

TAKE 10 TOGETHER

Triggers

& Signs

of mental ill health

We all have mental health just as we have physical health, but it can seem more difficult to spot the signs of mental ill health. Here are some of the common triggers which might impact on someone's mental health and signs that suggest they may need support.

Triggers

People often undergo significant life changes without developing a mental health issue. But for some people changes in their work or personal life, including happy events, can prove stressful and may trigger mental ill health.

Here are some examples of circumstances which might trigger mental ill health



Personal life changes



Bereavement



Relationship breakdown



Having children



Health scares or physical illness



Changes at work



Starting a new job



Coping with an increased workload or a promotion



Poor relationships with colleagues or managers



Redundancy, or fear of redundancy

Signs to spot

Recognising a mental health issue is the first step in getting the support needed to recover. One of the first signs of mental ill health may be changes in the person's behaviour.

Physical

Some of the signs to look out for...



Frequent headaches or stomach upsets

Suffering from frequent minor illnesses



Difficulty sleeping or constant tiredness

Being run down



Lack of care over appearance

Sudden weight loss or gain

Emotional & behavioural



Irritability, aggression or tearfulness

Being withdrawn, not participating in conversations or social activities

Increased arguments or conflict with others

Increased consumption of caffeine, alcohol, cigarettes or sedatives

Indecision, inability to concentrate

Erratic or socially unacceptable behaviour

Being louder or more exuberant than usual

Loss of confidence

Difficulty remembering things

Loss of humour

At work

Increased errors, missing deadlines or forgetting tasks

Taking on too much work and volunteering for every new project

An employee who is normally punctual arriving late

Working too many hours: first in, last out, sending emails out of hours or while on leave

Increased sickness absence

Being fixated with fair treatment and quick to use grievance procedures

Look out for these signs that an employee may need more support in the workplace

#Take10Together this World Mental Health Day.

Visit mhfaengland.org to find out about Mental Health First Aid and how you can support a friend, family member, colleague or student with their mental health.

