

# World Mental Health Day



What is mental Health? It is a person's psychological and emotional wellbeing. It is very important to look after your mental health and ask for help if you need it.

You may have heard or been told that someone in your family has a mental illness or a mental health problem. This can sound very scary, especially if you don't know much about mental health, but in the same way that sometimes we get physically sick with a cold, flu or poorly tummy, sometimes we get mentally ill too.

In fact, one in four people in the UK will experience a mental health problem in a year so it is really quite common and about 10 per cent of children have a mental health problem at any one time. In the same way that you can get help from the doctor when you have the flu, you can get help from the doctor when you have a mental health problem.

There are lots of different mental illnesses. Anxiety and depression are the most common mental health problem in the UK. But there are other mental health problems including bipolar disorder, personality disorder, obsessive compulsive disorder or schizophrenia. Some people may have an eating disorder (anorexia or bulimia) or self-harm. HELP IS AVAILABLE

## Prayer

### Prayer to St Julie Billiart

Saint Julie, through your great devotion to the Sacred Heart of Jesus, you were miraculously cured and favoured by many graces.

By your powerful intercession, obtain for us above all, a great trust in God in all the difficulties of life, the strength to accomplish in all things the adorable will of God, and the special grace we now ardently ask of you.

"We must have courage in the times we live in. Great souls are needed, souls having the interest of God at heart"

St Julie Billiart

What can you do to have a good mental health?

- talk about your feelings
- eat well
- keep in touch
- take a break
- accept who you are
- keep active and exercise
- drink sensibly
- ask for help
- do something you're good at
- care for others.

Dear Lord, help us to be kind and caring to those who may be battling with depression or mental health problems. Help us not to judge or discriminate and teach us to love one another as you have loved us.

Amen.

### Prayers in action

- Speak to a friend who may seem down or lonely
- Try not to judge others who tell you they have a mental health issue
- Find out more information if someone needs help

Focus on  
one each  
day

Prayer to St Dympna (patron saint of those with mental or nervous disorders or mental illness)

Good Saint Dympna, great wonder-worker in every affliction of mind and body, I humbly implore your powerful intercession Prayer to St Dympna (patron saint of those with mental or nervous disorders or mental illness).

Good Saint Dympna, great wonder-worker in every affliction of mind and body, I humbly implore your powerful intercession with Jesus through Mary, the Health of the Sick. Saint Dympna, martyr of purity, patroness of those who suffer with nervous and mental afflictions, beloved child of Jesus and Mary, pray to them for me and obtain my request.

What is stigma?

Stigma is something that stops people from discussing mental illness freely. It is a feeling that people will judge you and think differently of you if you seem to be depressed or down, but this is common amongst young people and adults. It is also common to have someone in your family who has experienced a mental health issue. The best approach is to tell someone that you trust and can talk openly to about what the problem is. You can also make an appointment with your local GP who can refer you to the right service that you need. The worst thing to do with mental illness is to suffer alone.

#### Interesting quotes

“Self-esteem is as important to our well-being as legs are to a table. It is essential for physical and mental health and for happiness” Louise Hart

“Women in particular need to keep an eye on their physical and mental health, because if we're scurrying to and from appointments and errands, we don't have a lot of time to take care of ourselves. We need to do a better job of putting ourselves higher on our own 'to do' list” Michelle Obama

#### Frankie from the Saturday's speaks out about depression

The Saturday's singer Frankie Sandford is fronting a new campaign to end discrimination that comes with mental health issues after she famously battled depression.

The pop star is urging people to raise awareness of mental health issues and encouraging people to speak openly to remove the stigma associated with mental health problems.

Frankie, who had her first child with footballer Wayne Bridge, is supporting the Time to Change campaign run by the Mind and Rethink Mental Illness. Her high profile on last year's Strictly Come Dancing will hopefully also encourage people to speak out.

The 24 year-old singer was hospitalised at the end of 2011 for treatment after admitting she had battled with depression since she was 15.

