

WELLBEING

World Mental Health Day

10th October 2019



A recent index of 301 diseases has found mental health problems to be one of the main causes of the overall disease burden worldwide.

World Mental Health Day (WMHD) is observed on 10th October every year, with the overall aim of raising awareness of mental health issues around the world and promoting positive change for mental health advocacy.

Hosted by the World Federation for Mental Health (WFMH), WMHD was observed for the first time in 1992, with the goal of promoting the prevalence of mental health issues and educating the public on proactive treatment methods.

This year, the WFMH has chosen to make "suicide prevention" the main theme of WMHD.

Suicide prevention

According to the World Health Organization (WHO), more than 800,000 people die by suicide a year, making it the principal cause of death among people fifteen to twenty-nine years old.

To recognise the growing rates of suicide worldwide, the WFMH invite you to join the campaign for WMHD 19 and,

to help make a significant difference all over the world for this very important issue.

By making suicide prevention the theme of WMHD 19, WFMH's objective is to attract the attention of worldwide governments, so that the issue of suicide prevention is given priority in public health agendas around the world.

Mental health top tips

In recognition of WMHD 19, we have collated several practical tips on how to look after your mental health. These include:

1. **Ask for help** - If at times, life gets too much for you, it's important that you speak to those close to you. You may find that a few wise words from your partner or a family member is enough to get you back on track.
2. **Plenty of sleep** - Sleep helps regulate the chemicals in our brain that transmit information. These chemicals are important in managing our moods and emotions and an imbalance in those chemicals can result in us becoming depressed or anxious.
3. **Eat well** - A balanced diet that is good for your physical wellbeing is also good for your mental wellbeing. Your brain needs a mix of nutrients to stay healthy and function well.
4. **Avoid alcohol** - The numbing effects of drinking are only temporary and can often lead to mental health issues. It's

advised that if you do drink, that you stay within the governing bodies recommended unit guidelines.

How do I get involved?

Green ribbon - Show your support for mental health and join the Mental Health Foundation's movement by ordering a green ribbon badge [here](#). All proceeds go towards finding and addressing the sources of mental health problems.

Tea & talk - Raise funds by hosting a Tea & Talk event in your workplace. Simply get together with a group of colleagues, put the kettle on, invite them to donate to the Mental Health Foundation and start a conversation about mental health. If you are stuck for ideas and need more resources, [click here](#) for more information.

Social media - Help raise awareness of WMHD 19 by using the hashtag #worldmentalhealthday on social media and following the WFMH's social channels [here](#).

If you would like more information on suicide prevention, or if you have any other wellbeing concerns, please call our free, 24-hour helpline on:
UK: 0800 030 5182 / ROI: 1800 936 071

Or alternatively, visit our portal to view advice articles, webinars and 4-week programmes all aimed at improving your physical and mental wellbeing:
www.healthassuredeap.com

TOPICAL

Children and diabetes



There are currently an estimated 5 million people living with diabetes in the UK and Ireland. That translates to a diagnosis every 2 minutes.

Diabetes is a serious health disorder that prevents the normal breakdown and use of food by the body. If left untreated, the disorder can cause harm to the heart, blood vessels, kidneys, and neurological system.

There are multiple forms of diabetes but the two most common are known as type 1 and type 2 diabetes. Both forms can occur at any age, but a child is more likely to be diagnosed with type 1 diabetes.

Type 1 diabetes

Type 1 diabetes is the most common form of child diabetes - approximately 90% of young people with diabetes live with this form of the disease. The condition occurs when a child's pancreas is unable to produce insulin.

Without insulin, sugar cannot travel from the blood into the cells, resulting in high blood sugar levels.

To manage the health condition, children living with type 1 diabetes have to get insulin into their bodies via regular injections or an insulin pump.

Type 2 diabetes

Type 2 diabetes is less common in young children, but it can occur when the insulin in the pancreas does not work properly, or enough insulin isn't being made. Without enough insulin, glucose can accumulate in the bloodstream.

Historically, type 2 diabetes has usually occurred in adults, in fact, it was formerly known as "adult-onset diabetes". But due to the increasing number of obesity in children and young adults, diagnosis of type 2 diabetes in early life is becoming more common.

