

# Our Mental Health Matters

## What is it?

When we talk about someone's mental health and wellbeing, we mean the way they are thinking and feeling, and how this affects their daily life.

If you have *good* mental health, you tend to be able to cope with everyday stresses; you are able to feel a range of emotions, build good relationships, feel engaged with the world around you, and deal with the ups and downs of life reasonably well.

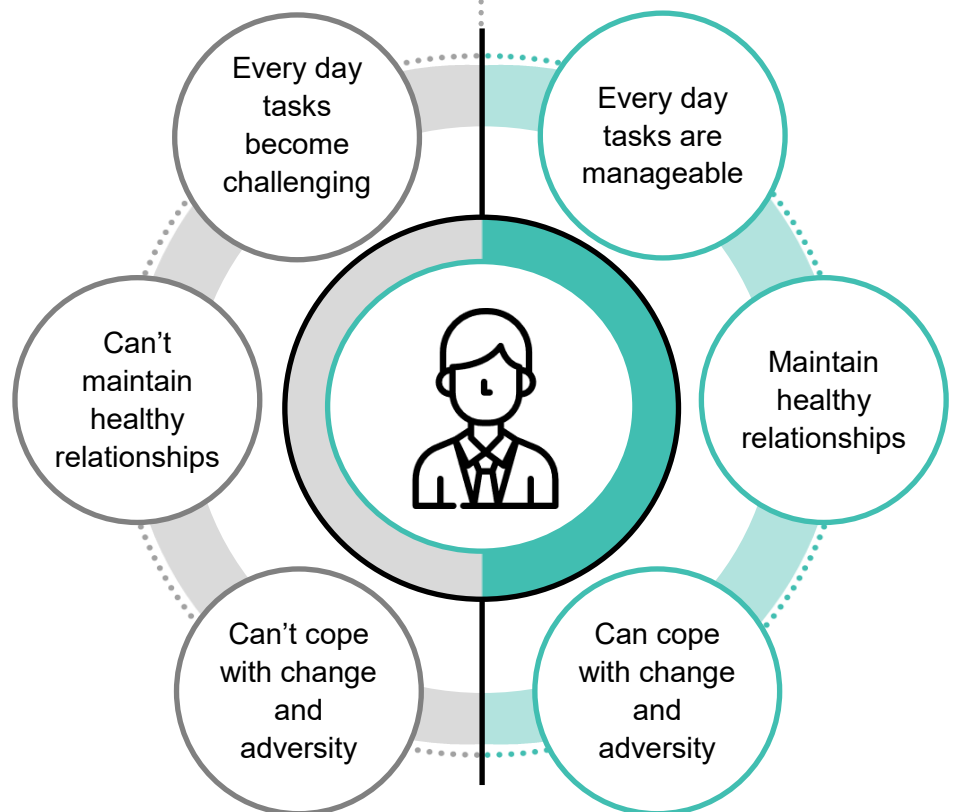
But, unfortunately, there are times when life is just not like this. And, when someone's mental health is not good, even the simplest of tasks can be really tough.

Certain things may make us more vulnerable to experiencing poor mental health. This could include something that happened in the past or might still be happening now, such as:

- Childhood experiences
- Loss or bereavement
- A long term condition
- Abuse or violence
- Social isolation
- Caring for a family member of friend
- Poverty or debt
- Unemployment<sup>14</sup>

Signs of poor mental health

Signs of good mental health



## It's more common than you might think...

Some mental health conditions affect us in small ways; others can have a much greater impact on the way we live our lives.

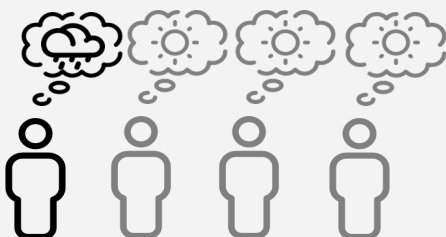
Did you know that most mental ill health is related to a life situation, an event or a particular period in your life... and is temporary?

Whatever difficulties you are facing, it's important that you talk with someone you trust. Think about your feelings, try to identify the root cause and seek professional help at the right time if you feel you need it.

Support is out there - whether informal, through friends and family, or from professionals.

Don't put it off; if you feel you need help, speak up.

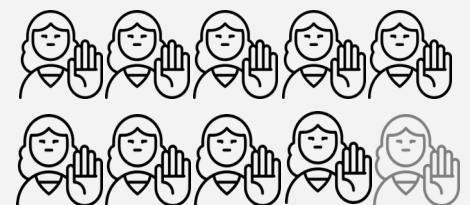
## 1 in 4



## 1 in 8



## 9 in 10



Try the Five Ways to Wellbeing to look after your own mental health



Tips for looking after each other:

**Talk** Starting a conversation about mental health can be a good way to break down barriers.

**Check** You may spot a change in your own or someone else's behaviour, a shift in mood or appearance. Ask if they are ok.

**Respect** Treat others with care and respect. Creating an understanding and non-judgemental environment makes it easier for people to talk about their mental health.

## Mental health and frailty - what's the link?

Just as our bodies change as we age, so does our brain. In some people changes can occur that are over and above those that are part of normal ageing<sup>18</sup>. These can lead to problems remembering things, feeling depressed or anxious, having difficulty thinking clearly and experiencing low levels of confidence<sup>19</sup>.

Although it is possible to be physically frail without being mentally frail and vice versa, there is a connection between the two, and each can make the other worse<sup>18</sup>.

## What's happening in Derbyshire?

Across Derbyshire we are doing lots to help people manage their mental health. Here are a couple of examples:

**Connect To** is a Chesterfield-based service helping local people increase their social connections and access emotional and practical support.

**Men Talk** provides support for men to help them feel more able to do just this. The service provides a safe space where men can just turn up and share their stories if they want to. Some speak, others listen. It's a supportive space that can make a difference.

## Are you a health professional?

Consider signing up to Mental Health Training delivered by Derbyshire County Council [Find out more](#)

## Interested in finding out more about managing your mental health?

Click on the following links to find out more.

