we value and perceive ourselves. It's based on our opinions and beliefs about ourselves, which can feel difficult to change. We might also think of this as self-confidence. | 24 | Obsessive-compulsive disorder | A type of anxiety disorder. OCD has two main parts: obsessions (unwelcome thoughts, images, urges, worries or doubts that repeatedly appear in your mind); and compulsions (repetitive activities that you feel you have to do to reduce the anxiety caused by the obsession). |
| 14 | Phobia | An extreme form of fear or anxiety triggered by a particular situation (such as going outside) or object (such as spiders), even when it's very unlikely to be dangerous. | 25 | Personality disorder | A type of mental health problem where your attitudes, beliefs and behaviours cause you longstanding problems in your life. If you have this diagnosis it doesn't mean that you're fundamentally different from other people – but you may regularly experience difficulties with how you think about yourself and others, and find it very difficult to change these unwanted patterns. |
| 15 | Eating problems | Not just about food. They can be about difficult things and painful feelings which you may be finding hard to face or resolve. Anyone, regardless of age, gender or weight, can be affected by eating problems. | 26 | Bipolar disorder | Mainly affects your mood. With this diagnosis you are likely to have times when you experience: manic or hypomanic episodes (feeling high); depressive episodes (feeling low); and potentially some psychotic symptoms. |
| 16 | Diagnosis | Doctors will look at: Experiences How long the person has been experiencing these things The impact it's having on their life. | 27 | Treatment | Talking treatments Psychiatric medication Arts and creative therapies Complementary and alternative therapies |
| 17 | Self care | Self-care techniques and general lifestyle changes can help manage the symptoms of many mental health problems. They may also help prevent some problems from developing. | 28 | Statistics | Mental health problems affect around one in four people. They range from common problems, such as depression and anxiety, to rarer problems such as schizophrenia. |

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