

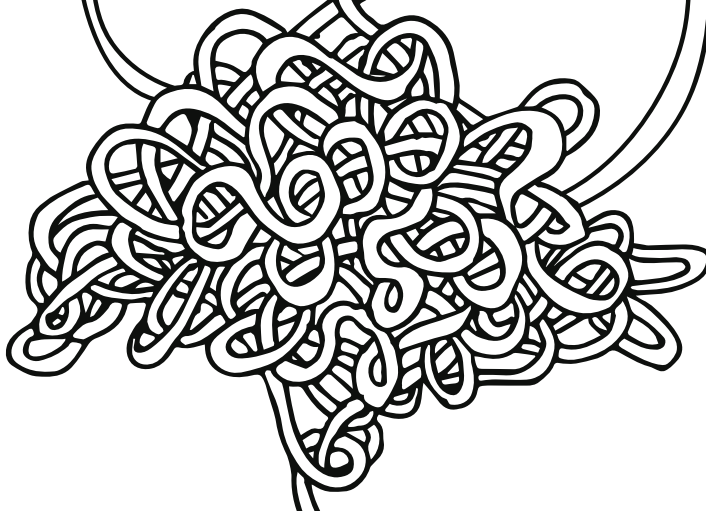


**WE ARE  
HUMMINGBIRD**

Mental Health - Breaking the Stigma with Music

# MENTAL HEALTH & YOU

**FEEL FREE  
TO COLOUR  
ME IN!!**



Mental Health

# BREAKING THE STIGMA WITH MUSIC

We are Hummingbird is a community of music lovers who have united to spread awareness of mental health by using music as a platform to encourage people to open up and engage in conversation.

Qualified to instruct Mental Health First Aid and Suicide Prevention & Intervention we understand the pressures faced in the music industry and look to educate people who otherwise feel isolated, alone and unable to relate to alternative Mental Health services.

We are Hummingbird is a community who talk, share and find support around mental health under the umbrella of music. We are united by a love of music and a commitment to look after each other.

Follow us on social media:



wearehummingbirds



@wearehummingbird



We are Hummingbird

## CONTENTS

What Is Mental Health?	Page 4
Mental health Influences	Page 5
Self Care & Self Care Spectrum	Page 6
Frame Of Reference	Page 8
Pity, Sympathy & Empathy	Page 10
Signs To Look Out For	Page 12
Depression vs Poor Mental Health	Page 13
Mental Health Hygiene	Page 14
Wellness Action Plan	Page 16
Useful Contacts	Page 18

# WHAT IS MENTAL HEALTH?

Mental health or wellbeing describes your mental state – it's how you think, feel, and behave.

Mental health is part of our overall health – a good barometer for the quality of our mental health is shown by:

- How we THINK, FEEL and BEHAVE
- How we spend our mental health cash in everyday life
- How we feel about ourselves and our life
- How we see ourselves and our future
- How we manage our mental health bank account
- Our self-esteem or confidence
- Everyone has mental health
- There is no health without mental health

**“HEALTH IS A STATE OF COMPLETE PHYSICAL, MENTAL AND SOCIAL WELL-BEING AND NOT JUST THE ABSENCE OF DISEASE OR ILLNESS.”**

– WORLD HEALTH ORGANISATION

# RISK FACTORS AND PROTECTIVE FACTORS

## RISK FACTORS (CASH OUT'S)

- Alcohol
- Drugs
- Smoking
- Poor diet
- Lack of sleep
- Abuse
- Stress
- Traumatic life events
- Prison
- Poor parenting
- Lack of support
- Illness
- Disability
- Genes
- Poverty
- Unemployment
- Poor education
- Poor housing
- Community violence
- Disempowering services
- Strands of Inequality
- Stigma and discrimination

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## PROTECTIVE FACTORS (CASH IN'S)

- Positive parenting
- Self-belief
- Confidence
- Problem solving
- Communication
- Coping skills
- Conflict resolution
- Respectful relations
- Emotional literacy
- Values and beliefs
- Community engagement
- Physical health
- Tolerant community
- Meaningful activity
- Social network
- Arts & culture
- Stable home/housing
- Environment
- Physical activity
- Nutrition
- Rest and reflection

# SELF CARE & SELF CARE SPECTRUM

- Self-care is any intentional action taken to preserve or improve your physical, mental, and emotional well-being.
- It involves recognising your own needs and taking steps to address them in a healthy and constructive manner.

