

### Statistics

Then one in ten children aged five to sixteen have been diagnosed with certain conditions such as anxiety disorder by six percent, attention deficit hyperactivity disorder (A.D.H.D) at two percent and children who are from low economic households are often more prone to mental health issues, children who are from this economic background are three times more likely to develop mental health issues rather than children from a higher economic household.



(Image 3, Toppr, no date)

### Why is it important

The exposure of mental health and well-being is crucial for the government to tackle these issues that society must deal with.



(Image 2, N.P.R, 2017)

### Statistics

The statistics on mental health within the United Kingdom is that one in six adults will be faced with them being, diagnosed with a mental health issue within their life time. Half of all mental health issues are brought to light by, the age of fourteen and twenty-four this had had an dramatic increase by seventy- five percent (Gov.uk,2018).

## Mental Health in Men within The United Kingdom.

### What is Mental Health and Well-being

One in one hundred people in the United Kingdom will suffer from mental health issues (Mind, 2016).

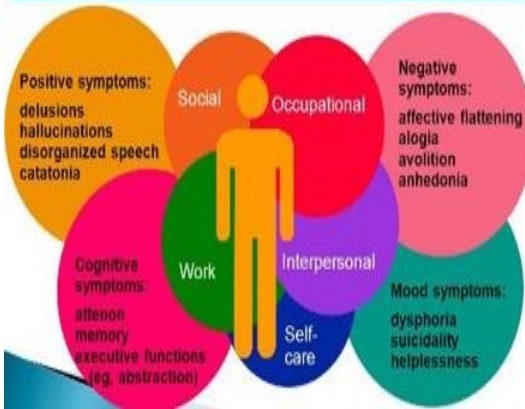
The definition of mental health is a person being able to think for themselves, feel and react in the particular way that they way need to act in society. (Mind,2017)

Then if a person has very poor mental health they will go through a series of poor choices and they might find it very difficult to cope with their life this can be just as negative as a physical illness or of an inferior quality (Mind,2017)



(Image 1, YWRC, no dates)

## Symptoms of schizophrenia



(Image 5, Assignment Point, no date)

### Schizophrenia

The mental health disorder known as schizophrenia is a chronic and serious mental health disorder that will affect the way a person will think and will behave. The people who suffer from schizophrenia might seem like they have lost touch with their reality and the reality of society, but it is not as common as other mental health disorders. (ref)

### Stigma

The majority of men who knowingly and unknowingly suffer from mental health issues, are less likely to address this issue by going to the local authorities for help because of the stereotype that men have such as men don't cry and do not need to go to the doctors. Most men only get help because of a serious crisis or even being told by a family member or a close. (Seidler, z, et al.2017,93



(Image 4, Clipart Library, no date)

### Common mental health issues

- Suicide
- Isolation
- Loneliness
- Depression

### University policy on mental health

To combat mental health and well-being some universities and college will offer a counselling services which is free and incredibly confidential in house counselling facilities in which you can get contact with a professional qualified counsellor to help the student who need it. (NHS, 2016)

### Barriers to mental health?

Services for mental health might not fully engage men completely, the client and clinician association with each other has shown a barrier to the male perspective engagement an example of this is that the clinician's perspective about the male client and their masculinity might impact the overall treatment kind and the style that is accessible for men. (Seidler, z, et al.2017,94)

*Caption describing picture or graphic*

- Well-being of Future generations act (2015) will make all the public bodies who are signed onto the act more responsible for their decisions. The Welsh government aim to work with the people and the communities they reside in. They want to fix the major problems within Welsh society poverty, health and climate change (Llywodraeth Cymru Welsh Government, 2015).

#### Organisation that support people who need it

- Mind delivers information and support to give power to people who suffer from mental health. They are campaign to improve the overall services and to promote the awareness of mental health, they offer an infoline , legal line that will give easy information on the laws that are linked to the public services on mental health (Mind, 2016)

- Mental capacity 2005 (M.C.A) is aimed to protect and gives power to those who might suffer from a lack of a mental capacity to make choices on their own such as what clothing to wear on a day to day choice, what food to buy from their weekly shopping and very serious life choices such as moving into a residential care home (NHS,2018).
- Equality act (2010) will protect people in the workplace from discrimination this legislation replaces the previous anti- discrimination laws with one overall coverage. (Gov.uk, no date)



(Image 6 ,WWW.Parliament.uk , no date)

#### Facts about schizophrenia

One in a one hundred people will be identified with the mental health illness known as schizophrenia.

Men and women are both equal to develop schizophrenia.

Schizophrenia is common in young adults and then it can become gradual within men and will most likely to happen in their teens and for women when they have entered their twenty's.

#### Legislation

- Mental health act (1983) was updated in (2007) will give the Local authorities the power to detain or as its also known as being sectioned and this will be established without the person personal agreement. The mental health act is the key part of this legislation that will cover the assessment, treatment and the rights of the people who suffer from mental health issues (NHS,2016).

*Caption describing picture or graphic*

## Connect

- With the people in your life such as family, friends, work
- Focus on the connections that will help support and give meaning to your day to day life.  
(Issuu,2010)



(Image 7, Milton-Keynes council, 2019 )

## Five steps on wellbeing

### Be Active

- Get out of the house and go for a walk or a jog or even garden.

### Take Notice

- Look at the beautiful world and
- an interest in the changing seasons
- To be Self-reflective on ones-self

### Keep Learning

- To try and learn something new such as an interest or take up an old interest
- Sign up for a course such as gardening, bricklaying or even going back to college/ university.

### Give

- Do something for someone else
- Volunteer
- Join a community group such as Men's Sheds

(Issuu,2010)

- Men's sheds is a place for men and only men to meet and share their story in an open environment. This organisation gives the men of each group to work on their skills and help the men to work on their social connections, making friends, sharing their skills and their personal knowledge. This organisation aims to help men who are suffering from isolation and loneliness.  
(Men's sheds Association, no date)
- Hafal offers a wide variety of different services to people who live with serious mental health problems, they offer support, advice support to people who are in a crisis, advocacy and befriending/ employment prospects. They also give the community of people with mental health a voice within the organisation of mental health facilities  
(Hafal, no date).