

# Scouting's Million Hands Campaign: Mental Health

## Introduction

The campaign is called A Million Hands and is initially intended to run for four years.

By the end of 2018 Scouting aims to mobilise half a million Scouts working in support of four big social issues.

The issues, which were chosen by young people in Scouting, are:

- Dementia
- Help those disabled by society,
- Improve the mental wellbeing and resilience of our communities
- Ensuring everyone, everywhere has access to clean water and sanitation

The 9<sup>th</sup> North Leeds Scout Group – the Leaders of Scouts, Cubs and Beavers – have chosen 'Improving the wellbeing and resilience of our community'. It is something we can all do every day of our lives to help ourselves, and to help those who are close to us.

### What do we mean by Wellbeing?

Feeling healthy and happy.

### What do we mean by Resilience?

Our capacity to cope with or recover quickly from difficulties.

### Who is part of our community?

The people who are part of our lives and those we depend on for the important things of life e.g. food, shelter, health, friendship, learning, etc.

### Why should you do this?

- It will make a big difference
- You will feel good about it
- It will be fun
- Mental Health and Wellbeing is something you will feel passionate about
- It will be an adventure
- It will make you a better person

### Tonight we will attempt to:

1. Understand the need to improve our wellbeing and resilience
2. Identify those people who make up our community
3. Explore what we can each do to 'improve the wellbeing and resilience of our community'

## Activity:

# TRUE OR FALSE QUIZ

1. UNDERSTAND THE NEED
2. Plan Action
3. Take Action
4. Learn and Do More
5. Tell the World
6. Risks and Considerations
7. Connecting with Others

Section	Scouts, Explorers, Network
Overview Description	The activity is designed to introduce Scouts to some of the terminology and statistics relating to mental health.
Outcome	Scouts will have a better understanding of some of the key headlines and statistics relating to mental health.
Time	20-30 minutes, dependent on how many statements are used and the discussion that follows
Equipment	<ul style="list-style-type: none"><li>■ None required – the activity can be delivered as a show of hands, Scouts writing on an answer sheet or moving towards one side of the room representing 'true' and another 'false'.</li></ul>
Linked badges	

## Activity Instructions

- Introduce the topic of talking about mental health.
- Introduce the quiz and pick a selection of the statements from below.
  - Anyone can have a mental health problem. (True)
  - Mental health problems are very rare. (False)
  - There are ways you can help yourself feel better if you feel bad. (True)
  - People with mental health problems are different from other people. (False)
  - It is best not to talk to someone with a mental health problem. (False)
  - Someone who has a mental health problem can't go to work. (False)
  - Mental health problems affect one in four people. (True)
  - People with mental problems aren't able to work. (False)
  - We probably all work or go to school or college with someone experiencing a mental health problem. (True)
  - One in ten young people will experience a mental health problem. (True)
  - People with mental health problems are usually violent and unpredictable. (False)
  - People with a mental health problem are more likely to be a victim of violence than the person themselves being violent. (True)
  - People with mental health problems don't experience discrimination. (False)
  - Nine out of ten people with mental health problems experience stigma and discrimination. (True)
  - It's easy for young people to talk to friends about their feelings. (False)
  - Nearly three in four young people fear the reactions of friends when they talk about their mental health problems. (True)
- Encourage Scouts to discuss the answers they gave and ask if anything surprised them.

## Adaptations

The quiz can be delivered in a number of different ways, including in teams, with a show of hands, or as a more physical activity with true and false on alternate walls.

# Scouting's Million Hands Campaign: Mental Health

## The issue

Mental health problems include anxiety, depression, obsessive compulsive disorder (OCD), self-harm (both physical and behavioural), post-traumatic stress disorder, eating disorders, bipolar disorder and schizophrenia.

According to the World Health Organization, by 2020 depression will be the second most common cause of ill health after heart disease.

Whatever form they take, experiencing a mental health problem can be a scary and isolating experience.

Mental health problems can affect anyone. But too many people still feel unable to say that they're struggling to cope, and this means they don't get the support they need.

