

# Safeguarding News

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## World Mental Health Day – 10 October 2018



### What are mental health problems?

Our mental health is just like our physical health: everybody has it and we need to take care of it. Mental health problems affect around one in four people in any given year. They range from common problems, such as depression and anxiety, to rarer problems such as schizophrenia and bipolar disorder.

### Taking care of our mental health

We all need to take care of our mental health and wellbeing whether we have a mental health problem or not. Mental wellbeing describes how you are feeling and how well you can cope with day-to-day life. It can change from moment to moment, day to day, month to month or year to year.

If you have good mental wellbeing you are able to:

- Feel relatively confident in yourself and have positive self-esteem
- Feel and express a range of emotions
- build and maintain good relationships with others
- feel engaged with the world around you
- live and work productively
- cope with the stresses of daily life
- adapt and manage in times of change and uncertainty
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### Stay mentally well and develop your ability to cope with the up and downs of life:

- Think about what is affecting your wellbeing
- Build positive relationships
- Take time for yourself
- Look after your mental health
- Look after your physical health
- Ask for help if you need it