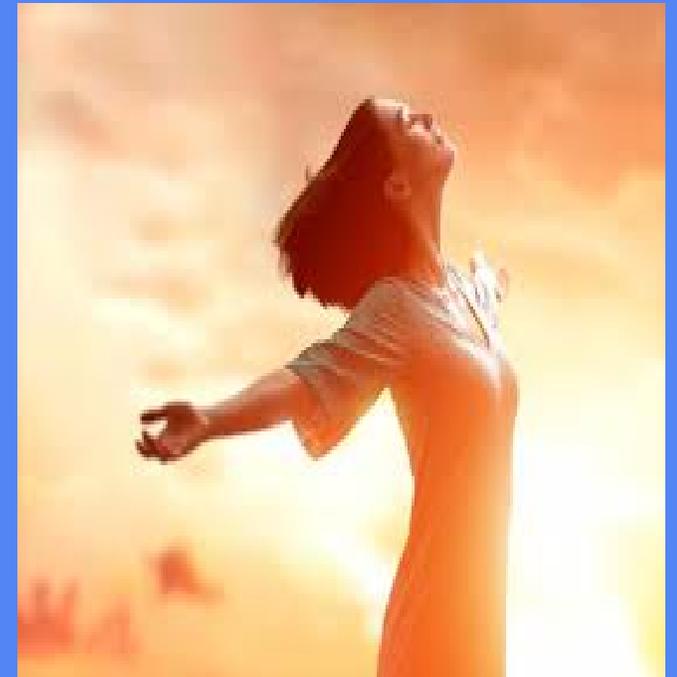




What does the term ‘mental health’ mean to you?

“Mental health influences how we think and feel about ourselves and 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.”



(Dr Lynne Friedli 2004)

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Self-harm



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Task



Ask students the following questions, and ask them to record their answers on a piece of paper:

1. What is self-harm?
2. What makes the behaviour harmful?
3. Are some behaviours more harmful than others?





What is self-harm?

- It's a behaviour not an illness
- It's not attention seeking and is often a secretive and private act.
- Self-harm is used to: communicate feeling of distress, give relief from emotional pain and tension, regain feelings of control or self punishment for feelings of guilt or shame
- It can range from minor injury to dangerous and life-threatening behaviour



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Imogen Smith's story:

Imogen is the Communications and Campaigns Manager at Anorexia & Bulimia Care (ABC). For over 25 year, ABC has provided personal care and support for anyone affected by anorexia, bulimia, binge eating and all types of eating distress. Imogen has her own personal experience of self harm.



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Examples of self-harming behaviour

- Cutting
- Branding (burning, friction burn)
- Picking at skin or re-opening wounds
- Hair-pulling (trichotillomania)
- Hitting, bone breaking, punching walls, head-banging, provoking fights
- Multiple piercing or tattooing may also be a type of self-injury, especially if pain or stress relief is a factor
- Drinking harmful chemicals, swallowing objects other than food and drink.
- Taking personal risks



Using alcohol or drugs increases the risk of self harm

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Group Task



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Divide the group into 2 groups and as both groups to discuss each of these questions.....

Both groups to feedback what they have drawn/written on the flip chart paper.

Group 1

To discuss what are all the reasons for a young person's self-harming behaviour? (risk factors/triggers)

Group 2

What would be the warning signs? How could we tell that they are self-harming?
(psychological, physical and behavioural)



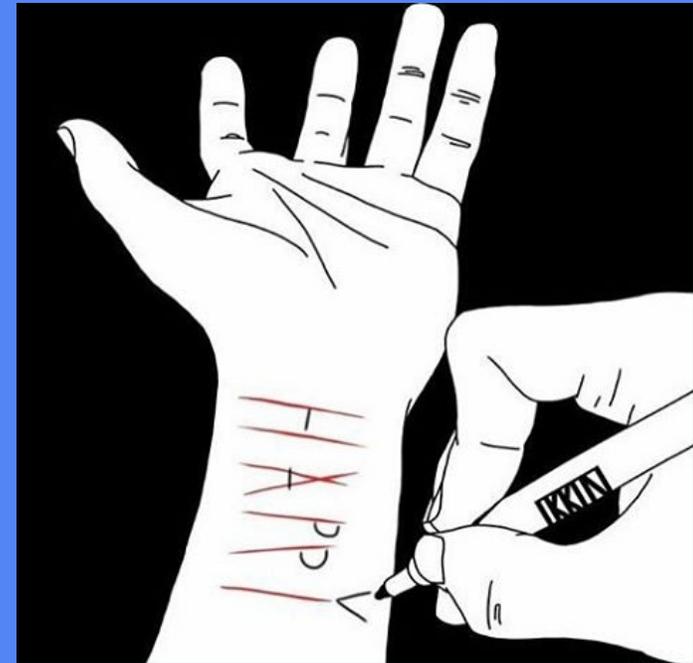
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Minimise self-harm damage