- Self-care activities can vary widely and may include exercise, meditation, setting boundaries, seeking social support, pursuing hobbies, and engaging in activities that promote relaxation and stress reduction.
- Ultimately, self-care is about prioritising your own health and happiness to maintain balance and resilience in the face of life's challenges.

## ACTIVITY: SELF-CARE SPECTRUM

1. Complete the self-care spectrum together by sharing ways you look after yourself.
2. Circle a word when you or someone else calls out the relevant self-care activity that you enjoy or are interested in trying.
3. Fill in a blank box when you or someone else suggests a new self-care activity.

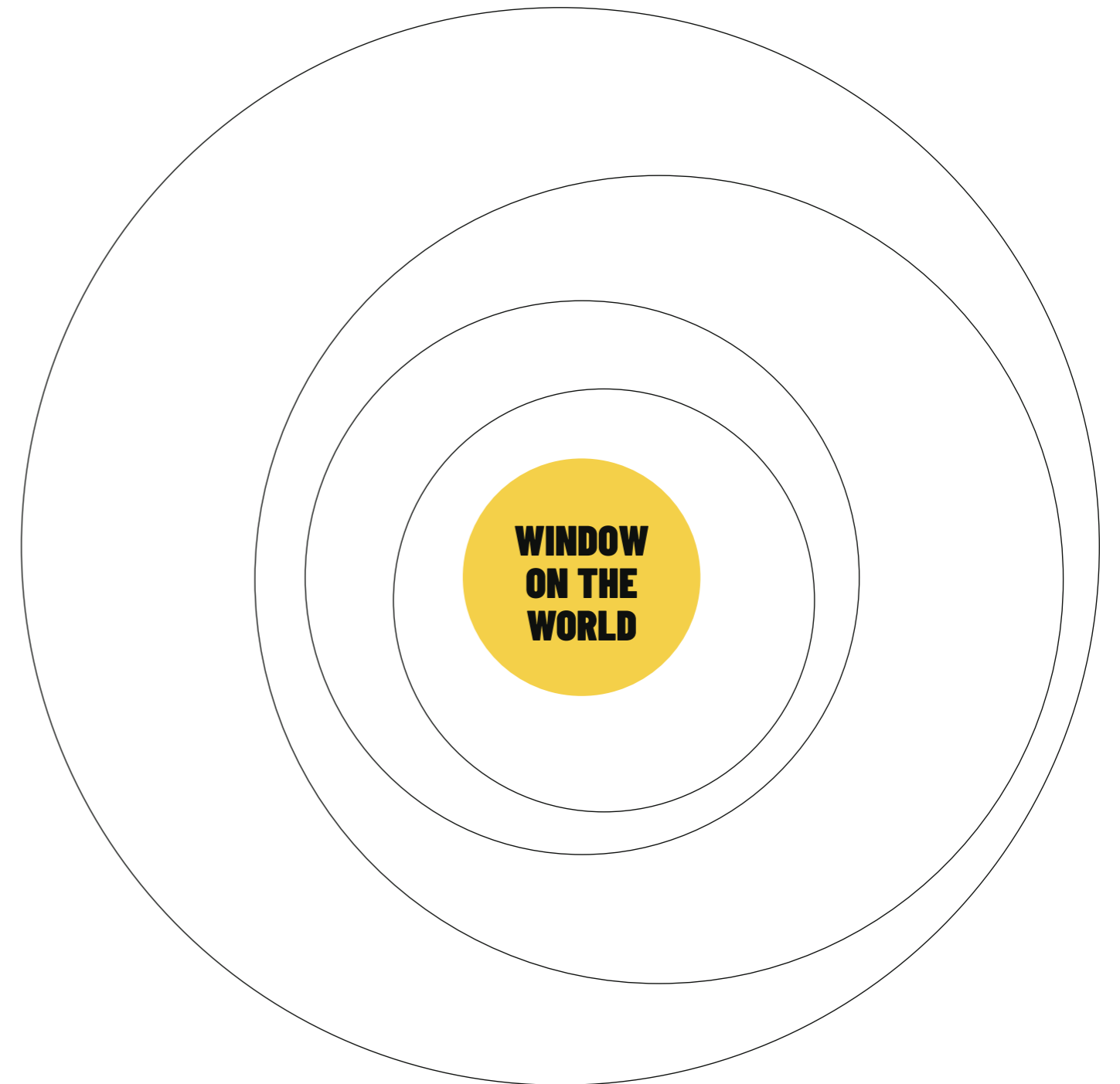
# SELF CARE SPECTRUM

<b>DRAWING</b>	<b>DIY</b>	<b>UNPLUGGING FROM TECH</b>		<b>DANCING</b>
		<b>KIND ACTS</b>	<b>LEARNING</b>	<b>COOKING</b>
	<b>MEDITATING</b>			
<b>WATCHING A FILM</b>			<b>WALKING IN NATURE</b>	<b>ALONE TIME</b>
<b>TAKING A BATH</b>		<b>LAUGHING</b>		<b>CONNECTING WITH OTHERS</b>

