

# Vogal Training Safeguarding Newsletter

## Mental Health

This month we have seen Mental Health Awareness Week. This highlights the help that is available to support those who need it and supports the removal of stigma associated with the wide-ranging conditions which sit under the broad umbrella of mental health.

***Here we highlight a number of different conditions which anyone can experience symptoms of and may not be aware they are suffering from mental health. There are a broad range of specialist organisations who can offer relevant and appropriate expert support...***

### Anxiety

We all feel worried, tense or fearful sometimes. These are normal responses to certain situations. But if you have an anxiety disorder these feelings of fear and danger can be ongoing and impact the ability to live your life as fully as you want to.

- **Anxiety UK**

A user led organisation that supports anyone with anxiety, phobias, panic attacks or other anxiety disorders.

- Phone: 08444 775 774 (Monday to Friday 9.30am–5.30pm)
- Text: 07537 416905
- Email: [support@anxietyuk.org.uk](mailto:support@anxietyuk.org.uk)
- Website: [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

- **Social Anxiety UK**

Offers support with social anxiety disorder. They are a web-based organisation and offer forums, a chat room and information about social anxiety.

- Email: [contact@social-anxiety.org.uk](mailto:contact@social-anxiety.org.uk)
- Website: [www.social-anxiety.org.uk](http://www.social-anxiety.org.uk)

- **OCD-UK**

Gives information, advice and support on obsessive compulsive disorder (OCD) and related disorders such as body dysmorphic disorder (BDD), skin-picking and hair pulling.

- Phone: 03332 127890 (10am – 4pm, Monday to Friday)
- Email: [support@ocduk.org](mailto:support@ocduk.org)
- Website: [www.ocduk.org](http://www.ocduk.org)

- **No Panic**

Offers emotional support and information on anxiety disorders and medication including tranquilizers. They have a 1 to 1 mentoring scheme and a telephone recovery group available to their members.

- Phone: 0844 967 4848 (Everyday 10:00am – 10:00pm, Service Charge: 5p a minute + local rate)  
Youth Helpline 0330 606 1174 (For 13 to 20 year olds, open 3pm – 6pm. Monday to Friday)
- Email: [admin@nopanic.org.uk](mailto:admin@nopanic.org.uk)
- Website: [www.nopanic.org.uk](http://www.nopanic.org.uk)

## Depression

Depression is a long-lasting low mood disorder. It affects your ability to do everyday things, feel pleasure or take interest in activities. It's different from feeling sad or down, but anyone can experience depression.

- **Mood Swings Network**

This service provides a range of services for people affected by a mood disorder such as depression, including their family and friends.

- Phone: 0161 832 3736 (10am – 4pm, Monday to Friday)
- Email: [info@moodswings.org.uk](mailto:info@moodswings.org.uk)
- Website: [www.moodswings.org.uk](http://www.moodswings.org.uk)

- **The Conservation Volunteers**

This organisation helps people to get involved in local conservation projects and has Green Gyms.

- Website: [www.tcv.org.uk](http://www.tcv.org.uk)

- **Do-it**

This is an organisation that supports people to get into volunteering across the country.

- Website: [www.do-it.org](http://www.do-it.org)

- **Pandas Foundation**

This organisation provides advice and support for people struggling with pre and postnatal depression.

- Phone: 0843 28 98 401
- Email: [info@pandasfoundation.org.uk](mailto:info@pandasfoundation.org.uk)
- Website: [www.pandasfoundation.org.uk](http://www.pandasfoundation.org.uk)

- **Cruse Bereavement Care**

This organisation provides support for people struggling with bereavement. They offer support by telephone and in local centres across the country.

- Phone: 0808 808 1677
- Website: [www.cruse.org.uk](http://www.cruse.org.uk)

- **Counselling Directory**

This website has lots of information about depression and other self-help resources.

- Website: [www.counselling-directory.org.uk/depression.html](http://www.counselling-directory.org.uk/depression.html)

- **Overcoming**

This website has information on self-help guides you can buy for a range of different conditions. They are not free resources but can read reviews of different books here. You may be able to get some of the books cheaper if you buy them second hand.