Signs and symptoms

Increased thirst and urination - Due to the build-up of excess sugar in the bloodstream, a child is likely to become thirsty more often and urinate more. This is also likely to lead to bed-wetting.

Weight loss - After losing the energy that sugar supplies to the body, muscle tissues and fat stores begin to shrink, thus resulting in weight loss. However, weight loss is more common in children with type 1 diabetes than in children with type 2 diabetes.

Fatigue - Diabetic children can become tired and lethargic more often due to the lack of sugar in their cells.

Blurred vision - A diabetic child may find it difficult to focus clearly on objects due to the body pulling fluid from the lenses of their eyes.

Can diabetes be prevented?

Unfortunately, type 1 diabetes cannot be prevented. No one knows the true cause of the condition, but experts believe that genes and genetics play a part in the cause.

Unlike type 1, type 2 diabetes can be prevented - depending on the circumstances. Encouraging a healthy lifestyle and avoiding sedentary tasks are key in reducing the risk of preventing type 2 diabetes, suggestions include:

Get active - Make sure that the child stays active by taking part in physical activities such as playing sports, walking the dog and riding a bike. Avoiding sedentary tasks such as playing video games, and watching TV is also important.

Eat well - Encouraging your children to eat a balanced diet consisting of low-fat, nutrient-rich foods such as whole-grain cereals, fruits, vegetables and lean proteins, can help prevent excessive weight gain.

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LEGAL

Debt – information & guidance



There are many reasons people can fall into debt. Society tends to believe that those having debt problems are living outside of their means or just lack financial control.

In reality, there are many common triggers for sudden problems with personal finances, even when managing finances reasonably well.

Some common causes are loss of employment, a breakdown of a relationship or unexpected expenses, such as replacing a home appliance or vehicle.

Money worries & mental health

There is a strong relationship between money worries and ill mental health. Mental health charity 'Mind' indicates that poor mental health makes managing money more difficult and in turn, worrying about money makes mental health worse.

This is a difficult cycle to break as people struggle to open up about mental health issues. Many argue that having debt is negative however, loans can be necessary when purchasing costly 'big ticket' items. Very few people earn enough money to make large and important purchases without the support of a loan; therefore, it is important to distinguish between 'good debt' and 'bad debt'.

Good debt & bad debt

Good debt is seen to be an investment that is good for your future and may generate long-term income or grow in value over time. An example of good debt in most instances is a mortgage. By taking on a mortgage, you are working towards building equity in an asset whilst also providing the security and stability of owning your own home.

When considering taking on good debt, it is important to note that there are no guarantees that the investment will be successful. For example, an expensive degree or educational course will not always guarantee a great job after graduation. However, with careful planning, borrowing in the cheapest manner and seeking professional advice if needed, it is possible to mitigate some of the risks.

On the other hand, bad debt can emerge in a number of different ways and is generally seen as anything that funds your current lifestyle as opposed to potentially bringing you future income or wealth.

One of the most prominent examples of bad debt is payday loans. Payday loans are relatively small amounts of money, borrowed at an extremely high-interest rate. As the name suggests, payday loans are generally expected to be repaid when the borrower receives their next wage. These can be a convenient, quick fix to money issues; however, this convenience comes at a cost. Borrowers who have not been able to remedy their financial situation by the time they get their next wage may find themselves

unable to repay the loan, thus incurring more debt through default or extension charges. About a quarter of payday loans in the UK are rolled over to a new loan term and typically charge £24 a month for every £100 borrowed.

Alternatively, if a borrower does manage to meet the payment with their next wage, they may find themselves unable to afford other necessities throughout the month such as food and living costs. In some cases, a borrower may feel pushed into covering any financial deficit with a second payday loan, thus pushing them further into 'bad' debt.

Available support

If you find yourself in a situation where you are struggling with debt, free support is available through services such as StepChange Debt Charity. When dealing with debt issues it's important to remember that you're not alone, 23% of people have said that money worries have seriously impacted their mental health at some stage. Being in debt can cause problems in all areas of your life, such as causing arguments in the home or reducing productivity at work.

If you would like to find out more information on any of the topics mentioned in this article, please call our free, 24-hour helpline on:

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