



MAKE TIME

for Mental Health

NFWI 2018 Resolution

Mental Health Matters

‘Mental health matters as much as physical health. The NFWI urges all WI members to recognise the importance of parity between mental health and physical health, and take action to make it as acceptable to talk about mental health issues as much as physical health issues, and to lobby government for better support for mental illness.’

Callow End WI, Worcestershire Federation

‘Parity of esteem’ between mental and physical health

Policymakers and mental health practitioners often talk about ‘parity of esteem’ between mental health and physical health. Parity of esteem is defined by the Royal College of Psychiatrists as ‘valuing mental health equally with physical health’. This includes ensuring equal access to treatment and making equal efforts to improve standards of care. It also encompasses tackling broader issues including the stigma associated with mental ill health (such as in the attitudes of the general public, amongst some health professionals and in media coverage).

Despite a legal requirement on the NHS to deliver parity of esteem and the Government’s commitment to achieve it by 2020, there are concerns over the lack of progress and doubts about whether this target will be met. The Royal College of Nursing, for example, has pointed to the need for greater investment in training for GPs and nurses if parity is to be achieved. Data obtained by Mind highlights the scale of this problem - on average 42% of practice nurses say they have received no training in mental health despite the fact that the vast majority of people (90%) only receive support and treatment for a mental health problem from a primary care service.

How common are mental health problems in the UK?

According to the Mental Health Foundation:

65% of people say they have experienced a mental health problem



Women (70%) are more likely than men (60%) to report having experienced a mental health problem



People aged 18-34 (70%) are more likely to report experiencing a mental health problem in their lifetime than people aged 55 and over (58%)



WHAT ARE ‘COMMON MENTAL DISORDERS’?

Common mental disorders (or CMDs) refer to different types of depression and anxiety (such as generalised anxiety disorder, panic disorder and obsessive compulsive disorder). According to the National Institute for Health and Care Excellence, CMDs are estimated to affect up to 15% of people

at any one time. However, the results of the 2014 Adult Psychiatric Morbidity Survey showed that in England young women aged 16 to 24 are more likely to be affected than men of the same age (26% compared to 9.1%).

How will the NFWI work on this issue and support WI members?

At a local level:

The NFWI will provide WI members with information so that they can learn more about the different types of mental health problems and the steps they can take to look after their own mental wellbeing as well as support others. To do this, the NFWI will draw on the advice of mental health experts and best practice guidelines.

The NFWI will empower WI members to take the messages of the campaign to

local healthcare professionals and lobby for better care for people with mental health problems.

The NFWI will support WI members to build connections with local branches of national organisations that are working to tackle the stigma associated with mental health problems.

At a national level:

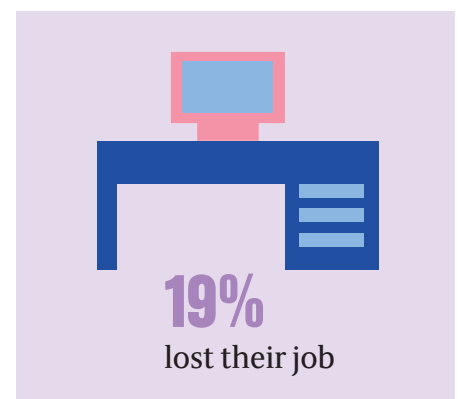
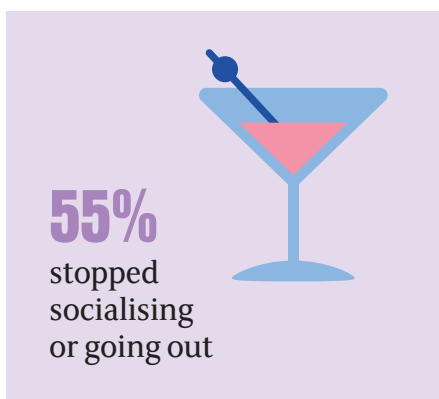
The NFWI will work alongside mental

health practitioners and national organisations with expert knowledge of the sector to further the aims of the mandate.

The NFWI will provide members with ideas for how they can mark relevant international awareness days, such as World Mental Health Day on 10 October.