# ACTIVITY: YOUR FRAME OF REFERNCE

1. Take a few minutes to think about the aspects of your life that make up your own Frame of Reference, using the examples below. Consider if any of these factors affect your view of mental health.
2. Write down these factors in the circles of the diagram on the next page.
3. If you feel comfortable to, share these with your group.

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|---|--|
| <input type="checkbox"/> Gender expression                | <input type="checkbox"/> Work            |
| <input type="checkbox"/> National identity or citizenship | <input type="checkbox"/> Neurodiversity  |
| <input type="checkbox"/> Family situation/size etc.       | <input type="checkbox"/> Disability      |
| <input type="checkbox"/> Political views                  | <input type="checkbox"/> Education       |
| <input type="checkbox"/> Socio-economic background        | <input type="checkbox"/> Language/accent |
| <input type="checkbox"/> Values                           | <input type="checkbox"/> Relationships   |
| <input type="checkbox"/> Faith or absence                 | <input type="checkbox"/> Likes/dislikes  |
| <input type="checkbox"/> Marital status                   | <input type="checkbox"/> Gender identity |
| <input type="checkbox"/> Race                             | <input type="checkbox"/> Indigeneity     |
| <input type="checkbox"/> Aspirations and achievements     | <input type="checkbox"/> Chronic illness |
| <input type="checkbox"/> Cultural influences              | <input type="checkbox"/> Body size       |
| <input type="checkbox"/> Sexuality                        | <input type="checkbox"/> Class           |



# PITY, SYMPATHY & EMPATHY

## PITY

Pity is a state of feeling sorry for someone but there is emotional detachment and an element of superiority. For example, you learn about a colleague at work who is experiencing poor mental health and think about how unfortunate their situation is. You're glad you are in a positive state of mental health.

