

# Bolder Healthier Youth Champions

## Mental Health Webinar

Birmingham Public Health 2022



**BE BOLD BE BIRMINGHAM**



# Mental Health in Winter - a time to be alert!



Everyone has down days, but when someone is feeling low, or have been feeling worried for weeks or even months, it could be a sign of mental health issues.

In winter we often see people struggle more than in summer. Some of this can be because of SAD or seasonal affective disorder which [affects more than 2 million people in Britain](#). But also the festive season can be a lonely or difficult time for people without social networks and the end of year often is a time for reflection which isn't always positive.

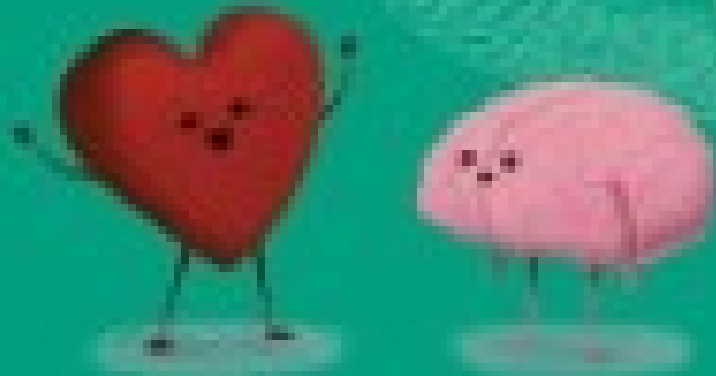
People may be in more debt due to spending during the festive season, and sometimes there is a longer wait until the next pay day. This year there is the added pressure of the costs of heating.

So plenty of reasons to be a bit more alert about mental health at this time of year.



Anna Freud  
National Centre for  
Children and Families

We all have mental health



[Watch the video on YouTube](#)

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# What do we mean by mental health?

- Everybody has mental health and it's important that we take care of it. Just like our physical health.
- Our mental health affects how we think, feel and act in our daily lives.
- Our mental health can go through periods of ups and downs

## Poor Mental Health

Can make it difficult to cope with our daily lives and feel just as bad as physical illness



Affects around 1 in 4 people every year



Can include anxiety, depression, schizophrenia and bipolar disorder

# How many young people are affected by mental health?

In the West Midlands, 17.7% of people over 16 are estimated to have a common mental health disorder (2017)

- 1 in 4 people will experience a mental health problem of some kind each year in England [\[1\]](#).
- 1 in 6 people report experiencing a common mental health problem (like anxiety and depression) in any given week in England [\[2\]](#).

- One in six children aged 5-16 were identified as having a probable mental health problem in July 2021. That's five children in every classroom [\[3\]](#).
- The number of A&E attendances by young people aged 18 or under with a recorded diagnosis of a psychiatric condition more than tripled between 2010 and 2018-19 [\[4\]](#).
- 83% of young people with mental health needs agreed that the coronavirus pandemic had made their mental health worse [\[5\]](#).

# Young people who may experience more discrimination and mental health issues

Three in five LGB young people have deliberately harmed themselves at some point. For trans young people, this figure is 84 per cent. More than one in five LGB young people and more than two in five trans young people have attempted to take their own life. One in three non-binary young people and nearly half of disabled LGBT young people have tried to take their own life.

**By providing the right support, schools and colleges can help LGBTQ+ children and young people grow up safe, happy and able to fulfil their true potential.**

[Stonewall](#)

## [Growing up in Care](#)

Statistics show that 62 per cent of looked after children are in care due to abuse or neglect, which can have a lasting impact on their mental health and emotional wellbeing.

Currently half of all children in care meet the criteria for a possible mental health disorder, compared to one in ten children outside the care system.

