

## Mental Health Matters

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**Surname:**

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**Company:**

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**Date:**

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Please complete the above, in the blocks provided, as clearly as possible.

Completing the details in full will ensure that your certificate bears the correct spelling and date.

The date should be the day you finish & must be written in the DD/MM/YYYY format.

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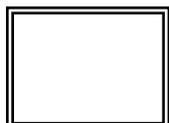
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N.B: We are aware that official practice is to use the terms “service users” or “people using this service” to describe those receiving care. We prefer the term “client” and use it throughout our training package.

## Key:



worksheet



important

## Learning outcomes.

- An understanding of mental health and the stigma surrounding it.
- Have confidence to deal with clients / colleagues who may be experiencing mental health issues.
- Recognise factors that increase the likelihood of people developing mental health issues.
- Recognise the different forms mental health issues take.
- Understand the legislation relating to mental health.

## Fundamental standards.

The fundamental standards are the standards by which CQC will inspect social care. The standards are based on the regulations from the Care Act 2014 and CQC have changed the focus for the purposes of inspection.

The fundamental standards are those standards that no care setting must fall below.

## The standards are based on five areas as follows:

### Safe.

People are protected from abuse and avoidable harm.

### Effective.

People’s care, treatment and support show quality of life and promote good outcomes, and providers should show evidence to prove it.

### Caring.

Care should be person centred involving dignity and respect, and compassion.

### Responsive.

Following correct working procedures as agreed by your workplace and as set out in the client’s care plan.

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**Well led.** Management leadership and governance should ensure all of the above happens. Staff training should be recognised and openness and fairness be apparent.

These areas are known as key lines of enquiry or KLOES. Each KLOE has a set of criteria which CQC use to check whether the fundamental standards are being met.

The fundamental standards are as follows:

**Person centred care.** Ensuring that those receiving the care are at the centre of all decisions.

**Dignity and respect.** Providing the client with dignity and respect in all aspects of their care.

**Need for consent.** Asking the client's permission before carrying out tasks that affect them.

**Safe care and treatment.** Following correct working procedures as agreed by your workplace and the client's care plan.

**Safeguarding service users from abuse.** Following agreed working and safeguarding procedures and being aware of signs and symptoms.

**Meeting nutritional needs.** Being aware of dietary needs, working with the care plan, ensuring clients have the right equipment and conditions to eat.

**Cleanliness, safety and suitability of premises and equipment.** Carrying out required checks of premises and equipment, implementing cleaning rotas and carrying out safety checks.

**Receiving and acting on complaints.** Having a complaints policy and procedure in place that is accessible to all and act in accordance with the policy when dealing with complaints.

**Good governance.** Ensuring that all aspects of the workplace is overseen and policies and procedures are implemented and monitored regularly.

**Staffing.** Fit and proper persons employed.  
Fit and proper person requirement for Directors is followed.

**Duty of candour.** Relevant information must be volunteered to all persons who have or may have been harmed by the provision of services, whether or not the information has been requested and whether or not a complaint or a report about that provision has been made.



Our Redcrier manuals will provide your staff with training to support attainment of the fundamental standards.

## Introduction

### What is mental health?

The term “mental health” has no single official definition. The Department of Health defines it as:

*“The emotional and spiritual resilience which enables enjoyment of life, and the ability to survive pain, disappointment and sadness; and as a positive sense of wellbeing and underlying belief in our own and other`s dignity and worth”.*

An alternative definition is provided by the World Health Organisation as:

*“A state of wellbeing which the individual realise his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community”.*

### Why is mental wellbeing important?

The most common mental health problem in the UK is anxiety and depression. The symptoms can be complex and differ widely between people. The most common symptoms are feeling sad, hopeless and losing interest in the things you enjoy. Anybody can suffer anxiety and depression. It can take hold gradually and difficult to notice that something is wrong.

Depression affects one in five older people. Anxiety and depression, however, is only one mental health disorder. There are many other conditions and illnesses that can affect our mental health.

One in four people will have a mental health problem in the course of a year, with women being more likely to be treated than men. Self harm statistics for the UK are 400 per 100,000. Mental health problems also affect 10% of children at any one time. As we can see it is a widespread problem. The government published the “No Health without Mental Health” strategy in 2011, which has the following objectives:

- More people will have good mental health.
- More people with mental health problems will recover.
- More people with mental health problems will have good physical health.
- More people will have a positive experience of care and support.
- Fewer people will suffer avoidable harm.
- Fewer people will experience stigma and discrimination.