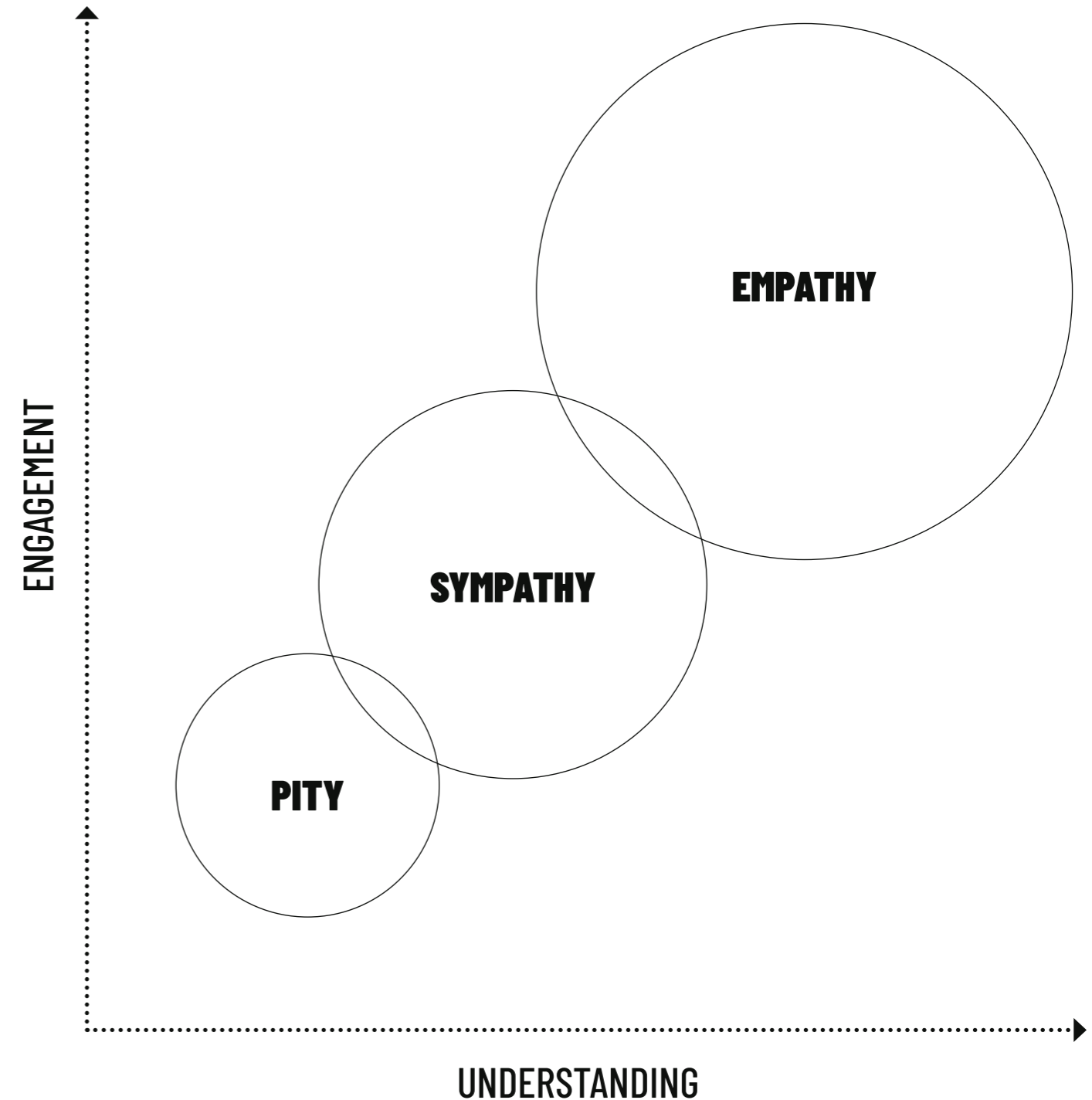
## SYMPATHY

Sympathy is a common reaction to a difficult situation of another person. There is an element of emotional investment, however, there's a feeling of distance between you and the other person. For example, you may decide to give the person who is experiencing poor mental health some kind words and tell them about organisations they can contact. You hope they will reach out to these organisations and get support.

## EMPATHY

Empathy is a state where you can truly hear and understand another person's feelings and have motivations to improve the situation, as well as being able to demonstrate it. For example, you may approach the person who is experiencing poor mental health and ask questions to find out more about the effects of how they are feeling, how long they have felt that way along with other questions to better understand how things are really for them. You won't just suggest organisations they can find but you will help them by looking together and finding appropriate places based on what you have learnt.

