

# TEACHING MATTERS

F E A S S O C I A T E S

## Mental Health Awareness

Support for adult apprentices

## Mental Health and Wellbeing

Even before we were hit by the global Coronavirus outbreak, we were all being urged to pay closer attention to our mental health and wellbeing.

The arrival of Covid-19 has added a new layer of stress and has brought some major disruptions to normal life. As a result, many of the things we do to counteract stress in our work or whilst training, such as socialising or going to the gym, have either been restricted or are not possible at all due to current restrictions.

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel and act. It also determines how we handle stress and relate to others. It can also affect some of the choices we make. One in four adults and one in 10 children experience mental illness, and many of us know and care for people who do.

### Support and advice

At Teaching Matters, we are here to support and help you in achieving your ambition by giving you support when you need it most.

We have created an open and inclusive environment which includes respect and support for those with mental health issues.

We believe in equality of opportunity and will strive to challenge mental health stigma and promote wellbeing for our staff and apprentices. Our staff are also provided with appropriate mental health training.

If you are experiencing personal difficulties our friendly team can be there to listen to you and to help you make sense of the difficulties, you may be experiencing. They can refer you to other support organisations who may support you through difficult times.



### Difficulties could include:

- Problems keeping up with your coursework
- Problems at work or at home
- Depression
- Anxiety
- Bullying



## Five signs that you may be experiencing a mental health issue:

- Removing yourself from social situations
- You may avoid attending social occasions or mixing with friends and family
- Having trouble concentrating
- If your mind is preoccupied with a mental health problem, it may be difficult to think or speak clearly
- Trouble with sleep
- People living with depression may find it difficult to wake up in the morning or find they sleep more than usual. Those who suffer from anxiety often struggle to get to sleep or wake up more by worrying about things
- Feeling removed or numb
- If you are experiencing a mental health problem such as depression or post-traumatic stress disorder (PTSD), you may feel a sense of unreality or you feel removed from your day-to-day life.
- Developing physical symptoms
- Many people with depression might have lower energy levels and may find it more difficult to look after themselves. Some people with anxiety may experience physical symptoms like sweating, panic attacks, nausea and shaking.

## Working from home

Things to consider to support your mental health when working from home.



- Try to avoid working in your bedroom. It is important to keep your workspace and personal space separated where you can.
- Identify your triggers – we all find we have times when we are stressed, upset, or are finding it difficult to cope. Working out what the triggers are for you will help to anticipate problems and find solutions.
- Spend some time on yourself. This is good for your wellbeing and will help you to become more resilient. Take short breaks throughout the day and make sure you make time to eat properly.
- Try and make the effort to get dressed. Not having to be formally dressed can be great but if you feel low, putting on some nice clothes or carrying out your usual grooming programme can help you to feel ready for work and will boost your self-esteem.
- Try to keep up contact with others as working alone can feel that you are isolated.
- Try to identify one thing each day that you can accomplish so that you can feel good about yourself.

If you should have a bad day and are struggling to cope, remember, **it is okay not to be okay** and that there are people you can talk to about how you are feeling.

### Who can you talk to?

- Your module tutor
- Your coach or mentor
- Your line manager
- Teaching Matters' Designated Safeguarding Officer (see below for details)
- A member of your family
- A friend
- Your doctor or nurse
- The Samaritans

### What happens next?

We will:

- Listen to you
- Give you help and support
- Provide you with relevant contacts to support agencies

If you need further information or advice about mental health and wellbeing these are some of the organisations who can help



<https://www.samaritans.org>



<https://www.mind.org.uk>



[Public Health England - GOV.UK \(www.gov.uk\)](https://www.gov.uk)



<https://www.mentalhealth.org.uk>

### Who to contact at Teaching Matters:

**Donna Clifford** – Designated Safeguarding Officer  
donna.clifford@fea.co.uk

**07841 210335/07769 973351**

**Judith Richardson** – Director of Operations

Judith.richardson@fea.co.uk

**01454 617 707**