

Dealing with Mental Health

Q1 If you're feeling low, how long should you wait before seeing your doctor about a mental health problem?

Q2 What can each of these organisations help with?

- a) ANRED
- b) SANE
- c) MIND

Q3 From each pair, choose the best advice for helping a friend with a mental health problem:

- a) • If your friend says they need to talk, don't let them go on and on about how they feel. Wallowing in self-pity never did anyone any good.
 - If your friend needs to talk, let them talk. Listen to what they've got to say.
- b) • You can't make people tell you their problems. The best thing to do is just make it clear you're ready to listen and give your support if that's what your friend wants.
 - What your friend really needs is to get everything off their chest. Keep asking them what's wrong till they tell you. It doesn't matter if you annoy them or upset them.
- c) • Call a taxi and bundle your friend down to the GP's surgery as soon as possible.
 - Even if you don't think they'll want to talk to you, you could always suggest other people for them to talk to, like their doctor or the Samaritans.
- d) • If your friend gets stroppy or difficult, then don't bother with them any more. They're just not worth the effort.
 - Don't give up on your friend, even if the illness makes them difficult to get on with. Your support will be helping them get better, even if they don't seem all that appreciative now.

DISCUSSION
QUESTION

Q4 Do you know anyone who's had mental health problems?

You don't need to say who they are if you don't want to, but you could talk about:

- how it changed the way they behaved
- whether it changed your relationship with them
- whether you were able to help
- whether they got better and how

It's all about knowing when you need help...

You can't go round all day worrying about getting depressed or anorexic. But it is a good idea to know what the most common problems are and where to get help, so if something does go wrong you can sort it out.