Here in the UK this year, like last year, 1 in 4 people will experience a mental health problem. (This week 250,000 people will visit their doctor about a mental health problem.)

75% of adults with mental health problems first experience them before the age of 18.

One in ten young people experience mental health problems. Right now tens of thousands of young people here in the UK are suffering from depression, stress and anxiety. (1 in every 13 boys aged 11 to 15 are suffering right now – you almost certainly know someone who is suffering but you may not be aware of it.)

Suicide is now the most common cause of death among people under 35. This year in the UK about 6,000 people will feel so bad that they deliberately end their own lives. Three quarters of those who end their own lives are male. That's 4,500 males and 1,500 females every year.

Each year 1,700 people a year are killed on our roads. We talk a lot about road safety.

Most of us don't talk about our mental health and wellbeing.

We all need to learn to talk more openly about our mental health and wellbeing, and encourage friends and family to do the same.

## Campaign objectives

We have all learned to manage our physical health e.g. *"When I feel physical pain I tell someone so they help me or they find someone who can."*

1. We can all learn to manage our mental health in the same way. Take Notice when something might be wrong, talk with someone about it and ask them to help or to find someone who can help you.
2. Learn to talk more openly about your everyday wellbeing and resilience, and encourage friends and family to do the same.

# Scouting's Million Hands Campaign: Mental Health

## High Five – Ways to improve wellbeing and resilience

### Connect

Talk to friends, family and other people. Spend time with them.

### Be Active

Do a sport or something else that requires physical effort.

### Take Notice

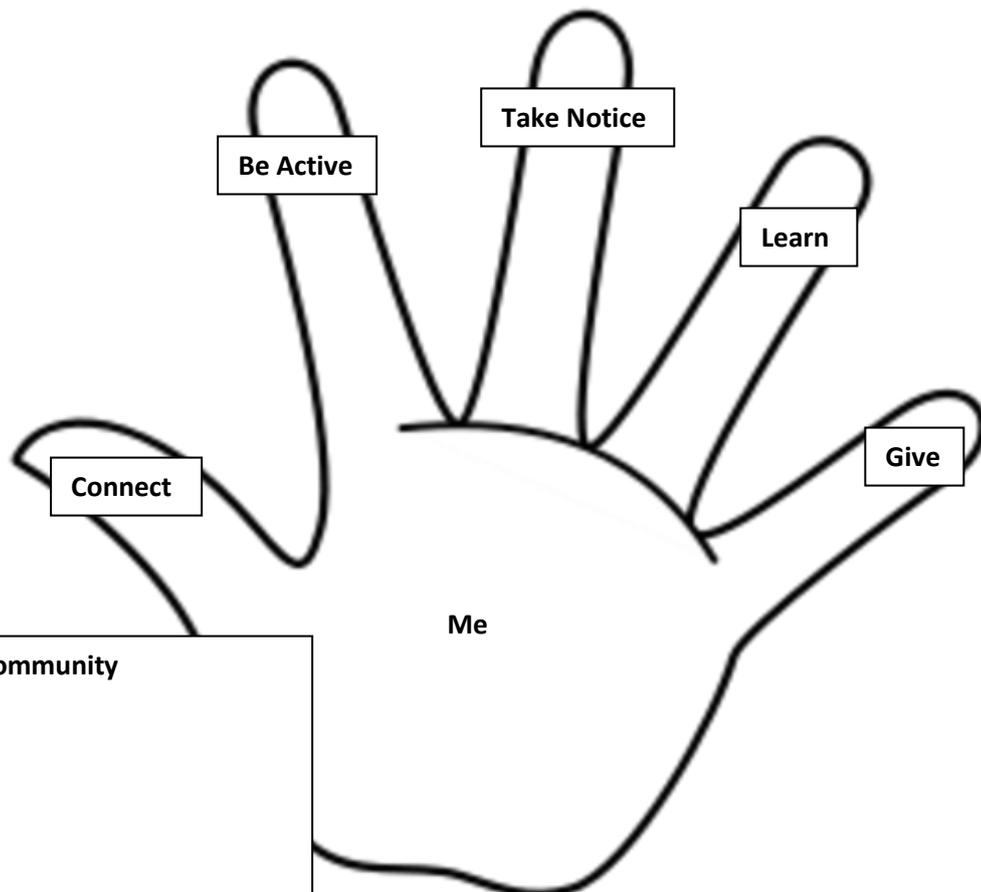
Notice when I feel stressed about something and take time out to remember what helps me relax and enjoy what I am trying to do now (i.e. live in the present).