- Website: [www.overcoming.co.uk](http://www.overcoming.co.uk)

- **Online Cognitive Behavioural Therapy (CBT) resources**

This website is from the NHS. It has a selection of different resources that can help with depression.

- Website: [www.nhs.uk/conditions/stress-anxiety-depression/pages/low-mood-stress-anxiety.asp](http://www.nhs.uk/conditions/stress-anxiety-depression/pages/low-mood-stress-anxiety.asp)

## Post-traumatic Stress Disorder (PTSD)

Post-traumatic stress disorder (PTSD) is an anxiety disorder caused by serious, traumatic or frightening experiences such as an assault, accident, bereavement or natural disaster.

- **Mood Juice PTSD Self-help**

- Website : [www.moodjuice.scot.nhs.uk/posttrauma.asp](http://www.moodjuice.scot.nhs.uk/posttrauma.asp)
- Northumberland, Tyne and Wear NHS self-help leaflets: [www.ntw.nhs.uk/pic/selfhelp](http://www.ntw.nhs.uk/pic/selfhelp)

- **Anxiety UK**

User-led organisation which supports people with anxiety disorders, including PTSD.

- Phone: 08444 775 774 (Mon-Fri 9:30-17:30)
- Website: [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

- **ASSIST (Assistance Support and Self Help in Surviving Trauma)**

Not-for-profit organisation offering therapists trained in trauma-focused CBT, EMDR and treating complex PTSD.

- Phone: 01788 560 800
- Website: [www.assisttraumacare.org.uk](http://www.assisttraumacare.org.uk)

- **Combat Stress**

Charity offering support to ex-Service men and women of all ages with mental ill-health.

- Phone: 0800 138 1619 (24 hours)
- Email: [contactus@combatstress.org.uk](mailto:contactus@combatstress.org.uk)
- Website: [www.combatstress.org.uk](http://www.combatstress.org.uk)

- **Freedom from Torture**

Support, practical advice and treatment for survivors of torture. Has access to language interpreters.

- Phone: 020 7697 7777 (admin)
- Email: via website
- Website: [www.freedomfromtorture.org](http://www.freedomfromtorture.org)

- **Rape Crisis**

Support for survivors of rape and sexual assault.

- Phone: 0808 802 9999 (Helpline open 12:00-14:30 and 19:00-21:30 daily)
- Email: [rcewinfo@rapecrisis.org.uk](mailto:rcewinfo@rapecrisis.org.uk) (general enquiries)
- Website: [www.rapecrisis.org.uk](http://www.rapecrisis.org.uk)

- **UK Psychological Trauma Society**

Online list of UK trauma services.

- Website: [www.ukpts.co.uk/trauma.html](http://www.ukpts.co.uk/trauma.html)

- **Veterans UK**

Government body offering support for veterans.

- Phone: 0808 1914 218 (open 7.30 – 18:30 Monday to Thursday; and 7.30 – 17:00 Friday)
- Email: [veterans-uk@mod.uk](mailto:veterans-uk@mod.uk)
- Website: [www.veterans-uk.info/](http://www.veterans-uk.info/)

## Psychosis

If you're experiencing psychosis, you might see or hear or believe things that others may not. You may believe your experiences are real. Some people describe it as a 'break from reality'.

Psychosis is a medical term used to describe when you experience reality in a different way to others. Common examples are hearing voices and believing that people are trying to harm you. Psychosis can be a one-off experience or linked to other conditions such as bipolar disorder or schizophrenia.

There are many possible causes of psychosis, including drug use, extreme stress or brain injury. There's no one single cause of psychosis, but researchers believe genes and your environment can play a part. You should be offered medication and talking therapy to help with your experiences.

There's evidence linking psychosis to life experiences such as abuse, trauma and stress. However, not everyone who has experienced abuse develops psychosis.

Genetics – research suggests that mental illness runs in families and that if you have a relative with psychosis you are more likely to develop it yourself.

Brain chemicals – changes in your brain chemistry can cause psychosis. Increases in the chemical dopamine can cause hallucinations, delusions and disorganised thinking. While, when you're stressed, your brain releases a chemical called cortisol, which can increase the chances of psychosis.

