

# Lifting the lid on stress

Southend  
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For better mental health

# A chance to change

- Mental health – its impact
- Tackling stigma and discrimination
- Stress and PTSD
- Changing environment-a chance for progress





# Impact of poor mental health

- Over 40% of people on Incapacity benefit have a mental health problem
- Reduced life expectancy by up to 10 years
- More likely to experience poverty
- 90% experience some form of stigma
- Impact of multiple discrimination



crimination

**time to change**

*let's end mental health discrimination*

**Let's end mental health  
discrimination.**

# A Stronger Voice

- Voice of the user
- Influencing policy and the media
- A more united voice and network
- Open up
- Early sight through our networks



# Stress and mental health

- **Taking Care of Business- 10% sought help from GP**
- **Growing recognition of issue by employers**
- **Impact of wider recession**



# Stress and PTSD

- **Totally different concepts**
- **1.5-3.5% of population**
- **PTSD very visible in context of military**
- **But affects sizeable numbers outside the military-trauma victims, individual and collective**
- **Key component is the time lapse for clear symptoms to emerge**

 mind

# The impact of PTSD

- ‘The depth of my sorrow was no surprise to me, but I was totally unprepared for the other reactions – the shakes, nightmares, panic attacks, memory and concentration problems, and the unrelenting exhaustion.’  
Bomb attack survivor



# The journey

- One of my problems resulted from experiencing upsetting flashbacks: people badly injured; the shocked faces of fellow passengers and staff at the hospital; my husband and brother-in-law splattered with blood and mud. They came to me when I was at my most vulnerable. I don't think they will ever go completely, but they are fading and are easier to cope with.

Train crash survivor  
 mind

# Solutions?

- **Greater openness about mental health**
- **Getting help and information early**
- **Appropriate treatments – CBT, EMDR (Eye Movement Desensitisation and Reprocessing)**
- **Specialist services-need for choice**



# A Chance in a generation

- Tackling stigma and discrimination
- Changing society
- Providing direct support
- Giving people a voice
- Work in partnership



# Contacts

- “Understanding post-traumatic stress disorder”, available at [www.mind.org.uk](http://www.mind.org.uk)
- MindInfo Line- 0845 7660163
- Tackle stigma and discrimination at [www.time-to-change.org.uk](http://www.time-to-change.org.uk)
- P.farmer@mind.org.uk