### Learn

Acquire new knowledge (something I know about) or a new skill (something I can do).

### Give

Share my time, knowledge and skills with other people.



**My Community**

[Empty box for writing names of people in the community]

**TAKE ACTION:** Talk about your High Five with your parents or someone you named in My Community

# Scouting's Million Hands Campaign: Mental Health

## Words

### Stress

Is the feeling of being under too much mental or emotional pressure.

Pressure turns into stress when you feel unable to cope. People have different ways of reacting to stress, so a situation that feels stressful to one person may be motivating to someone else.

### Anxiety

A feeling of unease, such as worry or fear, that can be mild or severe.

Everyone has feelings of anxiety at some point in their life – for example, you may feel worried and anxious about sitting an exam, or having a medical test or a job interview. During times like these, feeling anxious can be perfectly normal – a helpful part of our natural self-protective 'flight or fight' mechanism.

However, some people find it hard to control their worries. Their feelings of anxiety are more constant and can often affect their daily lives.

### Depression

There are many symptoms of depression, including:

- low mood
- feelings of hopelessness
- low self-esteem
- lethargy and sleep problems

The more symptoms someone has and the longer they last, the more likely they are to be depressed.

### Obsessive compulsive disorder (OCD)

A mental health condition where a person has obsessive thoughts and compulsive activity.

An obsession is an unwanted and unpleasant thought, image or urge that repeatedly enters a person's mind, causing feelings of anxiety, disgust or unease.

A compulsion is a repetitive behaviour or mental act that someone feels they need to carry out to try to temporarily relieve the unpleasant feelings brought on by the obsessive thought.

For example, someone with a fear of their house being burgled may feel they need to check all the windows and doors are locked several times before they can leave the house.

### Self-harm

Is usually a way of coping with or expressing overwhelming emotional distress and can also be a cry for help.

When somebody intentionally damages or injures their body the intention is often to punish themselves, express their distress or relieve unbearable tension. Sometimes the reason is a mixture of both.

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Self-harm may also be intended by someone who recklessly damages their relationships, prospects, possessions, resources, engages in excessive drinking, gambling, risk taking, etc.

### **Post-traumatic stress disorder (PTSD)**

An anxiety disorder caused by experiencing or witnessing stressful, frightening or distressing events such as a road accident, a natural disaster, warfare, violent attack, abuse, etc.

Someone with PTSD often relives the traumatic event through nightmares and flashbacks, and may experience feelings of isolation, irritability and guilt.

They may also have problems sleeping and find difficulty concentrating.

Symptoms are often severe and persistent enough to have a significant impact on the person's day-to-day life.

### **Eating disorders**

Are characterised by an abnormal attitude towards food that causes someone to change their eating habits and behaviour.

A person with an eating disorder may focus excessively on their weight and shape, leading them to make unhealthy choices about food with damaging results to their health.

### **Bipolar disorder**

Is characterised by extreme mood swings. These can range from extreme highs (mania) to extreme lows (depression).

Episodes of mania and depression can often last for several weeks or months.

### **Schizophrenia**

is a long-term mental health condition that causes a range of different psychological symptoms, including:

- hallucinations – hearing or seeing things that do not exist
- delusions – unusual beliefs not based on reality that often contradict the evidence
- muddled thoughts based on hallucinations or delusions
- changes in behaviour

Doctors often describe schizophrenia as a psychotic illness. This means sometimes a person may not be able to distinguish their own thoughts and ideas from reality.

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