



MENTAL HEALTH & WELLBEING

Media Resources



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Media Resources

This list of resources has been collated by the Perth and Kinross Health and Social Care Partnership to provide information on some of the more common mental health and wellbeing problems that can arise, and to provide guidance on how to support the mental wellbeing of yourself and those around you. The resources include explanations of what mental health is and how it can affect us, descriptions of what it is like living with a mental health issue, and guidance on how to support people.



In The Mind

A rotating collection of BBC mental health articles



What is mental health?

A BBC article explaining what mental health is

What are mental health problems?

A video from Mind explaining what mental health problems are and how they can affect us

I had a black dog

An animation from World Health Organisation and Matthew Johnstone on how depression can feel to sufferers

Living with the black dog

An animation from World Health Organisation and Matthew Johnstone for partners, carers and friends which offers practical advice for supporting someone with depression

Things not to say to someone with depression (explicit language)

BBC Three interviews on harmful stereotypes and assumptions people can make about depression

Stress: Are we coping?

A short animated film from Mental Health Foundation about what stress is, how it can affect us and coping mechanisms that can help

Anxiety



Talking about mental health – Depression

Five people talk to Mind about their experiences of depression, including how it feels, what has helped them and how their friends and family can help

Exercise for depression

An NHS guide about how regular exercise can boost your mood if you have depression; exercise is especially effective for treating mild to moderate depression

Stress

Talking about mental health – Anxiety

Five people talk to Mind about what it's like to live with anxiety problems, what has helped them cope and how friends and family support them

My mental illness insists on joining me on holiday

A BBC article on travelling with mental health difficulties including anxiety, post-traumatic stress disorder (PTSD), attention deficit hyperactivity disorder (ADHD) and obsessive compulsive disorder (OCD)

Trauma and The Brain

NHS animation about how the brain reacts to a traumatic event, and how this can affect behaviour



Talking about mental health – Panic attacks

Five people talk to Mind about what it's like to have a panic attack, what has helped them cope and how people in their lives have learned to help them

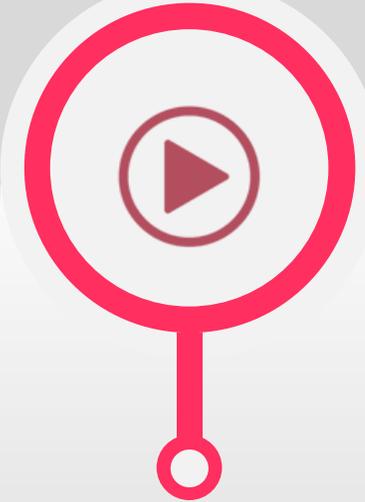


I call my OCD Olivia

A BBC article on living with obsessive compulsive disorder



Trauma



Opening Doors: Trauma Informed Practice for the Workforce

An animation designed to be relevant to all workers within the Scottish workforce. It aims to support workers to know how to adapt the way they work to make a positive difference to people affected by trauma and adversity.

Talking about mental health – Post-traumatic Stress Disorder

Four people talk to Mind about what it's like to live with PTSD, what has helped them and how they see their future

Resilience

A short dramatic film from Samaritans on how resilience can be used in difficult situations



The Impact of Trauma

NHS leaflet on what trauma is, the impact it can have on a survivor and how professionals can respond to those who have gone through a traumatic experience



How does grief change over time?

An analogy on how grief and the experience of bereavement can change over time



Trauma Informed Practice Guide

For professionals and carers working with young people and adults who are survivors of childhood sexual abuse and/or childhood sexual exploitation'

Talking about mental health – Self-harm

Four people talk to Mind about their experience of self-harm, what causes it, how it feels and how they think people can help

Sleeves (explicit language)

A short dramatic film about self-harm



#NoHarmDone – Responding to self-harm

A short film from YoungMinds including interviews about responding to a young person who self-harms

#NoHarmDone – A parent's journey

A short film from YoungMinds of interviews with parents whose children self-harm



Coping with Self-harm: A Guide for Parents and Carers

A downloadable guide for parents and carers who support a young person who self-harms