## [The 18+ Care Leavers Service in Birmingham](#)

helps young people make the move from living in care to independent life as an adult. They can support young people from age 18 to 21 and this can continue where the young person remains in education, including up to age 25. Telephone 0121 464 1229

# What can impact our mental health?

## Loneliness

Loneliness has worsened during the Covid-19 pandemic and can be particularly difficult during the winter months. 7.2% of people in a 2021 study felt lonely all or most of the time.

## Bereavement

Covid-19 has led to a disproportionate amount of bereavement.

Grieving can be emotionally overwhelming and impact our mental health.

## Life challenges

Challenges in our every day life can often affect our mental health, including the loss of a job or relationship, work stress, housing situation, or financial problems.

## Physical health

Poor physical health, whether temporary or a long-term condition, often impacts how we feel. Getting the right amount of sleep can have huge benefits for our mental health.

## Our environment

Family, relationships and friendships can impact how we feel, and so can the world around us; for example the weather, national concerns or global issues.

## Social media

People who use over 2 hours of social media a day are more likely to report poor mental health.

Use of social media is linked to anxiety, low self-esteem and feeling self-conscious.

# Talking about anxiety



[Watch the video on YouTube](#)

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[Watch the video on YouTube](#)

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# Bolder Healthier Youth Champions – Looking after yourself



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# Looking after your mental health

## [Top tips to improve your mental wellbeing](#)

- Write (or type) your thoughts and feelings in a journal or diary
- Plan some recovery time to follow an upcoming difficult period
- Even if you're having trouble sleeping, you can still rest your body and mind
- Talk to your peers, family or friends about how you're feeling
- Keep active, enjoy the outdoors and eat regularly



Keep a diary to avoid 'bottling things up'



Plan ahead for difficult times



Relax & rest even if you can't sleep



Talk to someone



Take care of your physical health

# What to do if you need some help

- [Forward Thinking Birmingham](#) is a mental health service in Birmingham for 0-25 year olds. They offer a range of support from Pause – a drop in mental health service available at venues around the city, to support from people who have their own experience of mental illness. They also offer a range of support about different topics like exam stress, eating disorders, mental health and university and mental health in the festive season.
- You could also text the [Young Minds Crisis Messenger](#) if you need support. A trained volunteer will text with you to help you think through your feelings and signpost you to other support.
- [Mind](#) has lots of information for young people about understanding your feelings, how to get help and support, what happens when you visit your GP, looking after yourself and more.

# What to do in a crisis

- If urgent mental health help is needed you can ring **0121 262 3555** or **0800 915 9292** for advice and support.
- This line is **available 24 hours, 7 days a week** and can be used whether you are known to our services or not.
- You can also email [help@birminghammind.org](mailto:help@birminghammind.org) or get in contact the webchat service [Helpline - Birmingham Mind](#)
- If someone is in immediate danger, call **999**.

## Coping during a crisis

The mental health charity Mind has information on [ways to help yourself cope during a crisis](#). This includes calming exercises and a tool to get you through the next few hours.

# Bolder Healthier Youth Champions



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# What is the role of Bolder Healthier Champions?

**Talk** about the impact that mental health is having on young people in your community

**Connect** young people to support through web pages and services

**Feedback to us** where more help is needed so we can continue to improve the support for citizens

**Talk** about the impact that mental health is having on young people in your community

Bolder Healthier Champions **should not:**

- Provide anything other than approved information
- Receive personal information from people



### **Make sure they don't feel judged**

Young people can often suffer in silence and their symptoms and difficulties can persist. It's important not to be judgmental or negative towards this, and instead encourage openness and talk to them.

## **HOW TO TALK TO SOMEONE WHO IS STRUGGLING WITH THEIR MENTAL HEALTH**



### **Making positive life changes**

When young people are suffering from depression and anxiety, some times they don't look after themselves. Gently encouraging eating regular healthy meals, increasing physical activity etc., can help achieve a balance between rest and activity. Small changes can often make a big impact.

### **Keep calm and focus on listening**

Don't judge what the person is saying or rush to fix it. Sometimes problems can be complex or hard to articulate.

