

Our Well-Being Newsletter

Newsletter for pupils, parents & staff
Issue 15 – April 2022

St Michael's Catholic College, Llewellyn Street, London, SE16 4UN
02072376432 | contact@stmichaelscollege.org.uk
www.stmichaelscollege.org.uk



Welcome to our April Well-Being Newsletter!

Our April Well-being Newsletter will focus mostly on Men's mental health. In England, around one in eight men has a common mental health problem such as depression, anxiety, panic disorder or obsessive-compulsive disorder (OCD).

However, these figures can only tell us about mental health problems that have been reported – many cases may go undiagnosed. This is especially true when it comes to men's mental health. Social expectations and traditional gender roles play a role in why men are less likely to discuss or seek help for their mental health problems.

Life events affect both men's and women's mental health and there is health and support available if you are worried about your own or someone else's mental health.

Please refer to page 2 for organisations that offer support.

Some statistics on Men's Mental Health



- Three times as many men as women die by suicide in the UK;
- Men aged 40-49 have the highest suicide rates in the UK;
- Men report lower levels of life satisfaction than women according to the Government's national well-being survey.
- Men are less likely to access psychological therapies than women: only 36% of referrals to the NHS talking therapies are for men.

In addition, men are far more likely than women to go missing, sleep rough, become dependent on alcohol and use drugs frequently.

However, research suggests men will access help that meets their preferences and is easy to access, meaningful and engaging. For example, Men's Sheds provides community spaces for men to connect and chat, often over practical activities (<https://menssheds.org.uk/>).



What can I do if I am worried about my mental health?

Talking about your feelings and asking for help takes a lot of courage and it is part of taking charge of your well-being and doing what you can do to stay healthy:

- Making simple changes such as talking about your feelings, keeping active and eating well can help you feel better.
- Family and friends can be a vital source of support when things are difficult.
- Opening up to someone you trust: it is worth giving some thought to which person you might approach. You will have a sense of who has more capacity to empathise and offer you support in time of crisis.
- If you do not have someone to talk to, there are other ways to gain support: through your GP, the online community or peer support: www.mind.org.uk.

If you are in distress and need immediate help or are feeling suicidal, please call 999 or go to A&E.



Why don't men talk about their mental health?



- Men are often expected to be the breadwinners and to be strong and in control. These can make it harder for men to reach out for help and open up. Some research also suggests that men who can't speak openly about their emotions may be less able to recognise symptoms of mental health problems in themselves, and less likely to reach out for support.
- Men may also be more likely to use potentially harmful coping methods such as drugs or alcohol and less likely to talk to family or friends about their mental health.
- Insecurity of being the only weak person among a group makes it even more complicated for men to open up. With this, they do not open up in spite of realising their need for help.
- Women display signs of depression by appearing sad, disheartened, or unworthy, whereas, men display it in the form of anger, irritability, impulsivity, frustration, and other anti-social behavior.
- It takes a lot more effort for men to acknowledge and take the next step.

Links to Mental Health Support

- www.samaritans.org
- <https://www.thecalmzone.net/>
- www.menshealthforum.org.uk

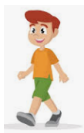
- <https://giveusashout.org>
- <https://www.mind.org.uk>
- <https://www.nhs.uk/mental-health/>

Samaritans: Call 116 123

Crisis Text Line: Text SHOUT to 85258

CALM: Call 0800 58 58 58
open 5pm - midnight





St Michael's Staff share their well-being tips!

"I do rock climbing at a boulder gym at least twice a week. I make slow progress but enjoy solving the bouldering problems very much. I love how physically and mentally demanding climbing can be. After every session, I feel all the adrenaline rush and satisfied that I have done my best.

Ms Nguyen.

"Doing yoga most evenings helps me to relax and calms my mind" Ms G. Osei

"I tend to walk home from school and cook supper most evenings. I often listen to a podcast or an audiobook. I find it is nice to do active things like this to clear my head at the end of the day." Mr J. Walker

"Laughing is my best medicine" Mrs J. Chilton-Higgins

"Swimming helps me relax and keeps me fit"

Ms S. Ciotti

"Cycling helps me escape and clear my head"

Ms L. Chabaud



Chaplain's Corner

**We now commit ourselves to You for the day
It may not bring us all sunshine, gladness, and ease
It may have clouds, and pain, and hardship
But, Father, we want to make it a sweet, beautiful day
Whether it shall be bright or dark
Give us much of Your Spirit, and may we live near You all day
We ask all in Jesus' precious name. Amen.**

