

TOPICAL

Time to Talk Day 7th February 2019



According to **NHS Digital**, 1 in 6 people report experiencing a common mental health problem (such as anxiety and depression) in any given week in the UK.

On 7th February 2019, the UK acknowledges **Time to Talk Day** (TTTD) - a campaign created by UK mental health charity Time to Change.

What is Time to Talk Day?

TTTD is a national awareness day, aimed at encouraging people in the UK to talk more openly about their mental health. The campaign started in 2014 and has since become a significant date in the wellbeing calendar thanks to Time to Change's efforts.

In 2019, Time to Change are inviting people to simply hold more conversations on their mental health - whether it be at work, home or within their local community.

What causes poor mental health?

There is no single cause for mental health disorders; instead, they can be caused by a mixture of biological, psychological and environmental factors.

The following factors could potentially result in a period of poor mental health:

- Childhood abuse, trauma, or neglect
- Experiencing discrimination and stigma
- Drug and alcohol abuse

- Suffering from bereavement
- Severe or long-term stress
- Domestic violence, bullying or other abuse as an adult

The signs & symptoms

Mental health problems can cover a broad range of disorders, but the common characteristic is that they all affect the affected person's personality, thought processes or social interactions. Unlike many physical illnesses, mental health issues can be difficult to clearly diagnose.

Examples of signs and symptoms include:

- Feeling sad or down
- Excessive fears or worries, or extreme feelings of guilt
- Withdrawal from friends and activities
- Sex drive changes
- Excessive anger, hostility or violence

How do I get involved?

From a coffee morning at your work, to a stall handing out materials at your local train station, there are lots of activities you can do to get people talking on TTTD. Suggestions include:

Bag packing in a supermarket: Starting quick conversations whilst offering to pack bags in supermarkets can be a great way to get involved with TTTD. Fundraisers often collect for charity at supermarkets so it's important to let people know that it's a few spare minutes of time you need, not money.

Cafe conversations: Contact a local cafe to organise a TTTD event that encourages customers to chat about their mental health over a hot beverage.

Pledge wall: Get your local community involved with TTTD by erecting a **Time to Change pledge wall** in a local space such as a shopping centre, library or park. Members of the public can then write their own pledges, creating a wall of support for ending mental health stigma.

Arts and crafts activity: Suggestions include; 'draw what makes you happy', bracelet making and building 'happiness jars'.

For more ideas and online resources, [click here](#) to access the TTTD 2019 page on the Time to Change website. Here, you can find multiple info packs and order forms to obtain your free promo materials.

Did you know?

- Mental health is the single largest cause of disability in the UK.
- Approximately 1 in 4 people in the UK will experience a mental health problem each year.
- One in eight people aged under 19 in England have a mental health disorder.
- Mixed anxiety and depression has been estimated to cause one fifth of days lost from work in Britain.

If you feel as though you have issues with your mental health, or if you have any other wellbeing concerns, please call our helpline on:

0800 030 5182

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

WELLBEING

Wear Red for BHF February 2019



According to the **British Heart Foundation** (BHF), roughly 7 million people live with heart and circulatory diseases in the UK.

What is Heart Disease?

Cardiovascular disease (or commonly known as heart disease) is the result of the build-up of plaques in the blood vessels and heart. This build-up of plaques then causes the blood to thicken thus making it harder for the heart to circulate blood around the body.

The potential harm that cardiovascular disease can cause include:

- Fatigue
- Shortness of breath
- Heart attack
- Stroke
- Death

How does Heart Disease affect us?

The BHF estimates that the UK suffers 152,000 deaths from heart and circulatory diseases each year, and 42,000 of those are premature.

Although the symptoms vary in severity, they include:

- Chest pain
- Stomach pain
- Jaw and back pain
- Choking sensation
- Swollen ankles
- Extreme fatigue
- Irregular heartbeat

How can I prevent Heart Disease?

There are many ways in which you can prevent the risk of heart disease, most include simple changes to your lifestyle. They include:

Healthy eating: Incorporate a mix of at least five fruit and veg options into your daily food intake.

Staying active: Try to become more active in your daily routine. Many people make simple adjustments such as; taking the stairs at your workplace as opposed to the lift, ride a bicycle to work instead of driving etc.

