

# Mental wellness displays

Having mental wellness displays for staff and patients can encourage people to take some time to consider how they are feeling and thinking. Links below include resources and infographics that can be used as display posters.

**WHAT IS STRESS?**

**#ADDRESS YOUR STRESS**

Stress is the body's response when it senses danger. We all experience stress and need it to function.

But when stress interferes with our lives, it becomes a problem. Too much stress, for too long, can make us ill.

If unaddressed, stress can cause mental health issues like depression or anxiety and harm our physical health.

1 in 6 British workers will experience depression, anxiety or stress-related issues.

There are simple steps you can take to **#AddressYourStress**. Check out our resources at **mhfaengland.org**

MHFA England

Image from MHFA England website

<https://mhfaengland.org/mhfa-centre/resources/resource/?id=48b51c37-3ca5-e811-8147-e0071b668081>

<https://mhfaengland.org/mhfa-centre/resources/address-your-stress/>

<https://www.gov.uk/government/publications/frank-posters>

<https://resources.drinkaware.co.uk/collections/health-professionals>

<https://www.mind.org.uk/news-campaigns/campaigns/blue-light-programme/blue-light-resources/>

# Mental Health Reports & Action plans

WHO evidence for action, investing in mental health 2013

[https://apps.who.int/iris/bitstream/handle/10665/87232/9789241564618\\_eng.pdf?sequence=1](https://apps.who.int/iris/bitstream/handle/10665/87232/9789241564618_eng.pdf?sequence=1)

NHS Adult Psychiatric Morbidity Survey 2014: Provides England's National Statistics for the monitoring of mental illness and treatment access in the population

[https://webarchive.nationalarchives.gov.uk/ukgwa/20171010183932tf\\_/http://content.digital.nhs.uk/catalogue/PUB21748/apms-2014-full-rpt.pdf](https://webarchive.nationalarchives.gov.uk/ukgwa/20171010183932tf_/http://content.digital.nhs.uk/catalogue/PUB21748/apms-2014-full-rpt.pdf)

Five year forward plan: Independent mental health task force report to the NHS 2016

<https://www.england.nhs.uk/wp-content/uploads/2016/02/Mental-Health-Taskforce-FYFV-final.pdf>

NHS mental health implementation plan 2019-2024

[www.longtermplan.nhs.uk/wp-content/uploads/2019/07/nhs-mental-health-implementation-plan-2019-20-2023-24.pdf#:~:text=The%20Five%20Year%20Forward%20View%20for%20Mental%20Health%2C,health%20across%20England%20in%20the%20past%20three%20years](http://www.longtermplan.nhs.uk/wp-content/uploads/2019/07/nhs-mental-health-implementation-plan-2019-20-2023-24.pdf#:~:text=The%20Five%20Year%20Forward%20View%20for%20Mental%20Health%2C,health%20across%20England%20in%20the%20past%20three%20years)

Workforce burnout & resilience report 2021-2022 in NHS and social care

<https://committees.parliament.uk/publications/6158/documents/68766/default/>

# Burnout – Links and Information

Burnout is a state of exhaustion, it can be experienced emotionally, physically or mentally due to excessive or chronic stress. Burnout can occur in any occupation but it has a higher prevalence amongst professional people in caring professions such as medicine, nursing, social work, counselling and teaching.



Image from Powerpoint stock images

Burnout in Orthotics and Prosthetics article  
[www.oandplibrary.org/op/1986\\_02\\_024.asp](http://www.oandplibrary.org/op/1986_02_024.asp)

Examining the relationship between burnout and empathy in healthcare professionals: A systematic review  
[www.sciencedirect.com/science/article/pii/S2213058617300025](http://www.sciencedirect.com/science/article/pii/S2213058617300025)

Healthcare Staff Wellbeing, Burnout, and Patient Safety: A Systematic Review  
<https://journals.plos.org/plosone/article?id=10.1371/journal.pone.0159015>

Mindfulness, Self-Compassion, and Empathy among Health Care Professionals: A Review of the Literature  
[www.h-partners-for-life.com/wp-content/uploads/2017/04/Mindfulness-Self-Compassion-and-Empathy-Among-Health-Care-Professionals-A-Review-of-the-Literature.pdf](http://www.h-partners-for-life.com/wp-content/uploads/2017/04/Mindfulness-Self-Compassion-and-Empathy-Among-Health-Care-Professionals-A-Review-of-the-Literature.pdf)

Workforce burnout & resilience report 2021-2022 in NHS and social care  
<https://committees.parliament.uk/publications/6158/documents/68766/default/>

NHS employer's emotions explained  
[www.nhsemployers.org/sites/default/files/2021-09/ewb-toolkit-your-emotions-explained.pdf](http://www.nhsemployers.org/sites/default/files/2021-09/ewb-toolkit-your-emotions-explained.pdf)

# Signposting

Signposting is directing someone to the services available to them.

Below we have included links for various NHS, charity and website resources providing support and information for a variety of mental health experiences, issues and conditions.



