

# What are mental and emotional health issues?

## Definition of Mental Health and Wellbeing:

We use the World Health Organisation's definition of mental health and wellbeing:

***“a state of well-being in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community”.***

Mental and emotional health issues are disturbances in the way in which people think, feel and behave.

A variety of terms are used to describe mental health issues. These may include: mental health problems, mental disorder, mental ill health, mental illness, psychiatric illness, nervous breakdown, and burn out.

These terms do not give much information about what is really wrong with the young person. Worse, slang terms such as 'psycho', 'mental', and 'nutter' reinforce negative attitudes about mental health issues. This is referred to as stigma. Stigma around mental health issues prevents young people from accessing help and hinders recovery.

A mental disorder, mental illness or mental health condition is a diagnosable illness, which causes major changes in a young person's thinking, emotional state and behaviour, and disrupts the young person's ability to study or work and carry on their usual personal relationships. Common examples are depression and anxiety disorders and substance misuse issues. Psychotic disorders including schizophrenia and bipolar disorder (manic depression) are less common.

An emotional and mental health issue is a broader term, including both mental illnesses and symptoms of mental illness that may not be severe enough to warrant the diagnosis of an illness, as well as mental health related crises such as having thoughts of suicide.

Emotional and mental health issues can cause disability to the young person experiencing them to a point often not appreciated by people who have no such experiences of their own. Meanwhile, it is important to realise that the majority of people do recover or learn to lead meaningful and fulfilled lives despite their diagnoses.

Please see the individual documents under the following titles for help and support.

**Anxiety**

**Depression**

**Eating Disorders**

**Psychosis**

**Self Harm**

## Helpful Resources – General Organisations

[Action for Happiness](http://www.actionforhappiness.org)

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Action for Happiness is not-for-profit creating a movement of people committed to building a happier and more caring society, by helping people to take practical action drawing on the latest scientific research. Their vision is a happier world, with fewer people suffering with mental health problems and more people feeling good, functioning well and helping others. Its website provides many resources and evidence-based ideas for actions we can take to feel happier and help to reduce and prevent mental ill health personally, in our communities, workplaces and schools.

Anna Freud Centre [www.annafreud.org](http://www.annafreud.org) Telephone: 02077942313

Email: [info@annafreud.org](mailto:info@annafreud.org)

A children's mental health charity providing specialist help and training and carrying out research.

YoungMinds [www.youngminds.org.uk](http://www.youngminds.org.uk)

Telephone: 0808 802 5544 (Weekdays 9:30 - 16:00) YoungMinds is the UK's leading charity committed to improving emotional wellbeing and mental health of children and young people and empowering their parents and carers.

Mental Health and Behaviour in Schools <https://www.gov.uk/government/publications/mentalhealth-and-behaviour-in-schools-2>

The Department for Education (DfE) developed this advice and practical tools to help schools promote positive mental health in their pupils and identify and address those with less severe problems at an early stage and build their resilience. This advice will also help schools identify and support pupils with more severe needs and help them make appropriate referrals to specialist agencies such as Child and Adolescent Mental Health Services (CAME-IS) where necessary.

Childline [www.childline.org.uk](http://www.childline.org.uk)

Telephone: 0800 1111

Childline is a counselling service for parents, children and young people. It also offers multilingual services to South Asian communities living in the UK. Languages include Bengali/Sylheti, Gujarati, Hindi, Punjabi, Urdu and English. Help and advice is free and confidential.

Kooth [www.kooth.com](http://www.kooth.com)

Provides free online support for young people delivered by qualified counsellors via chat based services.

#### STEM4

[www.stem4.org.uk](http://www.stem4.org.uk) Email: [enquiries@stem4.org.uk](mailto:enquiries@stem4.org.uk)

STEM4 aims to improve teenage mental health by stemming commonly occurring mental health issues at an early stage.

National Statistics Online [www.ons.gov.uk](http://www.ons.gov.uk)

This site gives free access to data produced by the Office for National Statistics, government departments and devolved administrations.

Early Intervention Foundation [www.eif.org.uk](http://www.eif.org.uk)

We are an independent charity and What Works Centre which champions and supports the use of effective early intervention for children with signals of risk.