Stop smoking: Quitting smoking will dramatically reduce your chance of heart disease. According to the BHF, smokers are almost twice as likely to have a heart attack compared with people who have never smoked.

Your weight: Maintaining a healthy weight is key to keeping your heart in good condition.

Reduce stress: The BHF has linked stress and anxiety as an attributer to heart disease. Changing your lifestyle in a positive way can make an impact on the amount of stress you put on your heart.

Drink less alcohol: Long-term excessive drinking increases the risk of developing heart problems. It is suggested that both men and women should not regularly exceed 14 units of alcohol per week.

Control blood pressure: High blood pressure is a major risk factor for heart disease. The BHF recommend that most adults should get their blood pressure checked at least one a year.

How do I get involved?

Now it's time to get you and your colleagues involved! There are many ways you can incorporate the red theme into your day at work. These include (but are not limited too):

Wearing red outfits: A simple way to get involved is to come to work dressed in red. This can range from a bold red tie to a fun red wig, or for the more daring fundraisers, why not a tomato costume?

Hosting a red bake sale: A bake sale with a twist, make every cake, crumb and crust red!

A red raffle: Raffle off red-only items, use your imagination when picking the items to make the raffle fun as well as great opportunity to raise funds.

Red fancy dress competition: Take the red theme to the next level by running a red-only fancy dress competition in the office.

For more ideas, online resources, fundraising and donation information, please [click here](#) to access the BHF designated web-page.

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LEGAL

Steps to take following a road traffic accident



A road traffic accident can happen at any time, and the impact of such can be significant physically, emotionally and financially.

The World Health Organization (WHO) issues a global status report on road safety every two to three years reflecting information from countries across the world. The most recent report in 2018 revealed that 1.35 million individuals lost their lives in fatal road traffic accidents globally, with road traffic accidents being the eighth leading cause of death for people of all ages.

The Driver and Vehicle Licensing Agency (DVLA) confirm that in September 2018 there were 38.4 million vehicles licensed for use on the roads in Great Britain. With such a high volume of vehicles in constant use, it's unfortunately common for minor to major collisions to occur. Sometimes road traffic accidents are unavoidable and therefore greater awareness amongst road users of the steps to take following a road traffic accident can ensure the safety of those involved and compliance with applicable legislation.

Immediately after an accident

Although it is easy to overlook things in the immediate aftermath of an accident, there are a few simple actions that are important to consider. The vehicle should be stopped immediately and the engine should be turned off. Following this, the hazard lights should be turned on in order to maintain the vehicle is fully visible to

any other road users. It is also imperative to check if any injuries have been sustained by those in the vehicle, if there is a serious injury an ambulance should be called immediately and yourself and any passengers must move to a safe space if possible.

Exchange of details

Failing to provide adequate details after involvement in a road traffic accident can be serious offence. Section 170 of the Road Traffic Act 1988 stipulates that the driver must stop after an accident and provide their name and address, they must also provide the name and address of the owner of the vehicle if this is someone other than them. In addition to the information required by law, it is also useful to exchange insurance information and details of any passengers involved.

Photographs and other evidence

Gathering a record of the circumstances at the time of the accident and obtaining any photographic evidence is important. The following information will be helpful to have if there is a disagreement surrounding liability for the accident:

- Time and date
- Weather conditions
- Road junctions and markings
- Photographic evidence
- Witness contact details

Contacting the police

The police should be contacted if there is any type of road block caused by the incident, this means that traffic can be diverted accordingly and there is a lower chance of risk of further collision by other vehicles. The police can also provide a crime reference number or begin an

investigation if necessary. For example, if there has been an unlawful act such as failure to share details, driving under the influence or an intention to cause a collision.

Contacting your insurance provider

Quite often, individuals are uncertain as to whether they need to tell their insurer about their involvement in a road traffic accident, particularly if the accident was relatively minor or if there has been a private agreement between the parties to cover repair costs outside of insurance. It is crucial to review insurance policy documents in order to understand the obligation to notify an insurer of involvement in an accident. Many insurance policies include a standardised clause which states that the policy can be made void if an accident has not been declared.

In order to ensure your insurance claim is dealt with promptly, have the following details to hand before making the call:

- Policy number
- Third party driver's insurance details
- Third party driver's contact details
- Car registration numbers

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