### **Think about what might help them feel better?**

Ask if there's an activity that they usually enjoy doing, that they maybe haven't done for a while, eg walking, playing a sport, visiting a friend, etc.

### **Professional support is available**

#### **Message a text line**

These text lines are open 24 hours a day, every day.

[Shout Crisis Text Line](#) - for everyone

**Text "SHOUT" to 85258**

[YoungMinds Crisis Messenger](#) - for people under 19

**Text "YM" to 85258**

# How can you provide brief support in everyday interactions?

- Provide a **brief intervention**
- Use open questions with the **Ask, Assist, Act** model

## Use an example: For non-urgent mental health support

### Ask

How are you?

How are you feeling at the moment?

What's been happening for you recently?

### Assist

You mentioned you are feeling low, do you know why you feel like that?

Would you like some more information on services that may help you?

### Act

- **Mind** The charity for better mental health' has an extensive range of self help resources available.
- The **NHS** has a range of self-help tools available.
- Birmingham City Council **Wellbeing resources** and support gives access to **Mental Health Services**.
- Their GP may be able to support them in various ways.

# Becky's story part 1: Times are tough enough

[Becky works as a Peer Support Worker](#) in Child and Young Person Mental Health Services (Lincolnshire), using her lived experience to support young people struggling with their mental health.

"We often talk about the importance of self care (particularly in my role as peer support worker) and I used to think I was a master of this. I would incorporate this into my daily life, such as having certain routines and doing activities I enjoy, but I didn't quite realise the effort it took to do this. A few months ago I found myself beating myself up because I was struggling to do the basics, and I became frustrated at myself that I could see my mood dipping.

Thankfully, through conversations with friends and family, I realised I was not the only one struggling to do the basic day to day things. I found that, although I struggle with my mental health, I'm not the only one who has found this difficult. People I know with no history of mental health difficulties have found this time tough... and that's because it is tough!"

## Becky's story part 2: Times are tough enough

Becky's work as a Peer Support Worker didn't stop her struggling with her mental health, but she realised she wasn't alone. Read more at [Young Person BLOG: Lincolnshire Young Minds \(lpft.nhs.uk\)](https://www.lpft.nhs.uk/young-person-blog)

"Through these conversations, I didn't feel as alone and I stopped being so hard on myself. Rather than constantly worrying about me 'relapsing,' I instead began to think about how resilient I have been instead. Yes things are still hard, but I'm taking it day by day and trying to do things each day and week to keep myself going. And that's okay.

If I could offer advice to anyone at the moment it would be, stay connected to those around you and think about the little things you can do to improve your wellbeing (sometimes this may mean going back to basics).

Lastly, remember, times are tough enough. The last thing you need is to be tough on yourself!"

**Connect** young people to support through web pages and services

# What to do if you need some help

- [Forward Thinking Birmingham](#) is a mental health service in Birmingham for 0-25 year olds. They offer a range of support from Pause – a drop in mental health service available at venues around the city, to support from people who have their own experience of mental illness. They also offer a range of support about different topics like exam stress, eating disorders, mental health and university and mental health in the festive season.
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# Katie's story part 1: The importance of spreading awareness

Katie is 18 and knows from personal experience how important it is for people to know where they can get help and what resources and support are out there.

"Raising awareness can help people speak up or even get help sooner, and knowing about what help is out there could make them feel able to speak up about the struggles they are dealing with, as well as feel they're not alone. It also helps give people information so they are more informed and able to spot the signs if them or someone else may be struggling.

My experience was a bit tricky due to not knowing what help was available or even existed as many people didn't really seem to know or talk about mental health in general. The first time I actually knew about Child and Adolescent Mental Health Services (CAMHS) was when I lived in another county and I was in hospital."

