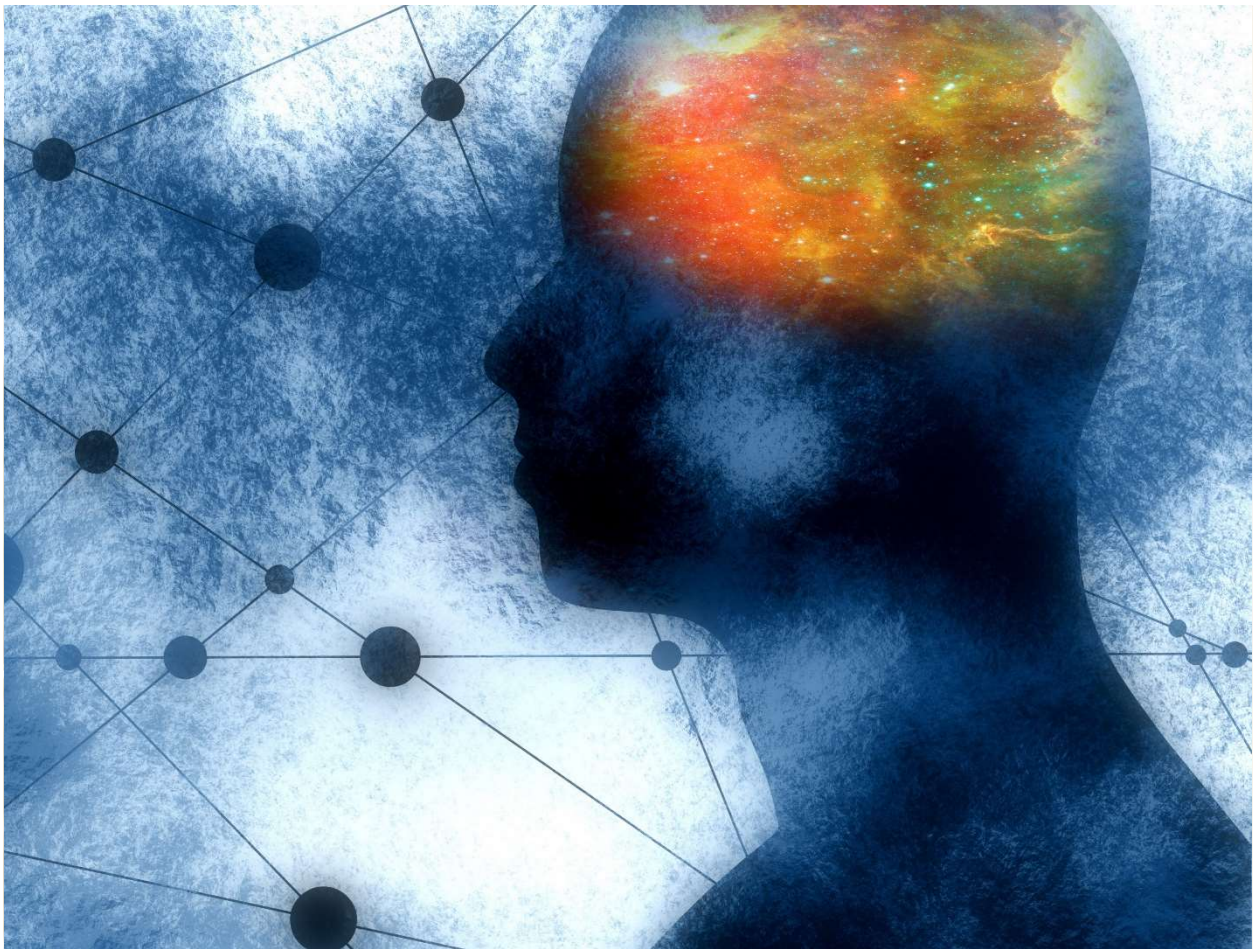


Mental Health Awareness

Participant Guide



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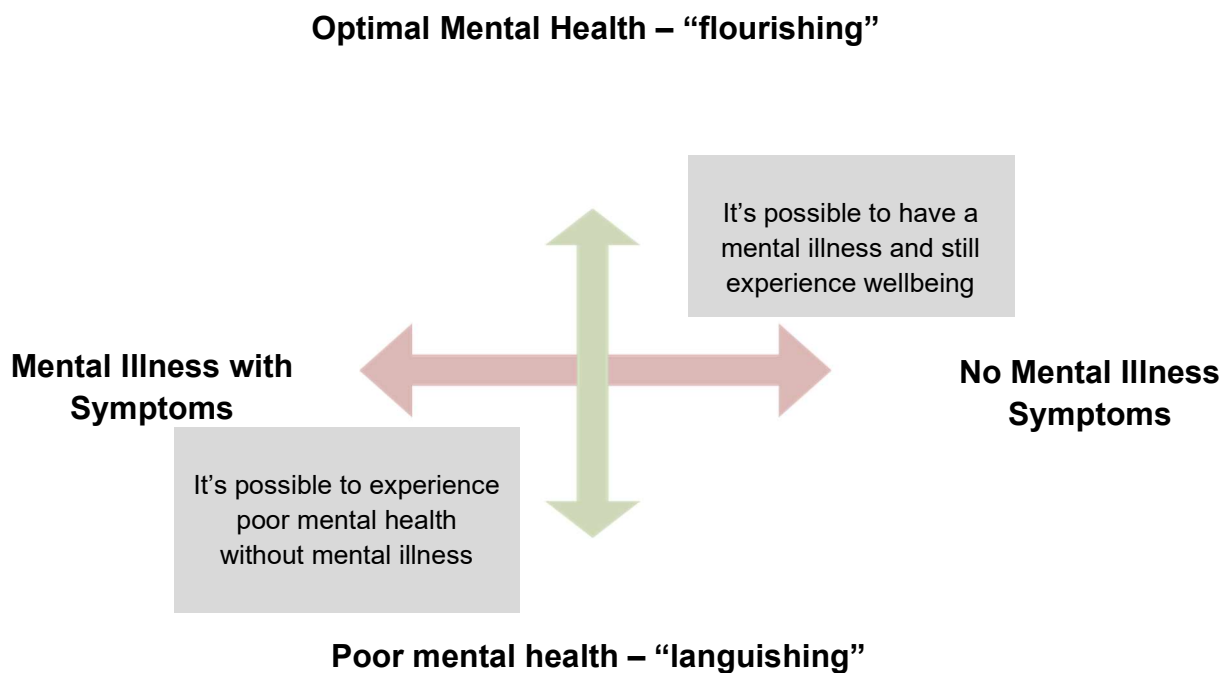
Objectives