Did you know...?

According to a survey of 2,000 adults in the UK experiencing a range of mental health problems, 38% said they had experienced stigma. **Of those:**



How you can take action

'I urge you to support this motion and more than that, to work together with the other people who are feeling the same to create a genuine step change in mental health care in this country - because people deserve it'.

Andrew Molodynski, Consultant Psychiatrist at Oxford Health NHS Foundation Trust, NFWI Annual Meeting 2018

WHAT YOU CAN DO AS AN INDIVIDUAL

1. Find out how you can look after your mental health. As a starting point, we're encouraging members to think about how they can look after their own mental health, regardless of whether they are experiencing mental health problems. Specialist charities such as Rethink Mental Illness advise finding something that's right for you. Why not take a look at the Mental Health Foundation's top tips for looking after your mental health on page 7 for some ideas?

2. Learn how to start a conversation about mental health. We want to make it as acceptable to talk about mental health as it is about physical health and are asking members to help break down the stigma associated with mental health. Just starting a conversation with someone by asking them how they are can help by letting that person know that you care. It can sometimes make a big difference and make it easier for people to say how they are feeling.

There are lots of resources available to get you started. These include step by step guides and a short video produced by Time to Change (see the 'resources' box below) as well as a conversation starter included on the next page of this pack.

3. Help change attitudes towards mental health. You could get in touch with your local Mind to explore volunteering opportunities. Some local Minds, for example, offer training to become a volunteer speaker on mental health. Why not see what's available in your area by contacting your local Mind using the instructions on page 8?

Alternatively, if you have experience of mental health problems and want to share your story with others to challenge the stigma associated with mental health, why not register to become a Time to Change Champion? If you become a Champion, you'll receive free training and lots of resources to help you pick an activity that you're comfortable with and fits in with your commitments. Visit the Time to Change England (or Wales) website to find out more.

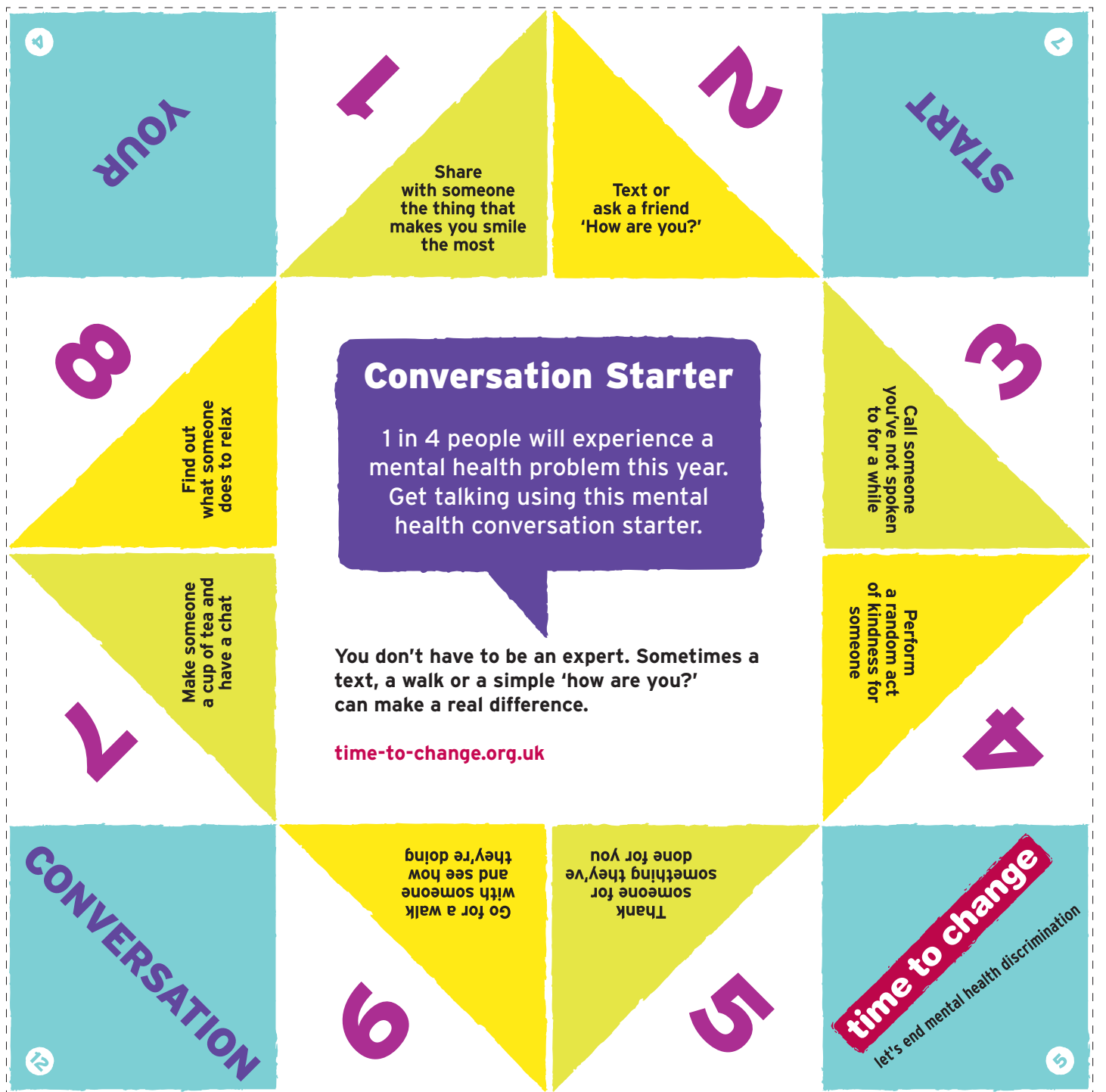
4. Tell us your ideas! In light of the reported benefits of gardening, we'd love to hear from members with ideas about how to engage WIs in the mental health mandate specifically through this activity. Send in ideas to publicaffairs@nfwl.org.uk and you could see your suggestion promoted nationally in the spring! Please also share with us any other ideas around craft, sport and music, for example.

