

World Mental Health Day Debate – Friday 10th October – Central Baptist Church – 1pm-2pm

1) Associations with mental health

Disability
Rumination (Thinking on and on)
Mental Illness
Thoughts appearing
Hope and happiness
Stigma
Low self-esteem
Good mental health
Anxiety
Pressures in the head
Depression
Effects of cuts (to services)
Feeling restless
Side-effects of medication
Limited contact with people
Mood swings
Pictures in your mind
Isolation
Recovery College
Physical illness – it isn't seen as negative, so neither should mental illness

2) Causes of mental health problems

Not taking medication
Drugs (illegal)
Crisis points
Genetic causes
Relationship issues
Feelings of loss
Stress
Blurred vision and vomiting
Traumatic experiences
Physical illness and vice versa - Getting a balance

Why don't we use the phrase 'mental injury' as we do with physical injury?
Lack of sleep
Bad diet
Worry
Financial issues
Dopamine levels
Feeling suicidal
Chemical imbalances

3) Getting help

GP
Psychiatrist
Telephone 111
Vitamins
Walk-in centre
Hospital
Community teams
Family
Animals – therapy
Finding ways of making yourself feel better
Take exercise
Holidays – taking a break
Drop-ins
Making the best use of services especially when access is limited
Others recognising when you're unwell
Sitting in the sun
Early intervention - recognition of warning signs – Service availability for all ages

4) Barriers to getting help and overcoming them

Barriers:
Money

Reliance on others to tell you you're unwell
Others questioning if it's real / lack of understanding / hostile attitudes from family and friends
Government policy (changes needed)
Cut backs
Long waiting lists (need to cut them)
Medication reviews (more regular CPAs required)

Overcoming them:

Review budgets - so resources are directed to areas of need
More sympathetic media coverage
More holistic assessments
Bring back old-style hospitals
Get the medication right
Thinking more positively
Reopen drop-ins
Exercise
Housing (need to have a home)
Improve transport (get bus passes again)
Care in the community

5) Views on living with schizophrenia

What is it exactly?
Extraordinary beliefs
Thoughts / voices that can't hurt you
Often cut off
It's all in the mind
Diagnosis is a misery
Using the term to 'tick the box' (for assessment/treatment)
It can make you angry/depressed