# THE SPECTRUM OF EMPATHY



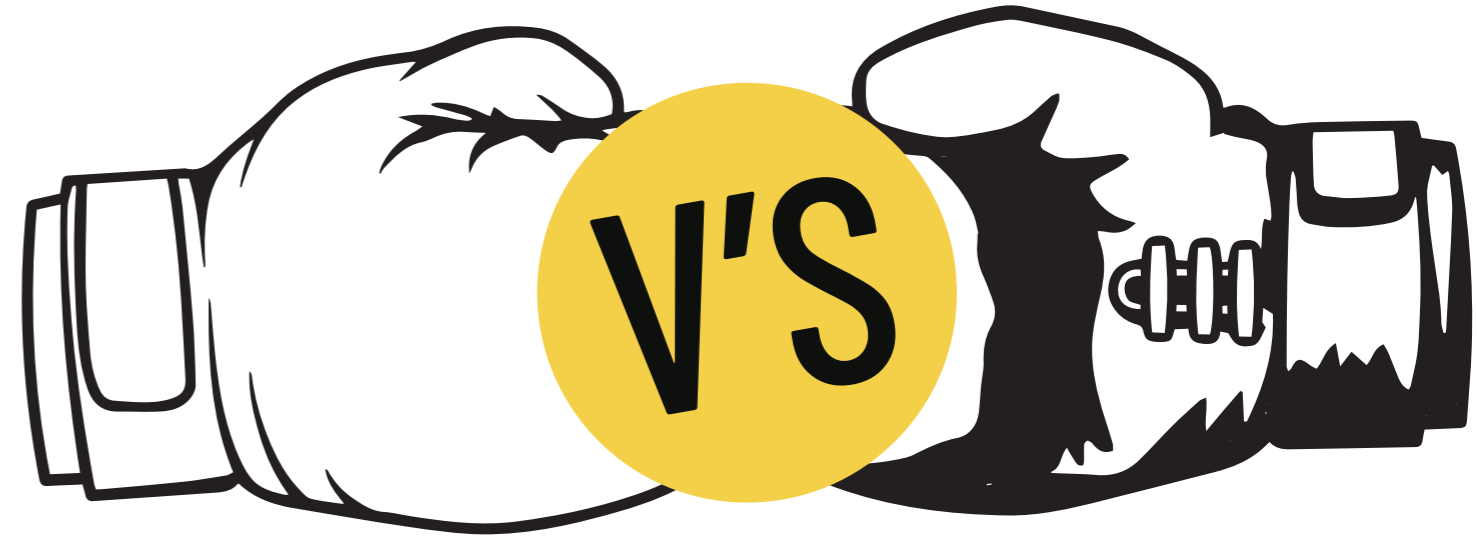
# SIGNS TO LOOK OUT FOR

- Not getting things done – missing deadlines or forgetting tasks.
- Erratic or unacceptable behaviour.
- Irritability, aggression, tearfulness.
- Complaining about the workload.
- Being withdrawn and not participating in conversations or out-of-work activities.
- Increased consumption of caffeine, alcohol, cigarettes and/or sedatives.
- Inability to concentrate.
- Indecision.
- Difficulty remembering things.
- Loss of confidence.
- Unplanned absences.
- Arguments/conflicts with others.
- Increased errors and/or accidents.
- Taking on too much work and volunteering for every new project.
- Being adamant they are right.
- Working too many hours – first in, last out/emailing out of hours or while on holiday.
- Being louder or more exuberant than usual.
- Loss of confidence.
- Unplanned absences.
- Arguments/conflicts with others.
- Increased errors and/or accidents.
- Taking on too much work and volunteering for every new project.
- Being adamant they are right.
- Working too many hours – first in, last out/emailing out of hours or while on holiday.
- Being louder or more exuberant than usual.

Negative changes to ways of working or socialising with colleagues. Physical signs might include the following:

- Constant tiredness.
- Sickness absence.
- Being run down and frequent minor illnesses.
- Headaches.
- Difficulty sleeping.
- Weight loss or gain.
- Lack of care over their appearance.
- Gastrointestinal disorders.
- Rashes/eczema

# DEPRESSION



# POOR MENTAL HEALTH

- The clinical name given to a mental illness, NOT an emotion.
- Depression is not the same as poor mental health.
- There are 3 core symptoms of depression:
  - A persistent sadness that won't go away.
  - A loss of enjoyment from things once enjoyed.
  - A lack of energy or tiredness.
- Duration of at least 2 weeks for diagnosis
- Different levels of depression
- Is it a chemical imbalance?
- What does recovery from depression look like?

# MENTAL HEALTH HYGIENE

Feel free to note down things you currently do, or things you would like to try in order to maintain your mental health hygiene

**DON'T UNDERESTIMATE EFFECT ON OWN WELLBEING, REFLECT ON YOUR THOUGHTS AND FEELINGS**

**IDENTIFY WHAT YOUR SELFISH TIME LOOKS LIKE?**

**KNOW AND AGREE WHO CAN BE YOUR LISTENING EAR?**

**WRITE OWN WELLBEING LIST / WRAP**

**EXERCISE, THIS DOESN'T MEAN SIGNING UP FOR A MARATHON!**

**MINDFULNESS AND RELAXATION TECHNIQUES**

**TALKING**

**SLEEP**



# WELLNESS ACTION PLAN

1) WHAT HELPS YOU STAY MENTALLY HEALTHY?

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2) WHAT CAN ANYONE AROUND YOU DO TO SUPPORT YOU TO STAY MENTALLY HEALTHY?

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3) ARE THERE ANY SITUATIONS THAT CAN TRIGGER MENTAL ILL HEALTH FOR YOU?

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4) ARE THERE ANY EARLY WARNING SIGNS THAT YOU OR OTHERS MIGHT NOTICE WHEN YOU ARE STARTING TO FEEL STRESSED OR MENTALLY UNWELL?

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5) WHAT SUPPORT CAN BE PUT IN PLACE TO MINIMISE TRIGGERS OR TO SUPPORT YOU TO MANAGE THESE SYMPTOMS?

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6) IF OTHERS OR YOU OR OTHERS AROUND YOU SPOT EARLY WARNING SIGNS THAT YOU ARE FEELING STRESSED OR UNWELL WHAT SHOULD BE DONE?