STARTING A CONVERSATION ABOUT MENTAL HEALTH: RESOURCES TO GET YOU STARTED

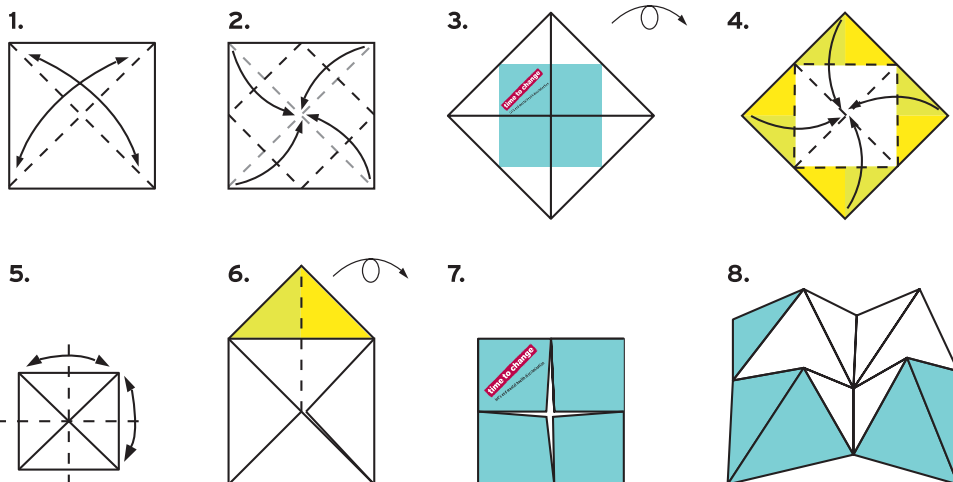
Time to Change **step by step guides**: <http://www.time-to-change.org.uk/about-mental-health/support-someone> (click on 'my mate', 'my colleague' or 'my child').