## Katie's story part 2: The importance of spreading awareness

Katie is 18 and believes that raising awareness of mental health and the support available is crucial and could even be life-saving. Read more at [Young Person BLOG: Lincolnshire Young Minds \(lpft.nhs.uk\)](https://www.lincolnshire.nhs.uk/young-person-blogs/lincolnshire-young-minds/).

"I remember being really shocked that it was a real thing and that help was available. Also, I felt relieved that I was able to get help...but also anxious and upset that I felt I could have got support sooner before I was in the current position."

With this in mind I personally think schools and workplaces have an important part to play raising awareness of what help and support is actually available, even if it's just helplines on the pack of bathroom stalls or the back of classrooms or doors. It's also important that your boss or teachers also send the message you can talk to them because no matter how small the act of awareness raising is, it could help or even save someone's life."



# Connect to specific support for loneliness and bereavement

## Loneliness

### Local Services:

- [Birmingham Mind's directory](#) helps to find peer support groups where you live such as [Birmingham Mind](#)
- Birmingham [Youth Centres](#) are a safe place for young people to meet.
- [All Saints Youth Project](#) Stay and play for teenage parents in Kings Heath.

Loneliness support



## Bereavement

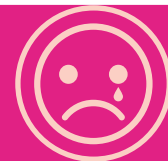
### National Services:

- [Cruse Bereavement Support](#)
- [Good Grief Trust](#)
- [At a Loss](#)

### Local Services:

- [Beyond the Horizon](#)
- [Cruse Birmingham](#) 0121 687 8010

Bereavement support



# Connect to specific support for life challenges

## Personal challenges

**Health** [The NHS website](#)

**Youth** [Forward Thinking Birmingham](#)

**Relationships** [Relate](#)

**Pregnancy** [NHS - Pregnancy](#)

**Parenthood** [Foundation Years](#)

**Separation & Divorce** [Gingerbread](#)

**Retirement** [Age UK](#)

Personal challenges  
support



## Practical challenges

**Exam Stress** [Childline](#)

**Money** [Money Saving Expert](#)

**Debt** [StepChange](#)

**Housing** [Shelter England](#)

**Workplace disputes** [ACAS](#)

**Unemployment** [Advicenow](#)

**Legal issues** [Citizens Advice](#)

Practical challenges  
support



# Connect to specific support for physical health

## Activity resources

There are lots of [things you can do to keep physically active](#) besides exercise.

[The Active Wellbeing Society](#) run free, accessible peer support groups and activities across Birmingham including:

- Walk and Talk sessions
- Cycling groups
- Gardening groups

Activity support



## Sleep resources

If you're not getting 7 hours sleep, try moving more or reducing caffeine intake and screen time close to bedtime to help improve your sleep

For further self-help tips to sleep better visit the [NHS's self-help tips to fight tiredness](#).

Sleep support



# Connect to support for our environment and social media

## Our environment

Birmingham City Council has lots of helpful information to support its residents:

[Weather disruptions affecting schools and services](#)

[Roadworks and closures](#)

[Cost of living support](#)

[Climate emergency](#)

Our environment  
support



## Social media

### Social Media Tips

- Unfollow or mute accounts
- Delete social media apps
- Limit your time online
- Think before you post
- [The Emoji Scale](#)

Social media support



**Feedback to us** where more help is needed so we can continue to improve the support for citizens

Email the Bolder Healthier team on:  
[BolderHealthierChampions@birmingham.gov.uk](mailto:BolderHealthierChampions@birmingham.gov.uk)

# Thank you for being a Bolder Healthier Champion!



**We look forward to working together to improve the wellbeing of everyone in Birmingham.**

By volunteering to receive the latest health information, you can use these messages to help you support yourself, your family, your friends and your wider community with:

- **Monthly themed webinars**
- **Tailored resource packs**
- **Health awareness training**

*If you know someone else who might like to get involved, they can read more about the programme at [Bolder Healthier Champions](#)*



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[birmingham.gov.uk](http://birmingham.gov.uk)

# Thank you for your time!



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