
Types of Mental Health Problems

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Factors influencing the development of Mental Health Problems

- Biological
 - Social
 - Psychological factors
 - Family History
 - Drug use
 - Feelings, thoughts and behaviours can portray poor mental health
 - Physical health can affect mental health and vice versa
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Mental Illness Range

Neurotic* (common mental health problems)

- Severe forms of 'normal' emotional experiences
- Often triggered by life events
- Commonly treated by GPs or support services
- Depression
- Anxiety
- Panic
- Stress-related problems
- 80% of GP consultations have a common mental health foundation

***Some mental health problems feature both neurotic and psychotic symptoms e.g. post-natal depression**

Mental Illness Range

Psychotic* (severe and enduring mental health problems)

- Less common
- Interfere with a person's perception of reality
- Hallucinations - seeing, hearing, smelling or feeling things
- Bi-Polar Disorder (Manic Depression)
- Schizophrenia
- Personality Disorder
- Only a small number will be diagnosed with a serious and enduring mental health problem

***Some mental health problems feature both neurotic and psychotic symptoms e.g. post-natal depression**

Recovery from Mental Health Problems

- Also referred to as treatment
 - Drug treatment for symptoms with monitoring to ensure appropriateness and manage side effects
 - Talking therapies such as counselling, psychotherapy, cognitive behavioural therapy (CBT)
 - Self-help
 - Complementary Therapy
 - Art Therapy
 - Healthy lifestyle strategies such as a well balanced diet, physical activity, socialising and relaxation
 - If help is needed quickly, call a GP or helpline e.g. Guideline 01274 594594
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Combating Stigma and Discrimination

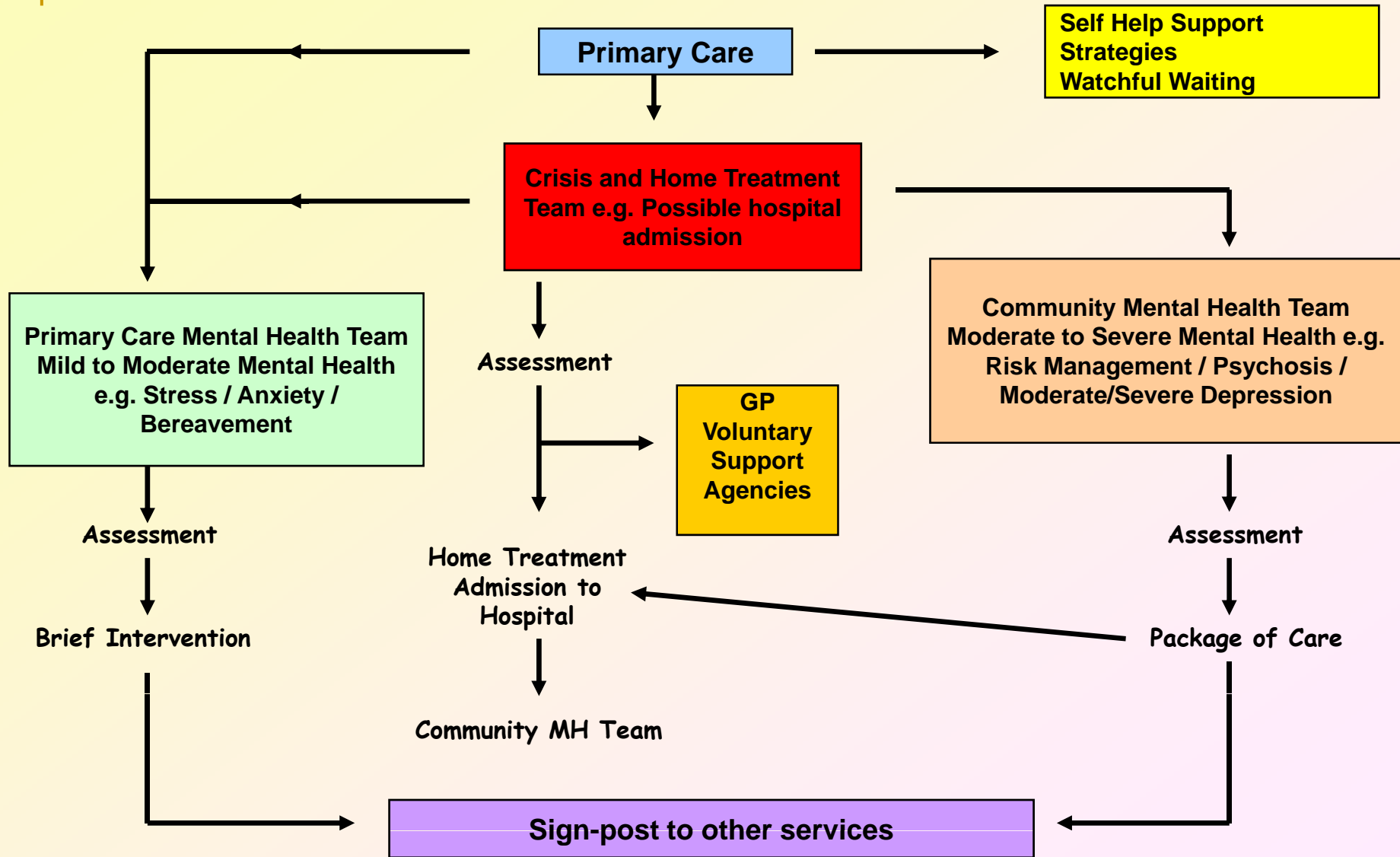
- 1 in 4 people has experienced a mental health problem at some point in their lives
 - Recovery is possible
 - Access to clear and reliable information and support is needed to provide the right response
 - People suffer in silence and find it hard to recover if there is fear associated with mental health and illness
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A place to live.....

People with mental health problems express the need for a place to live, something to do and someone to love

Mental Health Foundation 2000

Access to Mental Health Services



Knowing where to go for help and information

Guide to Mental Health Services in Bradford and Airedale

<http://www.mentalhealthinbradford.nhs.uk>

BBC Health

http://www.bbc.co.uk/health/conditions/mental_health/

Mental Health Foundation – mental health charity

<http://www.mentalhealth.org.uk>

Mind – mental health charity

<http://www.mind.org.uk>

Multikulti – Information in community languages

<http://www.multikulti.org.uk>

NHS Direct

<http://www.nhsdirect.nhs.uk>

Northumberland self-help guides

<http://www.nnt.nhs.uk/mh/content.asp?PageName=selfhelp>

Prodigy – information and guidance from the NHS

<http://www.prodigy.nhs.uk/Portal/PatientInformation/Index.aspx>

Re-think – helping those with severe mental illness recover a better quality of life

<http://www.rethink.org/>

Royal College of Psychiatrists

<http://www.rcpsych.ac.uk/info/>

SANE – mental health charity

<http://www.sane.org.uk>

YoungMinds – mental health of babies, children and young people

<http://www.youngminds.org.uk>

Getting help early can prevent acute situations developing which are harder to recover from