Time to Change **5 tips on how to start a conversation about mental health**: video: <http://www.thewi.org.uk/s/5tips>

Time to Change Wales **talking tips card**: <http://www.timetochangewales.org.uk/en/talk-about-mental-health/talking-about-their-mental-health/>



Folding Instructions



How to start a conversation

- Pick a circled number and open in alternate directions that amount of times
- Pick a purple number and open alternately that amount of times
- Pick your final number, open flap and start your conversation
- Make sure you log your chat on the interactive map on time-to-change.org.uk



Top tips on how to look after your mental health from the Mental Health Foundation



1. Talk about your feelings. Talking about your feelings can help you stay in good mental health and deal with times when you feel troubled.

2. Keep active. Regular exercise can boost your self-esteem and can help you concentrate, sleep, and look and feel better. Exercise keeps the brain and your other vital organs healthy, and is also a significant benefit towards improving your mental health.



3. Eat well. Your brain needs a mix of nutrients in order to stay healthy and function well, just like the other organs in your body. A diet that's good for your physical health is also good for your mental health.

Download the full guide for free at:
<http://www.mentalhealth.org.uk/publications/how-to-mental-health/>



4. Drink sensibly. Some people drink to deal with fear or loneliness, but the effect is only temporary. When the drink wears off, you feel worse because of the way the alcohol has affected your brain and the rest of your body.

5. Keep in touch. There's nothing better than catching up with someone face to face, but that's not always possible. You can also give them a call, drop them a note, or chat to them online instead. Keep the lines of communication open: it's good for you!



6. Ask for help. None of us are superhuman. We all sometimes get tired or overwhelmed by how we feel or when things don't go to plan. If things are getting too much for you and you feel you can't cope, ask for help.

7. Take a break. A change of scene or a change of pace is good for your mental health. It could be a five-minute pause from cleaning your kitchen or a half-hour lunch break at work. A few minutes can be enough to de-stress you. Give yourself some 'me time'.



8. Do something you're good at. Enjoying yourself can help beat stress. Doing an activity you enjoy probably means you're good at it, and achieving something boosts your self-esteem.

9. Accept who you are. We're all different. It's much healthier to accept that you're unique than to wish you were more like someone else. Feeling good about yourself boosts your confidence to learn new skills, visit new places and make new friends. Good self-esteem helps you cope when life takes a difficult turn.

10. Care for others. Caring for others is often an important part of keeping up relationships with people close to you. It can even bring you closer together.

How you can take action continued...

WHAT YOU CAN DO AS A FEDERATION OR WI

1. Invite an expert speaker on mental health to WI events. Inviting a mental health practitioner or local representative of a specialist organisation to speak at WI events and meetings is a great way to learn about the different types of mental health problems and sources of support in the area. In addition to helping members improve their understanding of the issue, hearing from someone with lived experience of a mental health problem or who works for a mental health support service could inspire action in federations and WIs.

You might like to consider getting in touch with one of the following organisations:

Your local Samaritans branch.

Visit www.samaritans.org/branches and enter your postcode to find your nearest branch. Once you're on the page for the branch you would like to get in touch with, click 'General Enquiries' and complete the request form. Please do not use the helpline numbers or email address as these will not necessarily get you through to the branch you have chosen.

Your local Mind. To find your nearest local Mind enter your location or postcode in the search bar at the following address: www.mind.org.uk/information-support/local-minds/. You will also be given the option of searching using your borough or council. Then click on the navy blue tag next to the local Mind you would like to contact for their details. Please bear in mind that local Minds vary in size and capacity and may not be able to fulfil your request. If this is the case in your area, why not try seeking a way of working with them that would be mutually beneficial or reaching out to another of the organisations suggested on this page?

Time to Change England Champions. To improve the way people view mental health problems and change the way they act, thousands of people with lived experience of mental health problems have become Time to Change Champions. Among other things, Champions can talk to federations and WIs about their own experiences and help start a conversation amongst members about mental health. To request a Champion to speak at a WI meeting, please fill out the online form which can be accessed here: www.time-to-change.org.uk/get-involved/events/request-time-change-champion-your-event.

Time to Change Wales Champions. The same as Time to Change Champions based in England, Champions in Wales are volunteers with experience of mental health problems. They are able to offer anti-stigma talks to community groups such as WIs which provide opportunities to hear their stories and discuss the issues of stigma and discrimination. Please email info@timetochangewales.org.uk to request a 'Champion Talk' booking form.

