

# Welfare Awareness Topic: Mental Health

**Overview** –Mental Health refers to your cognitive, behavioral and emotional wellbeing, and the World Health Organisation defines it as a state of wellbeing in which the individual realizes his or her abilities, can cope with the normal stresses of life, work productively and fruitfully, and is able to make a contribution to his or her community.

Mental health is similar to physical health in many ways, everyone has it, and we need to take care of it. Having good mental health means you can think, feel and react in the ways that you need and want to live your life.

If you are going through a time when your mental health is poor, you might find that you are thinking, feeling or reacting in ways that are difficult or impossible to cope with. Around one in four people are affected by mental health problems each year. [This video](#), created by Mind, explains what mental health problems are, and how they can affect people. If you feel like you might be struggling with your Mental Health, the NHS outlines feelings and symptoms that can be common with mental health problems [here](#), as well as behaviours [here](#).

Mind also have information on Mental Health problems [here](#), as well as information on their website on useful contacts, and resources for if you are worried about a friend or family member struggling with their mental health.

It is important to remember that mental health problems are a common human experience, most people know someone who has experienced a mental health problem, and they can happen to all kinds of people from all walks of life. Remember: it's likely that when you find the right combination of self-care, treatment and support that works for you, **you will get better**.

**Article/Source:** If you are struggling, please reach out. There are the following numbers and websites below for who you can reach out to, and there is also support available at BPP, you can get in touch with [safeguarding@bpp.com](mailto:safeguarding@bpp.com) and with [learningsupport@bpp.com](mailto:learningsupport@bpp.com)

- [MentalHealth.org](#) has information on [prevention for mental ill health](#), and support people living with mental health problems to stay well.
- Samaritans. To talk about anything that is upsetting you, you can contact [Samaritans](#) 24 hours a day, 365 days a year. You can call [116 123](tel:116123) (free from any phone), email [jo@samaritans.org](mailto:jo@samaritans.org) or [visit some branches in person](#). You can also call the Samaritans Welsh Language Line on [0808 164 0123](tel:08081640123) (7pm–11pm every day).
- SANEline. If you're experiencing a mental health problem or supporting someone else, you can call [SANEline](#) on [0300 304 7000](tel:03003047000) (4.30pm–10.30pm every day).
- National Suicide Prevention Helpline UK. Offers a supportive listening service to anyone with thoughts of suicide. You can call the [National Suicide Prevention Helpline UK](#) on [0800 689 5652](tel:08006895652) (open 24/7).
- Campaign Against Living Miserably (CALM). You can call [CALM](#) on [0800 58 58 58](tel:0800585858) (5pm–midnight 24/7) if you are struggling and need to talk. If you prefer not to speak on the phone, you could try the [CALM webchat service](#).
- If you're under 25, you can call The Mix on [0808 808 4994](tel:08088084994) (3pm–midnight every day), request support by email [using this form on The Mix website](#) or [use their crisis text messenger service](#).
- Papyrus HOPELINEUK. If you're under 35 and struggling with suicidal feelings, or concerned about a young person who might be struggling, you can call [Papyrus HOPELINEUK](#) on [0800 068 4141](tel:08000684141) (weekdays 10am–10pm, weekends 2pm–10pm and bank holidays 2pm–10pm), email [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org) or text [07786 209 697](tel:07786209697).
- Switchboard. If you identify as gay, lesbian, bisexual or transgender, you can call [Switchboard](#) on [0300 330 0630](tel:03003300630) (10am–10pm every day), email [chris@switchboard.lgbt](mailto:chris@switchboard.lgbt) or use their webchat service. Phone operators all identify as LGBT+.
- If you feel like you might attempt suicide, or may have seriously harmed yourself, you need urgent medical help. Please: call 999 for an ambulance, go straight to [A&E](#), if you can, or call your local [crisis team](#), if you have their number.

## Support

If you would like to talk to the safeguarding team about anything you have just read, we will listen without judgement and signpost you to support. If you would like to talk to a member of the Safeguarding Team then please get in touch: [safeguarding@bpp.com](mailto:safeguarding@bpp.com)