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- Use a red felt tip pen to mark where you might usually cut
- Hit pillows or cushions, or have a good scream into a pillow or cushion to vent anger and frustration
- Rub ice across your skin where you might usually cut, or hold an ice-cube in the crook of your arm or leg
- Put elastic bands on wrists, arms or legs and flick them instead of cutting or hitting
- Have a cold bath or shower
- Alternative therapies: massage, mindfulness, meditation, acupuncture, aromatherapy
- Exercise for a release of endorphins and that feel-good factor
- Play with a stress ball or make one yourself
- Phone a helpline or a friend



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Help and support networks



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- You can get confidential help with [self-harm](#) from ChildLine – either over the phone or through an online chat.
- [TESS](#) text and email support service runs Monday to Friday from 7pm to 9pm for girls and women aged under 25. Text them on 0780 047 2908.
- Anyone can contact the [Samaritans](#) on their 24-hour helpline to talk things through. 116 123
- [RecoverYourLife.com](#) is an online community where you can get peer support for self-harm and other mental health problems.
- Need help but confused where to go locally? Download our [StepFinder](#) iPhone app to find local support services quickly.
- Speak to your GP.
- Ask for help in school.

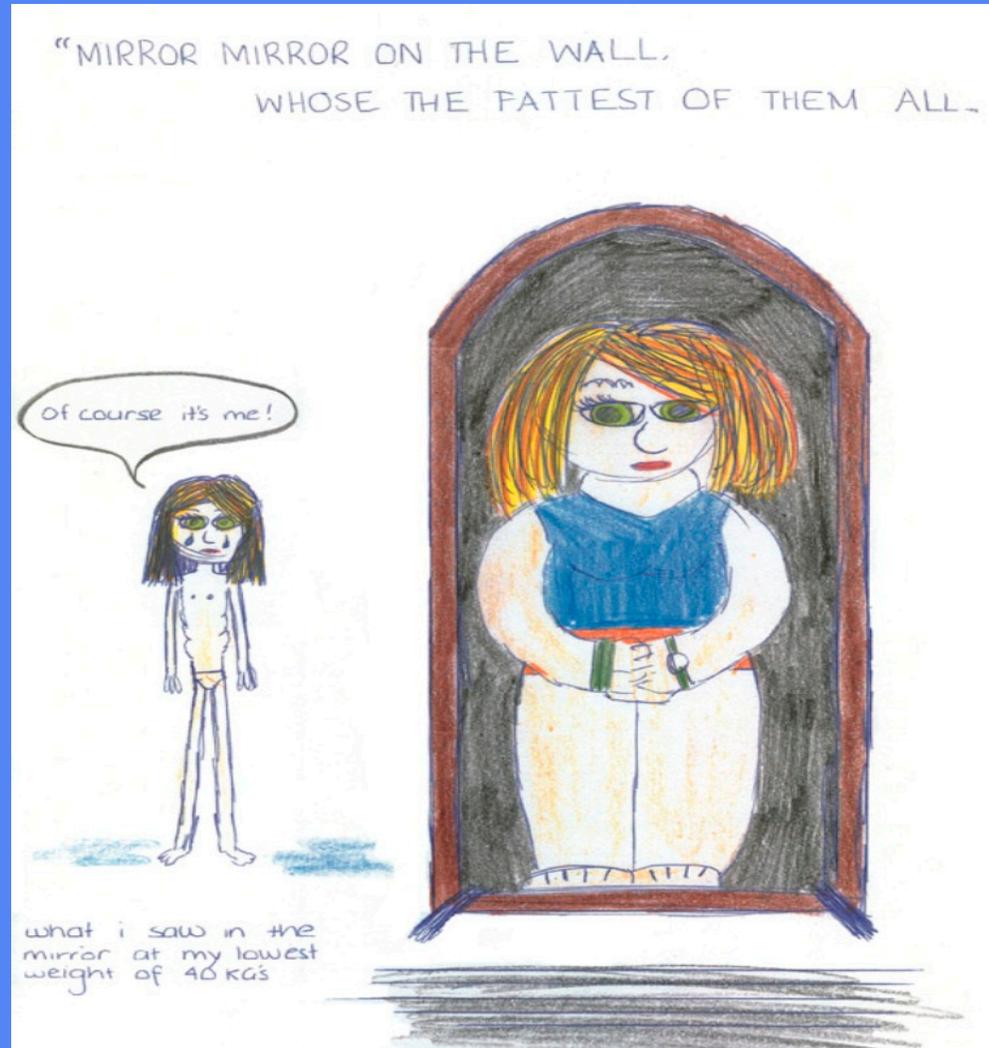


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Eating disorders



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What are eating disorders?

