

IMPROVING MENTAL HEALTH & HOW TO GET HELP

6:30pm to 7:30pm, Tuesday 11th July

The Bede House, Higham Ferrers

Speakers

Emma Wilkinson - Nurse Practitioner Higham Ferrers Surgery

Tina Squires Social - Prescribing Link Worker East Northants PCN

Introduction

- Welcome and introductions
- Talk is arranged by the Patient Participation Group (P.P.G.) in conjunction with the Higham Ferrers Surgery.
- First event of this type with this P.P.G. – could be future events / talks if sufficient interest.
- Feedback forms – please leave at the exit or reply by email (email address provided!)

Agenda – Two Main Talks with Q&A

- Mental Health – Emma Parkinson, Higham Ferrers Surgery
- Short Q&A (5 mins)
- Social Prescribing in East Northants – Tina Squires, East Northants PCN.
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- Wrap-up & Thanks.

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Mental Health

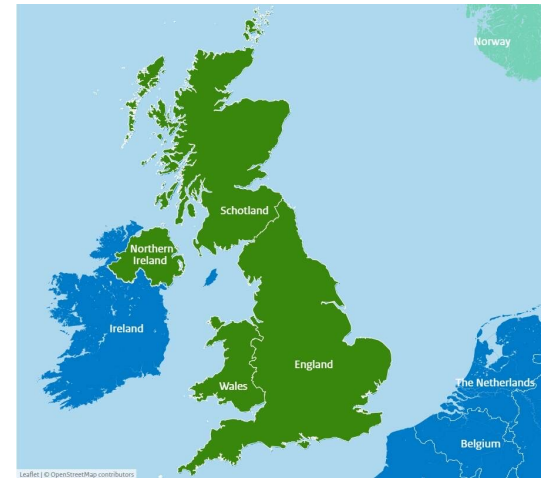
Higham Ferrers Surgery
July 2023



The Higham Ferrers
Surgery

Relevance in the UK:

- Mental Health in the UK costs the economy approx. 19 billion a year.
- Mental illness is the largest single cause of disability in the UK and the range of mental health conditions can make this challenging.
- Almost 16 million workdays were lost in the UK last year due to poor mental health.



Definition of mental Health

- “Mental health influences how we think and feel about ourselves and others, and how we interpret events. It affects our capacity to learn, to communicate and to form, sustain and end relationships.
- It also influences our ability to cope with change, transition and life events, such as: having a baby, moving to a new house, experiencing bereavement”.



Mental health is too often ignored

Right now :

- 1 in 4 people will experience mental health problems
- 1 in 6 workers are experiencing depression, anxiety or stress
- 1 in 5 people have suicidal thoughts
- 1 in 14 people self harm
- 1 in 15 people attempt suicide.



Mental Health Continuum

HEALTHY	REACTING	INJURED	ILL
<ul style="list-style-type: none"> • Calm and steady • Normal fluctuations in mood • Fit • Fed • Rested • In control physically, mentally, emotionally • Performing well • Behaving ethically and morally • Socially active • Sense of humour • Relaxing and recreating • Confident in self and others 	<ul style="list-style-type: none"> • Easily agitated • Angered • Frustrated and tired • Difficulty focusing • Decreased interest in activities • Nervous • Impatient • Unusual sadness • Difficulty sleeping • Vigilance • Problems with daily functioning at home, work or school 	<ul style="list-style-type: none"> • Persistent anxiety and sadness • Angry reactions • Noticeable fatigue • Poor concentration • Inability to enjoy activities • Excessive distrust and resentment • Sleep disturbance • Hyper vigilance • Persistent physical symptoms (aches and pains) • Severe deterioration in daily functioning in home, work or school 	<ul style="list-style-type: none"> • Excessive anxiety, fatigue and sadness • Regular panic attacks • Angry outbursts • Sever memory lapses • Cannot concentrate • Cannot perform daily routine • Significant sleep disturbances4loss of control • Avoiding or withdrawal • Significant change in behaviour • Indications of suicidal thoughts, intensions • Symptoms get worse over time instead of better

Stress can impact on how you feel Physically

TIPS TO CONTROL ANXIETY

LIMIT ALCOHOL AND CAFFEINE

CAN AGGRAVATE ANXIETY AND PANIC ATTACKS



POSITIVE ATTITUDE

REPLACE NEGATIVE THOUGHTS WITH POSITIVE ONES



EXERCISE DAILY

HELP YOU TO FEEL GOOD AND MAINTAIN YOUR HEALTH



TAKE A TIME TO RELAX

PRACTICE YOGA, LISTEN MUSIC OR READ A BOOK



GET ENOUGH SLEEP

YOUR BODY NEED ADDITIONAL SLEEP AND REST



PROFFESIONAL HELP

DON'T BE WORRIED TO TALK TO A PHYSICIAN OR THERAPIST



Anxiety

The term anxiety refers to feelings of worry, nervousness, apprehension, or fear commonly experienced by people when faced with something they view as challenging.