Department of Health [www.dh.gov.uk](http://www.dh.gov.uk) [www.gov.uk/government/organisations/department-of-health](http://www.gov.uk/government/organisations/department-of-health)

The aim of the Department of Health (DH) is to improve the health and wellbeing of people in England. This site provides health and social care policy and guidance publications and statistics.

Mind [www.mind.org.uk](http://www.mind.org.uk)

Telephone: 0300 123 3393 (Weekdays 9:00 - 17:00) Text: 86463 Email: [info@mind.org](mailto:info@mind.org)

National mental health charity, which offers an excellent range of materials on all aspects of mental health. It also lists details of local Mind Associations.

Rethink Mental Illness [www.rethink.org](http://www.rethink.org)

Telephone: 0300 5000 927 (Weekdays 9:30 - 16:00)

Email: [info@rethink.org](mailto:info@rethink.org) / [advice@rethink.org](mailto:advice@rethink.org)

Address: Rethink Mental Illness, 89 Albert Embankment, London, SE1 7TP

Rethink, is a national mental health membership charity. It works to help everyone affected by severe mental illness recover a better quality of life. Its aim is to make a practical and positive difference by providing hope and empowerment through effective services, information and support. Rethink carries out research which informs national mental health policy and actively campaigns for change through greater awareness and understanding.

Samaritans [www.samaritans.org](http://www.samaritans.org) Telephone: 116 123 (any time) Email: [jo@samaritans.org](mailto:jo@samaritans.org)

Address: Chris, PO Box 9090, Stirling, FK8 2SA If you are deaf or hard of hearing use the single national minicom number 08457 90 91 92

Samaritans is a confidential emotional support service for anyone in the UK and Ireland.

The service is available 24 hours a day for people who are experiencing feelings of distress or despair, including those which may lead to suicide. Volunteers offer support by responding to phone calls, emails and letters. Alternatively, people can drop into a branch to have a face to face meeting.

[The Royal College of Psychiatrists](http://www.rcpsych.ac.uk) [www.rcpsych.ac.uk](http://www.rcpsych.ac.uk)

The Royal College of Psychiatrists' website includes readable and well-researched information about mental health for the public, with information for parents, teachers and young people.

Time to Change

[www.time-to-change.org.uk](http://www.time-to-change.org.uk)

Time to Change is an anti-stigma campaign run by the leading mental health charities Mind and Rethink Mental Illness. Time to Change is England's biggest programme to challenge mental health stigma and discrimination.

The Association for Young People's Health (AYPH) [www.youngpeopleshealth.org.uk](http://www.youngpeopleshealth.org.uk)

Telephone: 0207 922 7715

A charity and membership forum, creating a focus for everyone working in the field of young people's health across the UK, to promote and support the health and wellbeing of young people by encouraging and facilitating more effective communication between practitioners, working to raise the profile and understanding of young people's health needs, improving access to information, resources, innovation and best practice, and promoting evidence-based practice by making research findings more accessible and supporting new studies into young people's health.

MentalHealthFoundation

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

UK charity dedicated to finding and addressing the sources of mental health issues.

MindEd <https://www.minded.org.uk>

MindEd is a free educational resource on children and young people's mental health for all adults. MindEd for Families has online advice and information from trusted sources and will help you to understand and identify early issues and best support your child. Also includes e-learning resources for professionals and volunteers.

Wellness Recovery Action Planning (WRAP) [www.mentalhealthrecovery.com](http://www.mentalhealthrecovery.com)

NHS Choices [www.nhs.uk](http://www.nhs.uk)

The NHS Choices website which has useful webpages containing information about all aspects of health. You can call 111 when you need medical help fast but it's not a 999 emergency. NHS 111 is a fast and easy way to get the right help, whatever the time. NHS 111 is available 24 hours a day, 365 days a year. Calls are free from landlines and mobile phones.

Black Women's Health and Family Support (BWAFFS) [www.bwhafs.com](http://www.bwhafs.com)

Covers black women's health issues, English as a second language and black youth groups.

London Lesbian and Gay Switchboard <http://switchboard.lgbt/>

National service for lesbians, gays and anyone needing support regarding their sexuality. Information, advice, listening and referral. 0300 330 0630

Muslim Youth Helpline [www.myh.org.uk](http://www.myh.org.uk)

08088082008 Freephone

Offers support to young Muslims in distress. Email support, helpline and online internet counselling.