My Green Box

A short animation exploring a coping mechanism when wanting to hurt yourself



Men Talking About - Feeling Suicidal

Three men talk to Mind about their experience of suicidal feelings

Let's Talk About Suicide

A storybook from University of Dundee about young people dealing with thoughts of suicide



Talking about mental health – Suicide

Four people talk to Mind about feeling suicidal and what helps them

Thirteen Reasons Why We Should Talk About Suicide Safely

A short animation from PAPYRUS of conversation starters for about talking about suicide

After a Suicide

Practical and emotional advice from SAMH which the family may benefit from

Winston's Wish

A webpage on suicide from an organisation which offers support to bereaved children, their families and professionals who support them

Psychosis

Hearing Voices

Information, support and understanding for people who hear voices and those who support them

Bi-polar



Help is at Hand

A sensitive NHS guide as to how someone may be feeling

Psychosis is nothing like a badger

An animation about a personal experience of psychosis and the signs and symptoms that can be present

Reply with a full stop if you get this

An interview with Emily about her bi-polar disorder and how it feels, how she manages it, and how she would like society to be more understanding and accepting of mental health disorders

Like Minds: Why is using alcohol to cope so common?

A short documentary video from BBC about using alcohol to self-medicate

The Stand Up Kid

A short dramatic film about mental illness in young people and how it is responded to



Medication for mental health: Call to 'end pill-shaming'

A short interview from BBC about taking medication for mental illnesses

Get to Know Your Emotional Homunculus

An interactive resource for young people that explains how the chemicals in your brain can affect your mood and wellbeing

#chatsafe: A young person's guide for communicating safely online about suicide

Guidelines for young people who might be responding to suicide related content posted by others, or for those who might want to share their own feelings and experiences of suicidal thoughts, feelings or behaviours

Luke and Jenny's stories

Animated testimony exploring the stories of two young people suffering from severe panic attacks, and how they learned to cope.

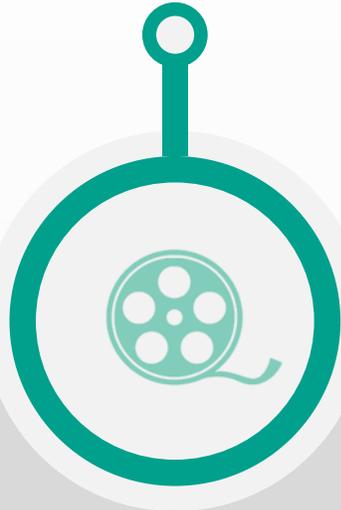
I didn't think I'd get to 18

A BBC interview with Chloe Bellerby about her mental health experiences growing up



Behind this smile

A short dramatic film from NHS Highland about the pressures on young people and mental health challenges they may face



Annabel's story

Animated testimony from a girl who developed nervous tics, OCD and depression after a period of upheaval, and how she learnt to cope.



'How Instagram became my support system'

An article from BBC about how social media can support mental wellbeing



mindSET

Online mental health training package which provides managers and staff with high quality information on mental health which they can access in a flexible way. Free to access after signing up for an account

Working From Home

An article from Time To Change about how small changes, supportive management and flexible working can make a difference to someone's mental health



Picture perfect: How helpful is social media for our mental health?

An article from BBC about how social media can be detrimental to mental wellbeing

Healthy Working Lives

Articles on how to support the mental health of your employees and why this is important

Exercise guidelines

NHS guidelines on how much exercise you should be getting. Being active is great for your physical health and fitness, and evidence shows it can also improve your mental wellbeing



Perth and Kinross Health and Social Care Partnership
Supporting healthy and independent lives

Recovery

Citizens Advice Scotland

Scotland's largest independent advice network

Recovery; Rethink Mental Illness

Provides help to those affected by mental illness by challenging attitudes



Turn2Us

A national charity which provides practical help to people who are struggling financially



Scottish Recovery Network

Promotes and supports recovery from long term mental health problems in Scotland



Recovery and Mental Illness (Part One)

Recovery and Mental Illness (Part Two)

A short documentary on what recovery means to four people who have been diagnosed with schizophrenia



Contact: Eloise Vajk | 01738 477408 | EVajk@pkc.gov.uk

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