



Are you, or someone you know, affected by a mental health illness?



Mental health disorders involve disturbances in how we think, as well as our emotions, and/or behaviours. Small disturbances in these aspects of life are common, but when it causes significant distress to the person and/or interfere with daily life, they may be considered as a mental health disorder. The effects of mental illness may be long-term or temporary. Many people experience a mental illness at some point in their lives. More than half of these people experience moderate to severe symptoms. Although tremendous advances have been made in the understanding and treatment of mental illnesses, the stigma surrounding them persists. Therefore, we need to encourage talking and listening skills. Mental illness may be seen as less real or less legitimate than physical illness, but the growing realization of how much mental illness affects us is changing this trend.

Would you recognise some of these typical signs?

- ▷ Anxiety and fear
- ▷ Arguing frequently
- ▷ Becoming obsessed with something trivial
- ▷ Difficulty concentrating
- ▷ Change in appetite
- ▷ Feeling slowed down or sped up
- ▷ Feeling worthless, lost, or depressed
- ▷ Forgetfulness
- ▷ Irritability
- ▷ Isolating or avoiding others
- ▷ Lack of motivation
- ▷ Mood changes
- ▷ Negativity
- ▷ Restlessness & change in sleep pattern
- ▷ Stop taking medications
- ▷ Thoughts of hurting yourself or others

Who to contact:

Your GP and local NHS crisis team - you can refer yourself.

NHS 111 - T: 111

CALM (Campaign Against Living Miserably) or T: 0808 802 58 58 or www.thecalmzone.net

Samaritans – T: 116 123 or www.samaritans.org

Silverline – For over 55's. T: 0800 4 70 80 90 or www.thesilverline.org.uk

MIND – T: 0300 123 3393 or www.mind.org.uk

Examples of some Disorders that may affect mental health:

- ▷ Anxiety & Panic Attacks
- ▷ Depression
- ▷ Eating Disorders
- ▷ PTSD
- ▷ Schizophrenia
- ▷ Bipolar Disorder
- ▷ Obsessive-Compulsive Disorder
- ▷ Personality Disorders
- ▷ Psychosis
- ▷ Post-partum Psychosis

Who can be affected?

Anyone can be affected at some point throughout their life.

Is it possible to feel well again after this illness?

Yes, but with support, we can recognise which “triggers” are detrimental to our wellbeing and how to manage them so that we can enjoy and maintain our wellness.

Can we feel normal again?

Absolutely yes, but we should give ourselves time to heal.

Sometimes we forget to listen



**Get in touch with us if you think
we can help you.**

All enquiries are confidential.

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