



Mental Health Awareness

What is mental health?

Mental Health is defined as a state of wellbeing in which every individual realises their own potential, can cope with the normal stresses of life and work productively and fruitfully. **World Health Organisation**

Mental health is part of our overall health:

- How we think feel, and behave
- How we cope with the ups and downs of life
- How we feel about ourselves and our lives
- How we see ourselves and our future
- How we deal with negative things that happen to us
- Our self esteem and confidence

We ALL have mental health

Just like we all have physical health we all have mental health too. It is important we take time to look after our mental health to reduce our risk of mental illness.

Mental Health

Your general state of wellbeing and state of mind. Something that should be looked after

Mental Illness

Something that disrupts your mental state and interrupts how you feel, think, communicate, and behave

Some of the most commonly diagnosed mental health issues are:

Mood disorders

- Depression (including post-natal depression)
- Bipolar disorder

Anxiety disorders

- Generalised anxiety disorder (GAD)
- Obsessive compulsive disorder (OCD)
- Post-traumatic stress disorder (PTSD)

Psychotic Disorders

- Psychosis
- Post-partum psychosis,
- Schizophrenia

Eating disorders

- Anorexia nervosa
- Bulimia nervosa
- Binge eating disorder

Did you know....

- 1 in 4 people will experience some form of mental health issue in any given year
- Mental Health issues can affect **anyone**
- Mental ill health is the single largest cause of disability in the UK - contributing to nearly 23% of the total burden. (Cancer - 15.9% / Cardiovascular - 16.2%)
- The total cost of mental ill health in England is estimated at £105 billion per annum

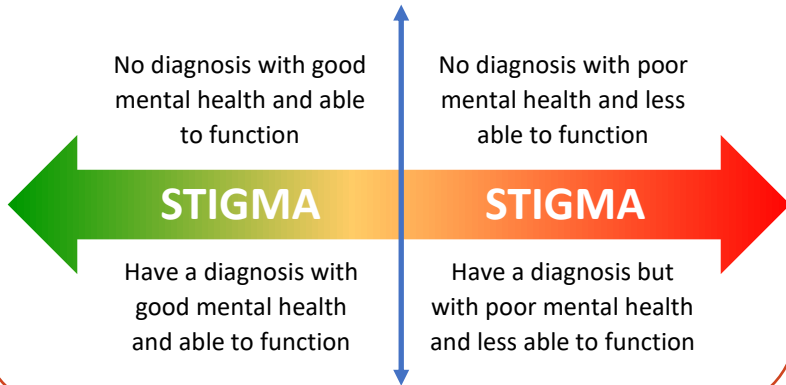
You can find out more about the personal experiences of some of LionHeart's mental health ambassadors on the [blog](#) page of our website



	How alcohol almost cost me everything		Overwhelm - and overcoming it
	Alcohol anxiety and how secrets keep you sick		Living with anxiety and depression
	I had no idea stress could cause a real physical pain		My experience of counselling
	Baby loss and depression		The one about the bipolar surveyor
	I hit absolute bottom – but it was the catalyst to seek help		Is it really okay not to be okay?
	Living with panic attacks - my story		When the reality of motherhood doesn't quite go to plan



The mental health continuum:



How to start a conversation

- Get some fresh air
- Send a message
- Grab a coffee
- Give them a call
- Tell them how you're feeling
- Find out how they like to unwind
- Say thank you

Watch our 2 minute video on tips to start a conversation [here](#).

The mental health continuum shows us that regardless of whether someone has a diagnosed mental health condition, they can still have good or bad mental health. However, stigma can mean people with poor mental health often feel isolated and put off seeking help for fear of being judged.

What are the signs someone might be struggling with their mental health?

Physical	Emotional and Behavioural	At work: whilst working remotely
Frequent headaches and stomach upsets	Irritability, aggression or tearfulness	Difficulty working to a structure and routine
Frequent minor illnesses	Feeling withdrawn, avoiding social situations	Missing out on meetings
Difficulty sleeping	Increased arguments or conflict with others	Avoiding contact or communication with colleagues
Feeling run down	Increased consumption of caffeine, alcohol, cigarettes	Avoiding putting the camera on if required
Lack of care over appearance	Indecision or inability to concentrate	A lack of care in appearance
Sudden weight loss or gain	Loss of confidence	Poor time keeping

There are lots of available sources of support

- GP
- HR
- Occupational Health
- Employee Assistance Programme (EAP)
- LionHeart for RICS professionals
- Professional online help
- Charities – Mind, Rethink Mental Illness, Samaritans

Here are some of the ways in which LionHeart help RICS professionals:



- Emergency grants
- Counselling
- Legal advice
- Bereavement support
- Back to work support
- Coaching
- Support with physical and mental ill health
- Ongoing financial support



Contact LionHeart

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