Eating disorders involve a disturbance of eating habits or weight-control behaviour which results in impairment to physical health or which affects the person's psychological and social functioning.

- Often coexists with anxiety, depression, OCD or personality disorders.

One in ten people in the UK will experience partial or full symptoms of Anorexia Nervosa, Bulimia Nervosa or Binge Eating Disorder at some point in their lifetime.

(Royal College of Psychiatrists, 2012)



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Eating disorders facts and figures

- _ 1.6 million people in the UK are affected by an eating disorder, of which around 11% are male. (NICE, 2004)
- _ The number of people diagnosed with eating disorders has increased by 15% since 2000, with incidences in males rising by 27%. (Micali, N. et al., 2014)
- _ Recent research from the NHS information centre showed that up to 6.4% of adults displayed signs of an eating disorder. 25% male. (Adult Psychiatric Morbidity Survey, 2007).
- _ 15% increase in diagnosis since 2000. 4,610 girls and 336 boys aged 15-19 develop a new eating disorder in the UK every year. (Micali, N. et al., 2013)
- _ Hospital admissions for eating disorders have risen by 8% in a year, 91% female. The most common age for females was 15 years old and for males this was 13 years old. (Health and Social Care Information Centre, 2014)



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Anorexia Nervosa

- Distorted body image, self induced weight loss through food avoidance, appetite suppressants, vomiting and excessive exercise. (15% below normal weight)
- Loss of menstrual periods

Bulimia Nervosa

The main characteristics are:

- Repeated episodes of uncontrolled overeating (binge-eating)
- Extreme weight control behaviour: extreme dieting, frequent use of vomiting, laxatives and excessive exercise
- May be underweight, overweight and healthy weight

Binge Eating Disorder

- Repeated episodes of uncontrolled overeating
- No compensatory behaviour for overeating e.g. no purging
- Significant distress regarding overeating
- Episodes occur on average, at least two days per week for six months



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EDNOS (Eating Disorder Not Otherwise Specified)

It is a term sometimes used to diagnose someone who has an obvious eating disorder, but does not quite fit into the criteria for any one other disorder. It is therefore common amongst children or men, or if an eating disorder is picked up early.

For example:

- Similar to Anorexia Nervosa except they have a regular menstrual cycle or the individual's current weight is within the normal range.
- Similar to Bulimia Nervosa except binges occur less frequently
- A young person who repeatedly chews and spits out, but does not swallow, large amounts of food



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Sam Thomas story:

Sam founded Men Get Eating Disorders Too (MGEDT) in Spring 2009 following his own experience of an eating disorder throughout his teens. Having had bulimia form eight years, he managed to recover in his early twenties. Reflecting on his experiences he realised being male was largely why he found it difficult to get appropriate support. In response to this he set up the original MGEDT.



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Task



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Zentangle Exercise

If you are a doodler, you could use your pen as a tool for meditation!

Why Zentangle? While the process may look intricate, it is a deceptively simple pathway to relaxation and inner focus. In fact, proponents of the practice note that it has multiple benefits including calming an anxious mind, increasing self-confidence, and cultivation moment-to-moment awareness in a similar way as mindfulness meditation.

- During the music, focus on drawing a repetitive pattern on your postit. You should focus on doing this and this only.

Example:

https://www.youtube.com/watch?v=2W6KD1xq_Zo

London Grammar – Hey now! (music)

<https://www.youtube.com/watch?v=nMEHJPuggHQ>



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Action for Happiness



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1. **Giving** – Do things for others
2. **Relating** – Connect with people
3. **Exercising** – Take care of your body
4. **Appreciating** – Notice the world around
5. **Trying Out** – Keep learning new things
6. **Direction** – Have goals to look forward to
7. **Resilience** – Find ways to bounce back
8. **Emotion** – Take a positive approach
9. **Acceptance** – Be comfortable with who you are
10. **Meaning** – Be part of something bigger

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