Anxiety can become a mental health problem if it impacts your ability to live your life as fully as you want to. For example, it may be a problem if: your feelings of anxiety are very strong or last for a long time. your fears or worries are out of proportion to the situation.

Panic Attacks

A panic attack creates a feeling of sudden and intense anxiety.

Panic attacks can also have physical symptoms, including shaking, feeling disorientated, nausea, rapid, irregular heartbeats, dry mouth, breathlessness, sweating and dizziness.

If left untreated, panic disorder can become a very debilitating and isolating illness. It can also increase your risk of developing other mental health conditions, such as agoraphobia or other phobias.

PANIC ATTACK

SYMPTOMS

SWEATING			CHEST PAIN OR DISCOMFORT
DIZZINESS			NAUSEA OR ABDOMINAL DISTRESS
ACCELERATED HEART RATE			CHILLS OR HEAT SENSATIONS
SENSATION OF SMOOTHERING			FEELING DIZZY, UNSTEADY OR FAINT
TREMBLING			FEAR OF LOSING CONTROL OR DYING

WAYS TO STOP



Depression

Depression is a common mental disorder, characterized by persistent sadness and a loss of interest in activities that you normally enjoy, accompanied by an inability to carry out daily activities.

It's one of the most treatable mental health disorders. With early, continuous treatment, people can gain control of their symptoms, feel better, and get back to enjoying their lives.

Some different types of depression:

- Dysthymia
- Depressive Episode
- Bipolar Disorder
- Postnatal Depression
- Seasonal Affective Disorder (SAD)



Providing appropriate support

COMMUNITY SERVICES Mental Health Hub -0300 330 1011

www.nhft.nhs.uk/mentalhealth-number/

**If you have suicidal thoughts please call
(Crisis Telephone Support Services) - 0800 448 0828**

Changing Minds IAPT Mind 0300 999 1616 (Crisis Cafes)



Recovery

Recovery is about building a meaningful and satisfying life, whether there are recurring or ongoing symptoms or mental health problems. The key themes of recovery are: Agency-gaining a sense of control over one's life and one's illness.



Thank You!

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Social Prescribing in East Northants