Your local Rethink Mental Illness group.

Across England, there are 135 groups that are run by volunteers who have lived experience of mental illness, either directly or as a carer or family member. The groups provide invaluable peer support, a safe place to be able to talk without fear of stigma or discrimination. If you would like to invite a local Rethink Mental Illness group to come and talk at a WI meeting or event, please contact groups@rethink.org.

WHAT YOU CAN DO AS A FEDERATION OR WI CONTINUED...

2. Take part in the NFWI's mental health craftivism project. On World Mental Health Day 2018 (10 October), the NFWI will be launching a project to encourage healthcare professionals to ask people about their mental and physical health. Despite a close relationship between the two (each can negatively and positively impact upon the other), research conducted by Mind suggests that people with mental health needs often feel that a lack of attention has been paid to their physical health, while others with physical health needs report the opposite effect. This is a complex issue as healthcare professionals, who are working under considerable pressure, are primarily focused on dealing with the problem in hand and don't always enquire about the person's needs as a whole.

The NFWI will therefore be inviting members to hand stitch a message and deliver this to a local primary healthcare professional (such as a GP). The aim is to encourage them to ask people about their mental health in conversations about physical health and vice versa and to explain why this is important.

From 10 October, further information and resources to help federations and WIs take action will be available to download from MyWI.

Alternatively, get in touch with the NFWI Public Affairs Team at publicaffairs@nfwl.org.uk to register your interest in receiving these resources via email.

It's easy to get set up on MyWI. Simply visit: <https://mywi.thewi.org.uk/welcome-to-my-wi> then follow the onscreen options.

3. Highlight local sources of mental health advice and support. In addition to the list of sources included on the next page, why not also let WI members know that resources on mental health may be available from the local library? Check whether the local library is taking part in Libraries Week (8-13 October 2018) when they will be showcasing how they support people with their wellbeing and mental health. If they're not, why not ask them to take part?



60%

of people are unable to identify the main traits of specific mental health conditions

Who to contact for mental health advice and support

Your GP

GPs are there to help you with your physical and mental health. If you are interested in finding out what to expect from an appointment with your GP and how you can prepare, take a look at the Rethink Mental Illness website (<http://www.rethink.org/>). Click on 'diagnosis & treatment' followed by 'treatment and support'. Then look for 'GP-what to expect from your doctor' down the left hand side of the page.

Mind Infoline

Telephone: 0300 123 3393 (Monday to Friday 9am – 6pm)
Email: info@mind.org.uk
Website: <http://www.mind.org.uk/information-support/helplines/>

Mind infoline provides information on a range of topics including: types of mental health problems; where to get help; medication and alternative treatments; and advocacy. They will look for details of help and support in your own area.

Samaritans

Telephone: 116 123 (24 hours a day, 365 days a year)
Email: jo@samaritans.org
Website: <http://www.samaritans.org/how-we-can-help-you>

Samaritans is there for anyone who is struggling to cope, no matter who you are or what you're going through. They don't judge, and you don't have to be suicidal to talk to them. You can call Samaritans for free, at any time and from any phone. Their number will not appear on your phone bill. You can also email Samaritans, write them a letter or visit one of their local branches if you would like to speak to someone face-to-face.

Rethink Mental Illness Advice Service

Telephone: 0300 5000 927 (Monday to Friday 9:30am – 4pm)
Email: info@rethink.org
Website: <http://www.rethink.org/about-us/contact-us>

The Rethink Mental Illness Advice Service offers practical help on issues such as the Mental Health Act, community care, welfare benefits, debt, criminal justice and carers rights. They also offer general help on living with mental illness, medication, care and treatment.

Emergency and urgent care

In a medical emergency call 999.

If you need urgent help or advice there are several options including: visiting A&E; calling NHS 111 (if you are based in England) or NHS Direct Wales on 0845 46 47; and making an emergency GP appointment.

Have your voice heard and make a real impact on local, national and global issues by campaigning with the WI.

WI campaigns bring members together to take action and achieve change in policy and practice on issues they care about.

#WIMakeTime

**The WI is here to inspire you
The WI is everything you want it to be
The WI is what you make of it**



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for Mental Health

Contact us

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