

Mental Health

Please note, this is a sensitive topic that impacts many people. If you find that this has caused you any upset or distress, please stop and seek appropriate support or feel free to reach out to the Safeguarding team.

Safeguarding support options

Ways to access support if you are worried for yourself or someone else:

- Email safeguarding@qa.com
- Complete a [Safeguarding Self-Referral Form](#) if the concern relates to you.
- Complete a [Safeguarding Referral Form](#) if you are worried about someone else.



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Mental Health

Everyone has mental health and so like physical health we can recognise the benefit of maintaining in good health. Not everyone will experience mental illness, however for some there may be times where our mental health turns into an illness or periods of struggling.

Mental health influences how we think and feel about ourselves, others and how we interpret events. It affects our capacity to learn, to communicate and to form, sustain and end relationships. It also influences our ability to cope with change, transition and life events. Accepting and understanding that mental health is nothing to be ashamed of is the first steps to moving in the right direction

Common Myths	Truths
Mental health issues are rare.	One in four people will experience a mental health issue.
Only certain demographics are affected.	Everyone, regardless of background, can experience mental health issues.
Mental health conditions are not real diseases.	Mental health disorders are classified as legitimate medical conditions.

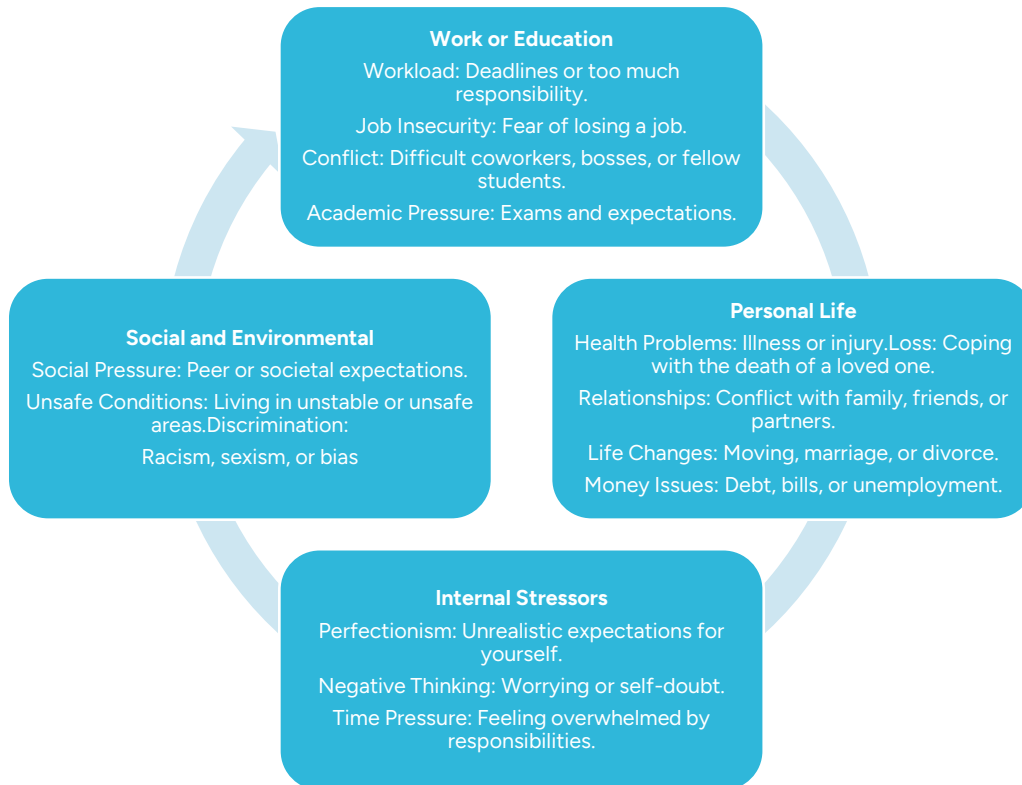
Symptoms of mental health struggles

Someone struggling with their mental health may demonstrate or feel:

- Down, upset or tearful
- Restless, agitated or irritable
- Guilty, worthless and down on yourself
- Empty and numb
- Isolated and unable to relate to other people
- No pleasure in life or things they usually enjoy
- A sense of unreality
- No self-confidence or self-esteem
- Hopeless and despairing
- Suicidal.