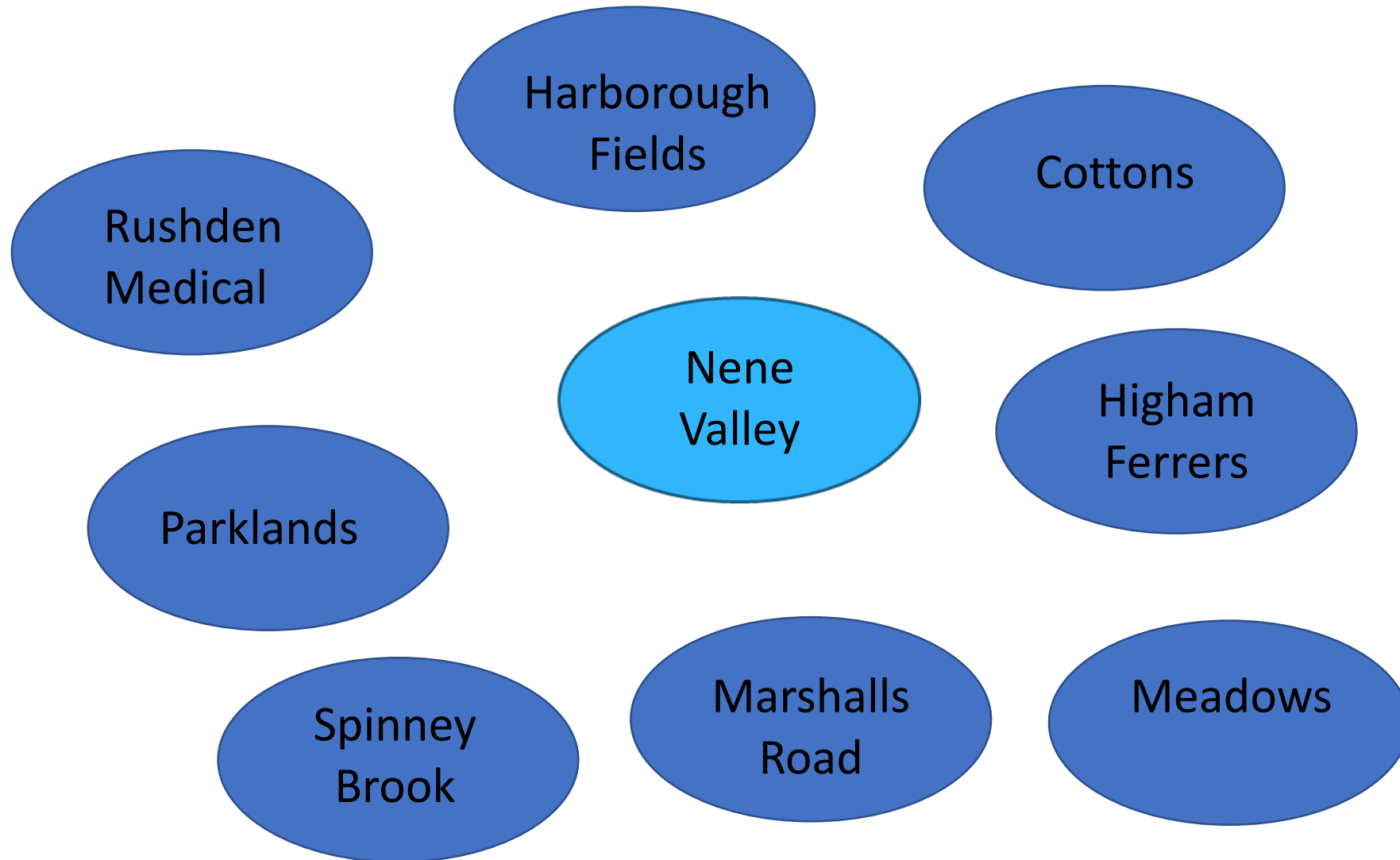
By Chris Good & Tina Squires

Social Prescribing

Link Workers

for East Northants

East Northants PCN



The Social Prescribing service is for people aged 18 to 64, helping individuals to explore services that may support them to improve their health, wellbeing & independence.

It enables individuals to access a range of non medical activities and support provided by locally based voluntary and community sector organisations.



Criteria

Inclusion Criteria

Patients who

- Are lonely or isolated
- Are inactive
- Have complex social needs
- Require support to engage in social activities
- Are frequent surgery attenders, with no medical need
- Require assistance with daily living
- Are carers
- Weight management
- Stop smoking

Exclusion Criteria

Patients who

- Reside in Care Homes
- Have complex mental health
- Have complex drug or alcohol issues
- Who are violent
- Have severe learning disabilities
- Are acutely ill



How does it work?

- GP practice team may suggest a referral to the social prescribing service – this can be done by issuing a task to the Social Prescribing Group
- Social Prescriber will contact the patient to discuss their situation and find out what they would like help with, focusing on ways to improve their health & wellbeing
- Social Prescribers offer confidential, practical & non judge-mental support to enable patients to make positive changes in their lives



Available Services

- Healthy lifestyles and outdoor activities
- Art, music, & creative activities
- Befriending, counselling, access to specialist services
- Housing, benefits & financial advice
- Employment, training & volunteering
- Education & learning
- Stop Smoking
- Weight management



Partnership with Rockingham Forest & Supporting Independence Programme

- Health walks started on 21st September 2021 at Stanwick Lakes
- The health walks enable people who would benefit from some support through their SPLW or SIP advisor to attend the walk
- Each week the walks take different themes such as mindfulness and water

Case Studies

- Patient M referred regarding housing problems
- After getting to know her and her anxieties, Tina understands she is unable to speak on the phone, so she liaised with the housing company on her behalf. This has helped M trust in the service and she understands she is being listened to.
- Helped secure a hefty compensation claim

Case Studies

- Trouble with autistic daughter going to school
- Parent is struggling with how to cope

Helped her liase with school

Accompanying her to an Austism support group

Now goes along to the group on her own and is able to help her daughter confidently

Case Studies

- Loneliness & Anxiety
- Overweight

Signed up for AOR/Freedom for life and gave details of wellness walk

Is now an active volunteer at Stanwick Lakes and holds creativity groups herself

Case Studies

- Financial concerns
- Accompanied to Community Law
- Found out heroin addict (27 years)
- Supported with S2S referral

As he was listened to he is now clean, happy and thriving!

Case Studies

- Required a wheelchair
 - Called to advise of numbers to call
 - Whilst talking she said she wasn't claiming any benefits and was really struggling
 - Advised to request a PIP claim form
 - House adaptations were also required, therefore put in an OT referral
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- Once this is received I will arrange for her to see either Citizens Advice or Community Law for support

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