

# Hopefully Helpful Tips on Mental Health

2017 SEBA Ministers Conference

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## Basic essentials of Mental Health

We all have Mental Health and sometimes it is good and sometimes poor. However, when poor Mental Health begins to impact negatively on our lifestyles, we need extra support.

Mental Health issues are common (1 in 4 people will suffer during their lifetimes) and so it is inevitable that yourself, a family member or someone you know, will be effected. Therefore it is important to be equipped beforehand so that early intervention can take place or, in some cases, complete breakdown may be avoided.



### Mental Health Issues and services talk loosely of two types:-

Organic (or Functional) – caused by physical changes or damage to the brain/neurological processes. This can be dementia or learning disability.

Non-organic (Cognitive) – caused by the brains inability to process situations through chemical imbalance, hormone changes or learnt behaviour patterns/previous experiences and trauma.

These may cover such diagnosis as Anxiety and panic attacks, Bipolar disorder, Body dysmorphic disorder (BDD), Borderline personality disorder, Depression, Eating problems, Hearing voices, Hypomania and mania, Obsessive-compulsive disorder (OCD), Panic attacks, Paranoia, Personality disorders, Phobia, Postnatal depression, Post-traumatic stress disorder (PTSD), Psychosis, Schizophrenia, Self-harm, Suicidal feelings etc

For more information visit the Mind website:- <http://www.mind.org.uk/information-support/types-of-mental-health-problems/mental-health-problems-introduction/#.WLgiDE9vgdU>

## How does the NHS help?

The NHS is divided into many different 'Trusts'. You will find that one Trust deals with Mental Health delivery. In Sussex this is Sussex Partnership Foundation Trust and in Kent, Kent and Medway Partnership Trust. The Chaplains in Sussex are, Simon Hobbs (East Sussex), Vicky Martin (Mid-Sussex) and Graham Reeves (West Sussex) and for Kent is Revd Ruth Bierbaum M.A ([chaplain@kmpt.nhs.uk](mailto:chaplain@kmpt.nhs.uk))

This is a rough guide as to how each level of Mental Health Issues are dealt with in Sussex (and most other areas of the country)

Level	Support Offered
1. Functioning Depression and Anxiety	GP – medication and/or referral
2. Need for low level intervention	Local services for counselling and community support – Health in Mind, Star etc
3. Concern for patient	Psychiatric assessment and intervention ie CAMHS
4. Higher Level Support	Care in the community, hospital assessments, regular contact from key/social worker
5. Urgent Care	Hospital Admission (short term or long term sectioning)

### **Mental Health Friendly Churches across SEBA!**

Wouldn't it be wonderful if every Baptist church in our area could be a safe place for people with Mental Health Issues? I am sure many churches already consider themselves to be so but here are few suggestions that could be looked at for the future.

### **Mental Health Friendly?**

- Encourage on-going conversations around mental health issues.
- Ensure pastoral team (and members) are trained in MH awareness and/or dementia care
- Have a robust Pastoral Care Policy
- Keep a vulnerable adults register/coordinator
- Good Welcome – actually escorting people to seats and for coffee
- Model Mental Health Self-Care by the leaders

## How we can help you

- Help and Advice – 0300 5000 101
- Chaplains available for training and talks
- Peace of Mind training days (email address pls)
- Ministering to church members whilst in our care
- Directing people your way
- Access to Christians working in Mental Health who can offer advice

## How you can help us

- Spiritually
  - Avoid unhelpful prayers/prayer ministry
  - Catch those who slip through the net
  - Raise the alarms early
- Practically
  - Toiletries, clothes etc
  - Take people from our care/referrals
  - Happy Cafes – Safe Spaces
  - Care for the Carers

### Here are some further resources

Mind and Soul <http://www.mindandsoul.info/>

Peace of Mind (local charity designed to equip churches with Mental Health issues)

<http://www.peaceofmindcbh.org/>

Mind <http://www.mind.org.uk/>

YMCA also do some amazing work with young people

<http://www.ymca.org.uk/about/what-we-do/health-and-wellbeing/mental-health-champions>

You could also like my professional page on Facebook to keep up with other resources as I come across them and to add your own.

[https://www.facebook.com/sussexpartnershipchaplain/?hc\\_ref=PAGES\\_TIMELINE&fref=nf](https://www.facebook.com/sussexpartnershipchaplain/?hc_ref=PAGES_TIMELINE&fref=nf)