In this manual we aim to look at how to promote mental health wellbeing as a way of life and also how to recognise and support those with mental health problems.

## Unit One

### Physical factors supporting mental wellbeing.

The Government document “No Health without Mental Health” has identified that both physical health and mental health are linked and should not be looked at in isolation. Our mental health is dependent on our physical health as well as our emotional and spiritual needs being met. Identifying all of our needs and how we can meet them can help us to maintain mental wellbeing. Making changes to our lifestyle can have a significant effect. There are a number of factors to look at to help us to do this as follows:

- Diet / hydration.
- Exercise.
- Positive thought.
- Meaningful activity.
- A sense of belonging.

In this unit we will look at the physical areas of diet and nutrition, hydration and exercise.

### Diet.

Studies have shown that a healthy balanced diet has a positive impact on mental health. By reducing the number of additives we eat and increasing our intake of fresh fruit, vegetables and unprocessed foods we can help to ensure that our body gets more nutrients and fewer chemicals. Our brain is a delicate machine requiring appropriate fuel; we need the right balance of sugars, vitamins, minerals, proteins and fats to ensure that everything works correctly.

The following can affect this balance:

- Blood sugar levels have an effect on our mood and energy levels, eating healthy snacks between our main meals can help maintain blood sugar levels.
- Chemicals known as neurotransmitters which enable transmissions of signals through the brain, affect how we think, behave or feel and these can be affected by the food we eat.
- Artificial chemicals contained in food, colourings, preservatives and flavourings can affect normal chemical reactions with the brain.
- Hypersensitivity to food types can result in sensitivities or allergies.

Some mental health problems have been associated with low levels of vitamins, minerals and fatty acids. Links have been demonstrated between low levels of zinc and eating disorders and low levels of omega 3 oils and depression.

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Where you have special dietary requirements it is important that you are supported by a dietician; who will help you to ensure you are getting the right balance of nutrients, as it may affect your physical health and impact on your mental health if your diet is not balanced.

## Daily recommended calorie sources:

<b>Carbohydrates</b>	-	<b>45 to 65%</b>
<b>Protein</b>	-	<b>15%</b>
<b>Fats</b>	-	<b>30 to 35%</b>

## Hydration.

It is also vital that we drink enough liquid (preferably water) to keep our bodies properly hydrated. It has been identified that being only slightly dehydrated can have an effect on our mood, energy levels and the ability to think clearly. Dehydration can also cause headaches, fatigue, and difficulty concentrating.

All of these factors can affect our mental wellbeing. By the time we are feeling thirsty we are already at least 1% dehydrated, so it is important that we have a drink at regular intervals throughout the day. Just as we set aside times to eat during the day so we should do the same for having drinks. The best drink for hydration is water, but drinks that contain a high percentage of water are OK as well.

We can monitor if our bodies are getting enough fluid by the colour of our urine. Urine should be a very pale yellow in individuals who are properly hydrated.

Urine that is dark yellow or tan in colour indicates we are not drinking enough. Proper hydration is particularly important for high risk groups, such as the elderly, people with diabetes, and children.

## Exercise.

Physical activity helps us to stay physically and mentally fit and helps us to feel positive about ourselves. 30 minutes of exercise 3 to 5 times a week has been shown to improve the mood of people suffering depression.

### Exercise works in a few ways:

It raises self esteem.

We feel good about ourselves and more in control.

It provides a distraction.

Taking our minds off stresses and anxieties.



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It raises body temperature.

It is thought that increased body temperature helps to relax muscles and lift mood and may be the reason that we find saunas and steam rooms beneficial.

It may have an effect on chemicals in the brain.

Some mental health problems may be caused by chemical imbalances which may be improved by exercise.

Improved sleep.

Taking regular daily exercise can help to regulate sleep patterns.

When deciding on the type of exercise you want to do consider why you are doing it:

- To make your daily life more energetic.
- To be indoors or outside.
- To meet people.
- To do a group or individual activity.
- To try a new sport.

Remember that tasks like walking, housework and gardening are exercise as well.

Identify the ways that you support your clients with diet, hydration and exercise.

## Unit One Questions

1. What are the five factors that can support our mental wellbeing?

1.

2.

3.

4.

5.

2. How can we help to maintain our blood sugar levels?

3. What are the effects of dehydration?

4. How can physical activity improve the mood of someone with depression?

5. How much exercise should you do each week?