



MAY/JUNE NEWSLETTER 2017



SAFEGUARDING: MENTAL HEALTH

Welcome

Welcome to the newsletter, we'll be updating the newsletter every other month with regular hints and tips. This month we are focussing on **Mental Health**.

Approximately 1 in 4 people in the UK will experience a mental health problem each year. In England, 1 in 6 people report experiencing a common mental health problem (such as anxiety and depression) in any given week

Despite the prevalence of mental illness 78% of young people think there is a stigma attached to mental health issues and 24% of young people would not confide in someone if they thought they were experiencing a mental health problem.

Forms of Mental Illness

- **Self Harm**
Self-harm is when you hurt yourself as a way of dealing with very difficult feelings, painful memories or overwhelming situations and experiences.
- **Depression**
Depression is a low mood that lasts for a long time, and affects your everyday life.
- **OCD**

Obsessive compulsive disorder (OCD) is an anxiety disorder.

- **Post Traumatic Stress Disorder (PTSD)**
Post-traumatic stress disorder (PTSD) is a type of anxiety disorder which you may develop after being involved in, or witnessing, traumatic events.
- **Panic Attacks**
A panic attack is an exaggeration of your body's normal response to fear, stress or excitement. It is the rapid build-up of overwhelming physical sensations
- **Eating Disorders**
Any of a range of psychological disorders characterized by abnormal or disturbed eating habits, such as Anorexia, Bulimia, and Binge Eating Disorder.

To view a full list of Mental Health Problems and more information on these topics visit [Mind's website](http://www.minds.org.uk).

How to get help

If you are experiencing any kind of Mental Illness or need more information you can contact one of the helplines below;

Mind Infoline
0300 123 3393
info@mind.org.uk

Text: 86463

Samaritans

116 123
jo@samaritans.org

NHS

You can find a list of helplines specialising in a variety of things on the [NHS website](http://www.nhs.uk)

Safeguarding Team

Contact Steadfast Training's Safeguarding team on 0845 223 2401 or email sonia.roberts@steadfasttraining.co.uk

IF YOU NEED URGENT HELP

If you need urgent help you can use the [MIND tool](http://www.mind.org.uk) which is designed to help you understand and manage your situation when you feel like you need help.

If you want to speak to someone right now, the quickest route is to access emergency services.

For urgent medical attention, your options are Accident & Emergency (A&E) and Emergency GP appointments.

For urgent medical advice you can call the NHS 111



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If you want to help someone else

Most people experiencing a mental health problem will speak to friends and family before they speak to a health professional, so the support you offer can be really valuable. You can find information on the [Mind website](#) about how to support who is experiencing a mental health problem.

Useful Links

Victim Support

0845 30 30 900

www.victimsupport.org.uk

Victim Support helps people cope with the effects of crime.

Crimestoppers

0800 555 111

www.crimestoppers-uk.org

Crimestoppers is an independent UK-wide charity working to stop crime. You can call them anonymously.

Metropolitan Police

[Report possible terrorist activity online](#)

If you see anything or anything suspicious call the local police or the police anti-terrorist hotline on 0800 789 321. You can also report it online on the Met police website.

9 Protected Characteristics;

- Age
- Disability
- Gender Reassignment
- Marriage & Civil Partnership
- Pregnancy & Maternity
- Race
- Religion or Belief (including lack of belief)
- Sex
- Sexual Orientation

The Prevent Duty

The Prevent Duty is part of the government strategy to reduce the risk of Extremism, Terrorism and Radicalisation.

Extremism is the holding of extreme political or religious views.

How can we prevent it? Whilst the signs are different in each case, we can see some of or a mixture of these changes in dress, clothing or social groups, secretive behaviour,

showing sympathy for extremist causes, advocating extremist messages, glorifying violence, accessing extremist literature and imagery, showing a mistrust of mainstream media reports and belief in conspiracy theories and appearing angry about governmental policies, especially foreign policy

[Report possible terrorist activity online](#)

If you are concerned about someone or see anything suspicious call the local police or the police anti-terrorist hotline on 0800 789 321. You can also report it online on the Met police website.

British Values

British Values are defined as;

- Democracy
- The Rule of Law
- Individual Liberty
- Mutual respect for and tolerance of those with different faiths and beliefs and for those without faith.

If you wish to raise an issue of safeguarding for a learner or individual related to Steadfast Training Ltd in any way, please contact the centre immediately on: 0845 223 2401.

For more information on anything covered in the newsletter, feedback or ideas for the next issue, please contact us on info@steadfasttraining.co.uk.