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7) WHAT STEPS ARE YOU GOING TO TAKE TO MAINTAIN YOUR WELLBEING?

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# USEFUL CONTACTS

Crisis Support & Helplines: If you, or someone you know is in mental health crisis and needs medical help fast:

- **Ring 999 to contact emergency services**
- **Go to your nearest A&E department**

If it is not a medical emergency, but you still need urgent help:

- **Ring 111 for professional health advice 24/7 and 365 days a year**
- **Make an appointment with your GP**

[www.wearehummingbird.com](http://www.wearehummingbird.com)

Here you will find direct links and numbers to:

We are Hummingbird Health (WAHBH) - WAHBH specialise in the delivery and implementation of Mental Health First Aid (MHFA) and Suicide First Aid (SFA).

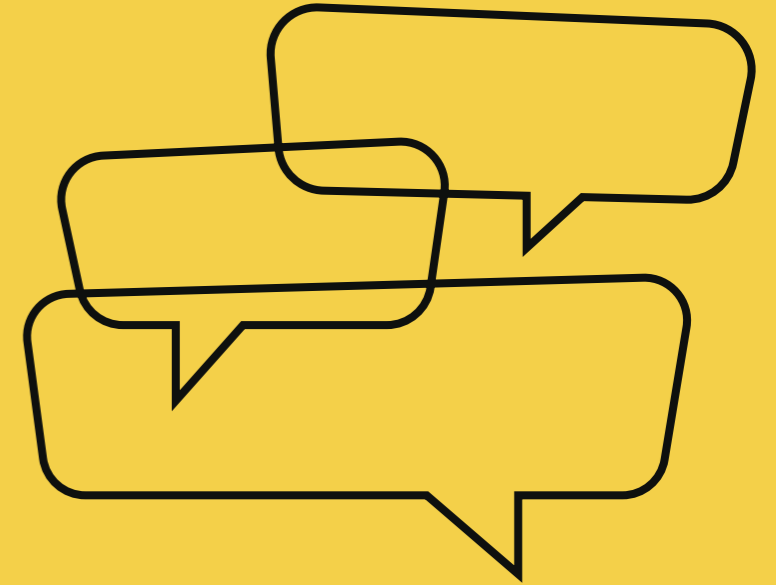
**CALM** - The Campaign Against Living Miserably (CALM) is leading a movement against male suicide, the single biggest killer of men under 45 in the UK.

**The Samaritans** - People talk to us anytime they like, in their own way - about whatever's getting to them. You don't have to be suicidal.

**NHS** - The NHS website is the UK's biggest health website with more than 43 million visits per month. We strive to be a world-leading health information service putting people at the heart of everything we do.

**Andy's Man Club** - ANDYSMANCLUB is the creator of the #ITSOKAYTOTALK campaign.

We want to get people talking about mental health. Click the button below to find your local meet-up.



**SHOUT:** Shout 85258 is the UK's first free, confidential, 24/7 text support service. It's a place to go if you're struggling to cope and need mental health support.

Text 'Shout' to **85258** from all major mobile networks in the UK

**Rethink Advice & Information Service:** Provides practical help and information on issues such as the Mental Health Act, community care, benefits, debt, criminal justice and carers' rights

**Phone:** 0300 5000 927 (Local call rates, 9.30am – 4pm)

**Addaction:** Addaction supports adults, children, young adult and older people to make positive behavioural changes around alcohol, drugs, mental health and wellbeing.

**Phone:** 020 7251 5860 **Email:** [info@addaction.org.uk](mailto:info@addaction.org.uk) **www.addaction.org.uk**

**Alcohol Concern:** A charity working to help people understand the dangers of drinking too much and to advocate for better treatment for those affected by alcohol use issues.

**Phone:** 0207 566 9800 **Email:** [contact@alcoholconcern.org.uk](mailto:contact@alcoholconcern.org.uk) **www.alcoholconcern.org.uk**

**Cocaine Anonymous:** Organisation running self-help groups for those with substance use issues relating to cocaine, based on 12 step model of recovery.

**Phone:** 0800 612 0225 **Email:** [wtf@cauk.org.uk](mailto:wtf@cauk.org.uk) **www.cauk.org.uk**

**No Panic:** Helps people who experience any kind of anxiety disorder. It specialises in self help-based recovery via their helpline and resources on their website.

**Phone:** 0844 967 4848 **Email:** [admin@nopanic.org.uk](mailto:admin@nopanic.org.uk) **www.nopanic.org.uk**



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