Drugs – using cannabis, amphetamines, crystal meth or cocaine can increase your chance of developing psychosis.

To access treatment for psychosis, you usually need to have an assessment by a specialist mental health service, such as the Community Mental Health Team (CMHT). You may need to go to hospital if you are experiencing very distressing psychotic symptoms.

- **The Royal College of Psychiatrists**

This is an organisation with a website that has information about a variety of mental illnesses that are associated with psychotic symptoms.

- Phone: 0208 618 4000
- Email: [reception@rcpsych.ac.uk](mailto:reception@rcpsych.ac.uk)
- Website: [www.rcpsych.ac.uk](http://www.rcpsych.ac.uk)

- **Voice Collective**

This is an organisation with a website that has information about voices, visions, coping, recovery, getting help in a crisis and peer support groups for young people aged 12 to 18. It also contains useful information for carers.

- Phone: 020 7911 0822
- Email: [info@voicecollective.co.uk](mailto:info@voicecollective.co.uk)
- Website: [www.voicecollective.co.uk](http://www.voicecollective.co.uk)

## **Bipolar Disorder**

Everyone experiences changes in their mood, but bipolar disorder can change your mood dramatically, affecting every part of your life. You will feel extreme highs and lows of depression for long periods of time. The mood changes can be overwhelming & distressing but you may feel well between these periods. Previously known as manic depression, it can affect all aspects of your life and is also known as bipolar affective disorder. Symptoms of mania can include excitement, impulsive behaviour, increased energy and agitation whilst depression can include lack of energy, low self-esteem and suicidal thoughts. You can also experience psychotic symptoms with bipolar disorder and when you're experiencing manic highs and lows, the symptoms can be severe. It is possible to change from mania to depression on a monthly, weekly or even daily basis. There are different types of bipolar too...

### **Bipolar 1 Disorder**

Bipolar 1 disorder means you will have had at least 1 episode of extreme highs (mania) lasting more than 1 week. Mania can last 3-6 months if left untreated. Most people will experience depression between these times which can last 6-12 months without treatment.

**Bipolar 2 Disorder** - With bipolar 2 disorder, you have periods of depression broken up with times of hypomania.

**Cyclothymic Disorder or Cyclothymia** - Cyclothymia means you will experience regular episodes of hypomania and depression for at least 2 years. The symptoms are milder than bipolar disorder, but cyclothymia can develop into bipolar disorder.

**Mixed Bipolar State** - Experiencing mania and depression at the same time is called a mixed bipolar state. You may feel sad or hopeless but extremely energised at the same time.

**Rapid Cycling Bipolar** - If you have 4 or more depressive, manic, mixed or hypomanic episodes in 1 year it is called rapid cycling bipolar.

You're more likely to be diagnosed with bipolar disorder between 16-24 years old, but it can affect anyone at any age. Bipolar disorder can be difficult to diagnose because the symptoms can be similar to psychosis and depression. There are many different causes such as genetics and environment and it's often a combination of factors that make it more likely for bipolar disorder to develop.

**Genetics** – 9% of people who have a close family member with bipolar disorder will develop it themselves. The risk is higher if both of your parents or if your twin lives with bipolar disorder.

**Chemical imbalance** – Chemicals in our brains affect our moods and behaviours. Too much or too little of these chemicals can lead to mania or depression.

**Environmental factors** – Stressful or traumatic events, such as childhood abuse, can make the chances of developing depressive episodes higher and trigger symptoms of bipolar disorder.

### **• Bipolar UK**

Bipolar UK is a user led charity working to enable people affected by bipolar disorder to take control of their lives.

- Phone: 0333 323 3880
- Email: [info@bipolaruk.org.uk](mailto:info@bipolaruk.org.uk)
- Website: [www.bipolaruk.org.uk](http://www.bipolaruk.org.uk)

## Eating Disorders

An eating disorder is an unhealthy attitude towards food, which can make you obsessed with your eating patterns and can involve eating too much or too little and using food to manage your feelings.

- **Beat**

A national UK charity that gives information, help and support for people affected by eating disorders. They also have a search facility for support groups and eating disorder services, called Helpfinder.

