

How can you tell if someone is struggling with their Mental Health?

Most people have heard of diagnoses such as Depression, Anxiety or Bipolar disorder. Importantly having a diagnosis doesn't necessarily mean that someone's mental health is poor at the moment. They could have a diagnosis of a particular mental health condition but be able to function effectively at work and home right now. Equally, people without a diagnosis can also experience periods of poor mental health.



It is important to be able to recognise the possible signs of deteriorating mental health, both in yourself and in others. Below are some of the commonly seen signs of poor mental health. It is important to note that these symptoms can be seen in people who have good mental health, and equally, those struggling with their mental health may also not display all or any of these signs.

Early signs of poor mental health

- Poor concentration
- Being easily distracted
- Worrying more

- Tearfulness & low mood
- Tiredness and lack of energy
- Sleeping more or less
- Talking less and avoiding social activities
- Finding it hard to make decisions
- Feeling less interested in day-to-day activities
- Feeling overwhelmed by things
- Irritability and short temper

How can Care first help?

If you feel you may need some emotional or practical support, you can contact Care first on the Freephone number. Care first is a leading provider of confidential, professional counselling, information and advice services. Whilst our BACP accredited Counsellors are available 24/7 to provide support with emotional issues, our expertly trained Information Specialists are available 8am-8pm Monday-Friday to provide advice on any practical issues that may be causing you a stress or worry and help you feel more in control of a situation.

All employees are eligible to use Care first, our services include; telephone counselling, information services and online support. Call Care first on the Freephone number provided by your organisation and you can speak to a professional in confidence.

If you would like to view the Webinar on '**How can you tell if someone is struggling with their Mental Health?**' This is being delivered live on **Thursday 27th May at 12pm**, please use the below link to register for this session –

<https://attendee.gotowebinar.com/register/6830832950745556747>

If you are unable to join the webinar live, a recording of the session can be accessed using the same link above after the webinar has taken place.