- Understand the continuum of mental health
- Identify the impact that mental health issues can have on a team member
- Develop best practices for supporting others who may be struggling with a mental health concern (or for helping ourselves)

What is Optimal Mental Health?

- The capacity to feel, think and act in ways that enhance one's ability to enjoy life and deal with challenges
 - We feel well
 - We can cope with stress
 - We can achieve our personal goals
 - It's more than the absence of illness or disease

The Mental Health Continuum



Temporary Mental Health Problems

Extraordinary stressors that temporarily affect mental health and quality of life:

- Death or serious illness of a loved one
- Natural disaster
- Stressful changes at work
- Relationship struggles

Temporary mental health problems are often resolved through

- Identifying the source of stress
- Personal coping strategies (exercise, improved sleep, self-care)
- Seeking support from family and friends
- Spiritual connection
- Professional support as needed

Mental Disorders

- Mental disorders are a persistent and serious disturbance in behaviours, thoughts, feelings and perceptions that are severe enough to affect day-to-day functioning
- Mental disorders are complex and can be influenced by a variety of risk factors
 - Genetics
 - Brain chemistry – an imbalance of natural brain chemicals
 - Traumatic brain injury – concussion, skull fractures
 - Exposure to trauma and chronic stress
 - Unhealthy habits – sleep, diet, alcohol/drug abuse

The Reality of Mental Disorders

- 1 in 8 people globally live with a mental disorder.
- Depression is the leading cause of disability worldwide, affecting more than 280 million people.
- Approximately 50 million people worldwide have dementia
- Depression and anxiety disorders cost the global economy US \$ 1 Trillion each year in lost productivity

Source: World Health Organization 2022

Common Mental Disorders

- Major Depression – a disorder defined by persistent feelings of sadness and a loss of interest in activities that causes significant impairment in daily life (e.g. concentration, sleep, appetite, self-esteem).
- Generalized Anxiety – a disorder defined by persistent and excessive worry about a variety of everyday life events, causing significant impairment in daily life (e.g. inability to relax, irritability, disrupted sleep, fatigue).
- Substance Use Disorder - a medical term now used instead of “addiction” or “dependence” ranging from mild to severe. Generally defined by continued use of alcohol / drugs despite harmful consequences (health, relationship, school / work, legal), substance use disorders can involve physical dependence (e.g. increased tolerance and/or withdrawals when use is discontinued) and psychological dependence (e.g. urges and cravings to use)
- Post Traumatic Stress Disorder – a disorder that can develop in response to exposure to a shocking or dangerous event, resulting in a variety of symptoms ranging from nightmares / unwanted memories, insomnia, irritability, and social isolation.
- Adjustment Disorder - a shorter term condition in response to a stressful or unexpected event (e.g. breakup of a relationship, financial difficulty) in which the individual experiencing more stress than expected, impacting quality of daily life.

The Stigma Surrounding Mental Disorders

As a colleague, you can help to tear down stigma and encourage team members to obtain professional help

- A majority of the global population with mental disorders do not receive treatment. – World Health Organization
- 44-50% of employees report that their career options would be limited if the workplace were aware of a mental health issue. – *Lifeworks Mental Health Index 2021*

Self-stigma	Shame, denial, and fear are typical reactions of someone with mental health challenges
Public	There is bias against people living with mental illness which leads to marginalization and discrimination
Associative	Close friends or family encounter shame and discrimination
Structural	Inequality is woven into policies and practices of institutional systems that constrain opportunities, resources, and wellbeing for stigmatized populations

What You Can Do To Help When a Colleague Shares

What does a supportive colleague do?

- Actively listen
- Express empathy
- Suspend judgment
- Discuss / keep confidentiality
- Discuss solutions only after statements of understanding
- Build a bridge to resources – no 'hard sell'
- Agree on a follow up get-together

Approaching a Colleague Who Is Showing Signs of Distress

What does a supportive colleague do?

- Plan: How will you begin the conversation?
- Ask for permission to give feedback
- Provide facts and examples of observed behaviour and the impact on others
- Use “I” statements to explain your concern - you want to help
- Listen, express empathy and be supportive
- Reinforce your confidentiality
- Use statements rather than questions
- Respect boundaries
- Suspend judgment
- After understanding, build a bridge to professional resources

Building a Bridge to Ongoing Support



On the Job

- Leader
- Team members
- HR Partner
- EFAP



Personal Resources

- Family
- Friends
- General practitioner
- Therapist



In the Community

- World Federation for Mental Health
- World Health Organization
- World Psychiatric Association

Conclusion

- Supporting Mental Health issues in the workplace is as important as managing any other type of disorder/injury/trauma
- We do not need to be a specialist or a medical expert. As compassionate colleagues, we can SUPPORT each other during difficult times
- Remember your role (what it is and what it isn't)
- Protect confidentiality
- Suspend judgment