- Adult helpline: 0808 801 0677 (3pm – 10pm, 365 days a year)
- Youthline: 0808 801 0711 (3pm – 10pm, 365 days a year)
- Adult email: [help@beateatingdisorders.org.uk](mailto:help@beateatingdisorders.org.uk) (over 18)
- Youthline email: [fyp@beateatingdisorders.org.uk](mailto:fyp@beateatingdisorders.org.uk) (under 18)
- Helpfinder: <https://helpfinder.beateatingdisorders.org.uk>
- Website: [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)

- **The New Maudsley Approach**

This website has materials and tools to help parents and carers of people with eating disorders to manage their caring role effectively and with less stress.

Website: [www.thenewmaudsleyapproach.co.uk](http://www.thenewmaudsleyapproach.co.uk)

- **Anorexia and Bulimia Care**

An organisation which gives on-going care, emotional support and practical guidance for anyone affected by eating disorders.

- Phone: 03000 11 12 13
- Email: [support@anorexiabulimiare.org.uk](mailto:support@anorexiabulimiare.org.uk)
- Email for friends & family: [familyandfriends@anorexiabulimiare.org.uk](mailto:familyandfriends@anorexiabulimiare.org.uk)
- Website: [www.anorexiabulimiare.org.uk](http://www.anorexiabulimiare.org.uk)

- **Eating Disorders Support**

A charity that gives help and support to anyone affected by an eating problem. Support is offered through their helpline, email support and a self-help group in Buckinghamshire.

- Phone: 01494 793223
- Email: [support@eatingdisorderssupport.co.uk](mailto:support@eatingdisorderssupport.co.uk)
- Website: [www.eatingdisorderssupport.co.uk](http://www.eatingdisorderssupport.co.uk)

- **National Centre for Eating Disorders**

An independent organisation set up to support the person with the eating disorder. They offer solutions for all eating problems. They give information and counselling.

- Phone: 0845 838 2040
- Website: [www.eating-disorders.org.uk](http://www.eating-disorders.org.uk)

- **Men Get Eating Disorders Too (MGEDT)**

Offers support for men with eating disorders, their carers and families. They provide information, online peer support, and a face-to-face support groups in London and Sussex.

- Email via website: [www.mengetedstoo.co.uk/contact](http://www.mengetedstoo.co.uk/contact)
- Website: [www.mengetedstoo.co.uk](http://www.mengetedstoo.co.uk)

## Borderline Personality Disorder (BPD)

BPD is an illness that affects the way you think and feel about yourself, as well as your emotions and relationships with other people. It's also known as emotionally unstable personality disorder (EUPD).

Around 1 in 100 people have BPD and there are many different causes of BPD, but it is common for people with BPD to have had a traumatic childhood.

**Borderline-type** - If you have borderline-type EUPD you may have more difficulties with relationships, self-harming and feelings of emptiness.

**Impulsive-type** - If you have impulsive-type EUPD you may have more difficulties with impulsive behaviour and feelings of anger.

- **BPD World**

Provides information and support to people affected by personality disorders. It has an online support forum.

- Website: [www.bpdworld.org](http://www.bpdworld.org)

- **Self-Injury Support**

Offers a helpline service for women of any age who self-harm, as well as text and email services for women under 24.

- Phone: 0808 800 8088 (Monday – Thursday 7-10pm)
- Text: 0780 047 2908 (for women and girls under 24 years old, Sunday – Friday 7pm – 9pm)
- Email: [www.selfinjurysupport.org.uk/tessform](mailto:www.selfinjurysupport.org.uk/tessform) (for women and girls under 24 years old)
- Website: [www.selfinjurysupport.org.uk](http://www.selfinjurysupport.org.uk)

- **Turning Point**

Works with people who have problems with drug and alcohol use, mental health and learning disabilities.

- Phone: 020 7481 7600 (Information line, not emotional support)
- Email: [www.turning-point.co.uk/contact-us.aspx](http://www.turning-point.co.uk/contact-us.aspx)
- Website: [www.turning-point.co.uk](http://www.turning-point.co.uk)