



It's important to understand what

'MENTAL HEALTH'

is!



It is important **not to confuse**

'MENTAL HEALTH' with a **'MENTAL HEALTH PROBLEM'**

MENTAL HEALTH PROBLEMS



THE IMPACT OF POOR MENTAL HEALTH

EDUCATION

- Mental ill health affects **1 in 10 children and young people.** (Khan, 2016)
- **Half** of all mental health problems are **established by the age of 14.** (Bailey, 2017)
- There is an average **delay of 10 years** before receiving the support they need. (Khan, 2016)

COMMUNITY

- **"The human cost is huge,** with poor mental health having an impact on the lives of many individuals and those around them" (Farmer & Stephenson, 2017)

WORKPLACE

- Mental health problems affect **1 in 4 adults.** (NHS England, 2017)
- Mental ill health is the **leading cause of sickness absence** in the UK. (Time to Change, 2017)
- Poor mental health is estimated to **cost UK employers £33-£42 Billion each year.** (Monitor Deloitte, 2017)
- **Better mental health support in the workplace can save UK businesses up to £8 billion per year.** (Sainsbury Centre for Mental Health, 2009)

DESCRIBED AS A

"SCHOOLS AND COLLEGES ARE AT THE HEART OF OUR EFFORTS TO INTERVENE EARLY AND PREVENT PROBLEMS ESCALATING."

(Department of Health and Social Care & Department for Education, 2017)

"A BURNING INJUSTICE OF OUR TIME."

(Prime Minister Theresa May, 2017)

Addressing mental health problems appears to be high on the political agenda.

We've seen a commitment to transforming children and young people's mental health provision

The Thriving at Work Review was published and highlighted a **"national focus on productivity"**.

(Stevenson & Farmer, 2017)

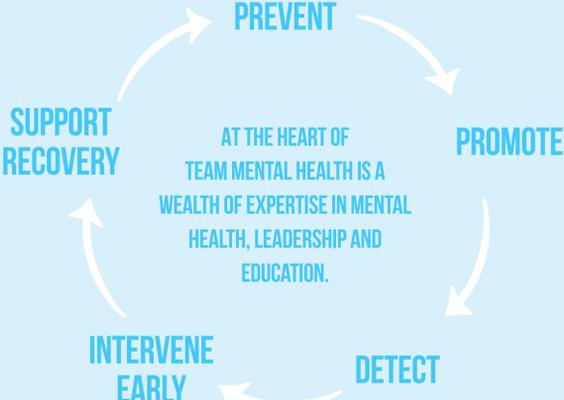
"WE RECOMMEND THAT ALL EMPLOYERS, REGARDLESS OF WORKPLACE TYPE, INDUSTRY OR SIZE ADOPT THE MENTAL HEALTH CORE STANDARDS"

(Stevenson & Farmer, 2017)

WHAT CAN WE DO?

Team Mental Health provide unique, tailored, level based online and face-to-face training for whole organisations. Developed by experienced consultant psychiatrists and a headteacher, our training has been designed to help the education sector and workplaces promote positive mental health and wellbeing by providing the necessary skills to prevent, detect, intervene early and support recovery from mental health problems so that:

- Children, young people, employees and employers are supported to be their best;
- Organisations are able and confident to implement the 'mental health core standards' recommended in the Thriving at Work Review;
- Individuals, teams and organisations can positively contribute to our communities from a position of good mental health;
- Everyone within an organisation is empowered to look after their own mental health so, together, we can support each other.



A WHOLE ORGANISATION APPROACH TO TRAINING



A COMMUNITY WIDE ISSUE REQUIRES A COMMUNITY WIDE APPROACH

- Supporting the mental health of ALL from childhood to adulthood to enable our communities to THRIVE
- A whole organisation approach to training is ESSENTIAL
- Mental health is EVERYONE'S business
- We ALL have a role to play

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