

# Mental Health Report

## A growing issue

*Report by Hannah, Isabel and Laura*

There are many different types of mental illness ranging from OCD to suicidal thoughts. According to BBC.co.uk, one in four adults have been diagnosed with a mental condition. Our report focuses on the different types of mental illness and how it has affected people's lives. Secondly it concentrates on the help and support you can get and recent charity events that have happened over the UK.

## The different types of mental health:

Depression and anxiety are the two main issues involving mental health. Anxiety is an emotion caused by worry and overthinking. Symptoms of this are panic attacks, tremors and insomnia. Depression is a feeling of severe unhappiness and dejection. Symptoms of depression are fatigue, feeling of guilt, worthlessness, headaches and suicidal thoughts. Another main issue of mental health is eating disorders among the younger generation. The two main eating disorders are Anorexia and Bulimia. Anorexia is a loss of appetite and obsession over your weight. Bulimia is extreme overeating followed by fasting or self-induced vomiting.

## Causes of mental health:

There are many causes of mental health issues such as bullying, abuse, loneliness and stress. Mental health issues such as, depression, anxiety, bulimia, anorexia and suicidal thoughts are caused by these things. These cause mental health problems by damaging the person's self-esteem and self-image, which can cause them to have negative thoughts about themselves.

However, some mental health issues are caused by hormonal imbalances these include things like OCD, Bipolar and post-natal depression. OCD can be genetic or a neurological condition and can be caused by things like environmental factors.

## How to prevent mental health problems:

Mental illness can be genetic, but you can do things like eating healthily, getting exercise and having a moderate amount of sleep can lower your chances of becoming mentally ill.

## Help you can get:

There are lots of charities that help people suffering with mental illness. There are also websites and helplines you can call such as child line and kooth.com. There is formal support that you can approach such as counselling and therapy, but you can also get informal support from friends and family.

## Recent charity work:

There was a recent charity event called Heads Together which is supported by The Royal Family. It is all about changing the way mental health is seen and about trying to break the stigma around it. There are lots of organisation and groups being put together to try and

raise awareness to the people suffering. There is a mental health awareness day on the 10<sup>th</sup> October every year to try and raise awareness.

### **Heads Together:**

<https://www.headstogether.org.uk/about-heads-together/> said that “Too often, people feel afraid to admit that they are struggling with their mental health. This fear of prejudice and judgement stops people from getting help and can destroy families and end lives.” Heads Together aims to change the national conversation on mental health. They are charity partners with Anna Freud Centre, this is a charity where they are trying to create services of mental health. They are also partners with Best Beginnings, this is a charity where they focus on children having the best start in life, so they support people with mental health and pregnant women.

### **Our Interview:**

We spoke to a CAHMS worker about the mental health issues going on today. Look at our video to find out more.