



## Mental health fact sheet

### What is the difference between mental health and mental illness?

Mental health refers to our emotional, psychological, and social well-being. We all have mental health. Our mental health affects how we think, feel, and act. It also has an impact on how we manage, interact and form relationships with others, and how we function on a daily basis. Being mentally healthy doesn't just mean that you don't have a mental health problem or illness. If you're in good mental health it means you can cope with the normal stresses of life, can work productively, and are able to make a positive contribution to your community.

Mental illness means having a mental health disorder or condition and is different from mental health. Poor mental health and struggling to cope is also different from having a mental illness. A mental illness or mental health disorder is an illness that affects the way people think, feel, behave, or interact with others. There are many types of mental illnesses/mental health disorders with different signs and symptoms that have an impact on people's lives in a variety of ways. Mental illness typically has more of a significant detrimental impact across many areas of an individual's life than episodes of poor mental health, which may be situation-specific or time-limited.

Approximately **1 in 4** people in the UK will experience a mental health problem each year.

*NHS England*

In England, **1 in 6** people report experiencing a common mental health problem (such as anxiety and depression) in any given week.

*NHS England*

**1 in 6** children aged 5 to 16 were identified as having a probable mental health problem in July 2021. That equates to **five children in every classroom**.

*Young Minds*

## General information

Mental health problems are often split into different categories. Some of these categories are:

- Mood disorders like [depression](#) or [bipolar disorder](#)
- [Anxiety disorders](#)
- [Personality disorders](#)
- Psychotic disorders like [psychosis](#) or [schizophrenia](#)

The most common mental health problems are anxiety and depression. Mild depression can make you feel low and as though everything is harder to do. Severe depression can lead to feeling hopeless and, in some cases, suicidal. Anxiety is a feeling of unease, such as worry or fear, that can be mild or severe. For some people their feelings of anxiety can affect their daily lives.

Not everyone will experience mental health problems during their lifetime, but everyone will struggle or have a challenge with their mental health just like we all have challenges with our physical well-being from time to time. It is important to highlight that mental health problems can be treated, and people can and do recover. Mental health problems can be managed with various types of support and might be short-lived or more enduring.

People who experience depression may feel very down all or most of the time. These feelings can continue for a long time and start to make everyday life difficult. This is sometimes referred to as clinical depression, major depression, or major depressive disorder (MDD).

For many people, mental health problems often start in childhood. People who experience anxiety say it is a problem when it is more long term and when they feel stuck in worries or fears. These may last for a long time, even after a stressful situation has passed. People might feel upset and overwhelmed, as if their worries are too big to manage, or it may stop children from doing everyday things.

Some of the signs of anxiety in people can include:

- Getting irritable and angry
- Having trouble sleeping
- Finding it hard to concentrate
- Fatigue
- Complaining of headaches
- Stomach aches

## Mental health and mental illness

Everyone has mental health, just like physical health. It is linked to how you think, feel and act. Sometimes, you feel well, and sometimes you don't. When we have good mental health, we feel motivated and able to take on challenges and new experiences. When someone's mental health isn't good, they can find it much harder to cope – and they might need help from those around them. Sometimes, a person's mental health can be affected by a range of factors - home life, school, relationships, family situations, developmental conditions - but it doesn't necessarily mean that they have a diagnosable mental illness. Many people will experience emotional problems at some stage. For some, these will resolve with time, while others will need professional support.

## Signposting

Mind

Samaritans

Young Minds

Sport in Mind

## Engaging people with mental health problems at your archery session

When including people who are experiencing mental health problems at your archery session, it is useful to remember a few important things to ensure everyone feels as comfortable as possible. It is important to consider the needs of someone and ensure you put the person first.

People working at the venue should try to:

- Be calm, patient and respectful of people who may be experiencing mental health problems.
- Greet everyone warmly and use positive language as they arrive at the venue. Provide a safe, inclusive and welcoming environment so everyone has the chance to thrive and be their true self.
- Be positive and encouraging. A positive word here and there can mean so much when you're not feeling 100%.
- 'Read the room'- notice how people are, whether there are any differences in their expressions or behaviour. Consider how to respond accordingly.
- For those facilitating, delivering or volunteering, try to differentiate activities depending on the needs of those participating. Interact with all archers where possible to ensure everyone feels a part of the group. If someone would prefer to sit out, offer them a role to help them feel engaged and part of the group.
- Don't be discouraged by the amount a participant engages or if they seem to take lots of breaks; this may be for many reasons and doesn't mean they are not having fun or benefitting from the session. If the venue allows, you might like to provide a 'quiet' area where participants can sit and watch instead of taking part.

- Listen to people and pay attention to what is being said and how they are interacting so you can learn to recognise when they might need support. Listen to children if they want to talk to you and pay attention to how the child is feeling and expressing themselves, so you can learn to recognise when they might need support.
- Try to avoid telling people not to worry or suggesting that they 'cheer up'. Instead, accept them as they are and ask them open questions about how they are feeling.
- Explain to the person that you are happy to listen and signpost but that it is not your responsibility to diagnose or treat someone's mental health problem. You should inform your Welfare Officer if:
  1. You feel there is a safeguarding risk, or the person poses a risk to themselves or others.
  2. The person gives their consent for the Welfare Officer to be informed of the situation.
- Signpost to specific mental health support where appropriate, such as a trained mental health first aider at the venue, GP, local authority mental health services, a local MIND or helplines and listening services such as the Samaritans.
- **If the person is suicidal, having a mental health emergency or behaving in a way that poses a risk to themselves or others, inform your welfare officer and contact the emergency services.**