



July 2011

Collaborative Working Towards Greater Community Care

Mental Health & Well Being

For anyone who suffers from any kind of mental health problem, the impact of that on their lives can be profoundly damaging. One in four people will be affected at some point in their life by mental illness in one form or another. Some may experience a short-term (but no less painful and frightening) phase of an illness. For others the illness will be something that they will have to learn to manage for the rest of their lives.

Common symptoms associated with most forms of mental illness include lethargy, anxiety, depression, lack of concentration, low self esteem, paranoia, impulsivity, panic attacks... the list goes on. So many sufferers feel that their difficulties are somehow petty or ridiculous, or do not even recognise that they are ill, even when others are worried. So, they will carry on trying to live as normal a life as possible, putting on a brave face until they can no longer function properly.

There are many factors, genetic, biological and social, that can lead to the onset of mental health problems. Living in such a fast-paced world where huge pressures are put on us and where everyone else seems to be 'keeping up on the treadmill', the sense of pressure to succeed and the accompanying guilt can be overwhelming and counterproductive. Peer and family pressures are around us all our lives. They can take their toll from a very early age and affect people over a long period of time. When we do everything we can to fulfil the expectations of those we love and respect, our own identity can get lost. No-one is 'immune' from mental illness.

Good mental health care should always include encouraging individuals to engage in a positive and realistic programme of groups and activities, designed with their needs as a priority, which will encourage the rebuilding of self-esteem and self-awareness. The WeAre1 organisation has a strong background in the field of mental health care and will ensure that all our service users will have access to the best available care and resources within the local boroughs.

Learning Disability / Physical Disability / Mental Health / Carers & Family

WeAre1