Stress

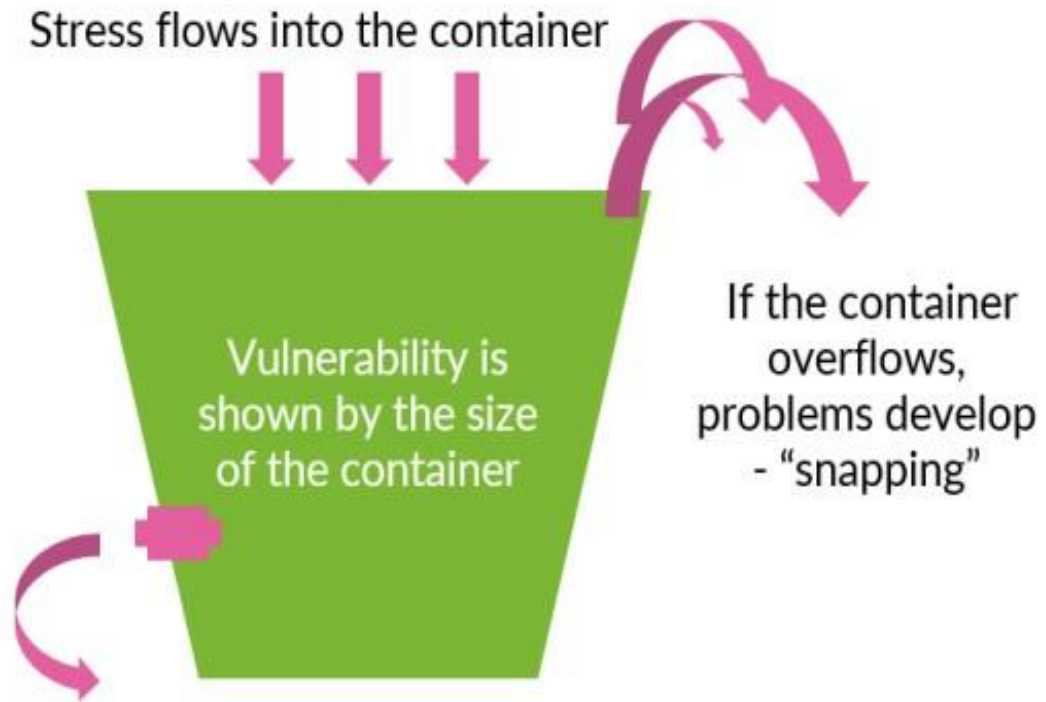
In this section we will look at common sources for stress and how this can be managed by yourself. Initially it is possibly worthwhile spending some time on considering what are your sources of stress.



Question to consider

1. Can you relate to any of these stresses?
2. What other stress factors can you think of?

What's in your Stress Container?



Helpful coping strategies = tap working lets the stress out

Unhelpful coping strategies = tap blocked so water fills up and overflows

[stress-container-resource-download.pdf](https://www.qa.com.au/stress-container-resource-download.pdf)

Questions

- Do you have too much in your stress container?
- What can you do to overcome this?

Realise when it is causing you a problem

Try to make the connection between feeling tired or ill and the pressures you are faced with. Look out for physical warnings such as tense muscles, over-tiredness, headaches or migraines.

Review your lifestyle

- Could you be taking on too much?
- Are there things you are doing which could be handed over to someone else?
- Can you do things in a more leisurely way?
- Is there something you can add to your lifestyle that will help improve how you feel?

Take a look at the Wellness Wheel, choose from one of the links below to help assess your lifestyle and consider changes to improve your mental health and wellbeing.



[How to use a wellness wheel to boost your wellbeing — Calm Blog](#)
[Wellbeing wheel | Nuffield Health](#)

Who can you reach out to?

Family, Friends and Carers

If you are experiencing mental health related issues it may help you to discuss how you are feeling with a trusted family member or close friend. Aside from being able to listen they may be able to help you in terms of seeking further support and going through those options with you. Allowing the people around you to be aware of what you are going through enables them to support you in the day-to-day activities, they will also be able to motivate you and encourage you when you find this difficult to do on your own.

Speaking to your GP

Speaking to your GP about your mental health may be the best place to start, they will be able to listen and assess you based on the information you provide. Your GP will also be able to refer you to secondary support if they feel this is something you would benefit from. Although speaking to a GP comes naturally when we are experiencing symptoms of ill physical health, people often overlook their mental health when discussing concerns with their GP. If you would like to contact your GP regarding your mental health, you can book an appointment and have a conversation regarding your concerns and symptoms.

Trained Professionals (Counsellors & Therapists)

If you feel that you would like to talk through your feelings and concerns without consulting your GP, you may find it beneficial to speak with trained professionals such as counsellors and therapists. There are many benefits to speaking with trained professionals, there will more detail on this in the Talking Therapies part of this document. If you would like to arrange this support privately you can access [Counselling Directory - Find a Counsellor Near You](#) which has professionals who are accredited through the British Association for Counselling and Psychotherapy.

Your employer

Does your employer have employee assist you can access? Do they have Mental health first aiders who you can speak to?

Charity Organisations

- Anxiety UK - Charity providing information and support for people experiencing anxiety disorders. [National charity helping people with Anxiety - Anxiety UK](#)
- B-eat - Offers information on eating disorders and runs a supportive online community. [B-eat](#)
- CALM (Campaign against living miserably) - Provides listening services, information and support for men at risk of suicide. [Homepage | Campaign Against Living Miserably \(CALM\)](#)
- OCD-UK - A charity run by people with OCD who campaign and can help with local support group information [OCD-UK | A national OCD charity, run by, and for people with lived experience of OCD](#)

- Papyrus Hopeline - Provides information and support for anyone under 35 who is struggling with suicidal feelings and self-harm. [HOPELINE247 | Papyrus](#)
- Rethink Mental Illness - Charity providing information and support for people experiencing a mental health problem, including an online directory of local support services. [Rethink Mental Illness](#)
- Samaritans – 24-hour emotional support for anyone struggling to cope. [Contact Us | Samaritans](#)
- SANE - Runs Saneline helpline offering practical information and support. [Home - SANE](#)

Further Resources

Visit our learner portal for Information, advice and activities to help prioritise your wellbeing during your apprenticeship programme, including workload management, handling stress, and external support services. [Apprentice learner's portal](#)

Reminder:

For safeguarding support please contact safeguarding@qa.com for further advice and support or make a referral via these links:

- [Staff/Employer/Peer Referral](#)
- [Learner Self-Referral](#)
- [Low level & Behavioural Concern](#)

