

# Mental health problems (1 of 4)



Sometimes things go wrong in a person's life.

These things could be:

- » falling out with friends
- » being bullied or abused
- » losing someone special.



Sometimes things change in a person's life, like:

- » moving home
- » a friend moving away
- » losing a job.



When these things happen we might become stressed.

We might feel down.

We might feel nervous or worried.

Most people feel like this for a little while.

Most people get back to normal quickly.

But sometimes people might feel like this for longer.

When this happens it is called a mental health problem.

A mental health problem is a type of illness.



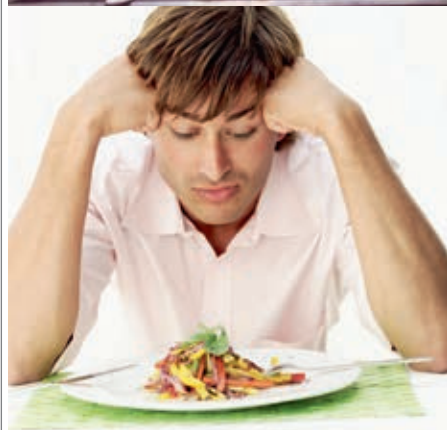
## Mental health problems (2 of 4)



It is sometimes called mental illness.

People with mental health problems are different from what they are normally like.

These are some of the things that might happen.

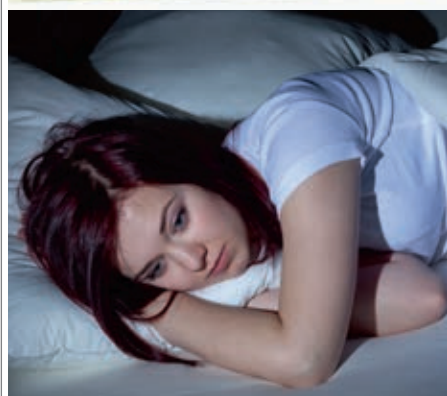


» The person might eat more.

» The person might eat less.

» The person might sleep more.

» The person might have trouble getting to sleep.



» The person might not enjoy their activities anymore.

» The person might feel sad a lot.

» The person might feel anxious and worry a lot.

» The person might not talk to their friends or family so much.



» The person might spend more time alone.

» The person might feel tired all the time.

» The person might not have any energy.

» The person might have strange thoughts in their head.

# Mental health problems (3 of 4)



There are lots of different types of mental health problems. Some of them are:

- » anxiety
- » depression.



## Getting help

People with mental health problems need help to get better.

People with mental health problems need more support.

People can get help and support from their families and friends.

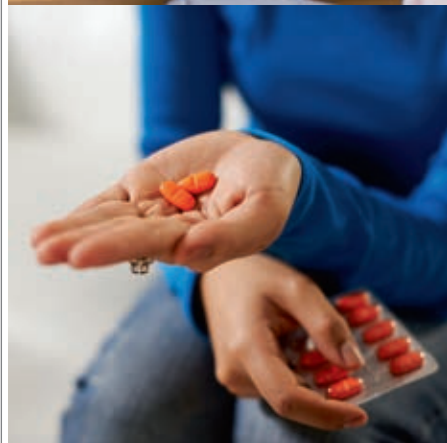
Sometimes they will need help and support from professionals.

You should see your GP if you have been feeling sad or worried for a long time.

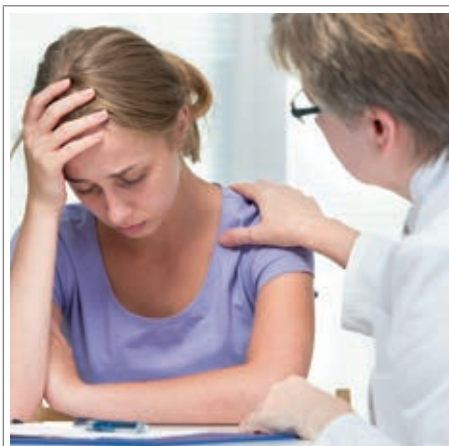
The GP might be able to help.

The GP could give you guided self-help materials.

The GP might give you medication.



## Mental health problems (4 of 4)



The GP might think you need more help. They might send you to see a mental health professional like a:

- » psychiatrist
- » psychologist
- » counsellor
- » nurse
- » social worker.

People with mental health problems can get better.

This leaflet is adapted from Hardy S *et al* (2009) *Mental Health Promotion for People with Learning Disabilities*. Brighton: Pavilion.