Image from <https://4vector.com/free-vector/fine-signpost-vector-1479>

## Addictions

[www.nhs.uk/live-well/healthy-body/addiction-what-is-it/](http://www.nhs.uk/live-well/healthy-body/addiction-what-is-it/)

[www.addaction.org.uk](http://www.addaction.org.uk)

## Anxiety

[www.nhs.uk/mental-health/conditions/anxiety/](http://www.nhs.uk/mental-health/conditions/anxiety/)

[www.nhs.uk/mental-health/conditions/panic-disorder/](http://www.nhs.uk/mental-health/conditions/panic-disorder/)

[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

## **BAME support**

[www.mentalhealth.org.uk/a-to-z/b/black-asian-and-minority-ethnic-bame-communities](http://www.mentalhealth.org.uk/a-to-z/b/black-asian-and-minority-ethnic-bame-communities)

<https://borderlinesupport.org.uk/support/bame>

[www.england.nhs.uk/supporting-our-nhs-people/support-now/support-for-our-diverse-colleagues/](http://www.england.nhs.uk/supporting-our-nhs-people/support-now/support-for-our-diverse-colleagues/)

## **Chronic pain**

[www.nhs.uk/Planners/yourhealth/Documents/The%20pain%20toolkit%20-%20Oct%2010%20-%20READ.pdf](http://www.nhs.uk/Planners/yourhealth/Documents/The%20pain%20toolkit%20-%20Oct%2010%20-%20READ.pdf)

## **Depression**

[www.nhs.uk/mental-health/conditions/clinical-depression/living-with/](http://www.nhs.uk/mental-health/conditions/clinical-depression/living-with/)

[www.depressionuk.org](http://www.depressionuk.org)

[www.pandasfoundation.org.uk](http://www.pandasfoundation.org.uk)

[www.apni.org](http://www.apni.org)

## **Eating disorders**

[www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/eating-disorders/](http://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/eating-disorders/)

<https://mentalhealth-uk.org/help-and-information/conditions/eating-disorders/more-information/>

[www.beateatingdisorders.org.uk/get-information-and-support/get-help-for-myself/i-need-support-now/helplines/](http://www.beateatingdisorders.org.uk/get-information-and-support/get-help-for-myself/i-need-support-now/helplines/)

## **General self help**

[www.nhs.uk/mental-health/self-help/](http://www.nhs.uk/mental-health/self-help/)

[www.nhsemployers.org/howareyoufeelingnhs](http://www.nhsemployers.org/howareyoufeelingnhs)

## **LGBTQ+ support**

[www.england.nhs.uk/about/equality/lgbt-health/](http://www.england.nhs.uk/about/equality/lgbt-health/)

[www.urccp.org/article.cfm?ArticleNumber=69](http://www.urccp.org/article.cfm?ArticleNumber=69)

[www.switchboard.lgbt](http://www.switchboard.lgbt)

[www.stonewall.org](http://www.stonewall.org)

## **Psychosis conditions**

[www.nhs.uk/mental-health/conditions/schizophrenia/living-with/](http://www.nhs.uk/mental-health/conditions/schizophrenia/living-with/)

[www.nhs.uk/mental-health/conditions/psychosis/](http://www.nhs.uk/mental-health/conditions/psychosis/)

[www.nhs.uk/mental-health/conditions/bipolar-disorder/](http://www.nhs.uk/mental-health/conditions/bipolar-disorder/)

[www.hearing-voices.org](http://www.hearing-voices.org)

[www.app-network.org](http://www.app-network.org)

## **Self-harm**

[www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/self-harm/](http://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/self-harm/)

[www.harmless.org.uk](http://www.harmless.org.uk)

[www.selfinjurysupport.org.uk](http://www.selfinjurysupport.org.uk)

## **Stress**

[https://mhfaengland.kokodigital.co.uk/frame\\_content.php](https://mhfaengland.kokodigital.co.uk/frame_content.php)

[www.hse.gov.uk/stress/](http://www.hse.gov.uk/stress/)

[www.nhsemployers.org/articles/supporting-our-nhs-people-experiencing-stress](http://www.nhsemployers.org/articles/supporting-our-nhs-people-experiencing-stress)

## **Substance misuse**

[www.nhs.uk/conditions/alcohol-misuse/](http://www.nhs.uk/conditions/alcohol-misuse/)

[www.nhs.uk/conditions/type-1-diabetes/alcohol-and-drugs/](http://www.nhs.uk/conditions/type-1-diabetes/alcohol-and-drugs/)

[www.nhs.uk/Service-Search/other-services/Mental%20health%20services%20for%20drug%20misuse/LocationSearch/338](http://www.nhs.uk/Service-Search/other-services/Mental%20health%20services%20for%20drug%20misuse/LocationSearch/338)

[www.alcoholics-anonymous.org.uk](http://www.alcoholics-anonymous.org.uk)

[www.ukna.org](http://www.ukna.org)

[www.adfam.org.uk](http://www.adfam.org.uk)

## **Suicide**

[www.nhs.uk/mental-health/get-urgent-help-for-mental-health/](http://www.nhs.uk/mental-health/get-urgent-help-for-mental-health/)

[www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/help-for-suicidal-thoughts/](http://www.nhs.uk/mental-health/feelings-symptoms-behaviours/behaviours/help-for-suicidal-thoughts/)

[www.thecalmzone.net](http://www.thecalmzone.net)

[www.samaritans.org/](http://www.samaritans.org/)

## **Young people and students**

[www.camhs-resources.co.uk/](http://www.camhs-resources.co.uk/)

[www.youngminds.org.uk/young-person/your-guide-to-support/guide-to-camhs/](http://www.youngminds.org.uk/young-person/your-guide-to-support/guide-to-camhs/)

[www.nhs.uk/mental-health/conditions/anxiety/anxiety-and-children/](http://www.nhs.uk/mental-health/conditions/anxiety/anxiety-and-children/)

[www.studentminds.org.uk/](http://www.studentminds.org.uk/)

[www.youngminds.org.uk/](http://www.youngminds.org.uk/)

[www.voicecollective.co.uk](http://www.voicecollective.co.uk)

[www.selfharm.co.uk](http://www.selfharm.co.uk)

[www.nightline.ac.uk](http://www.nightline.ac.uk)