

World Mental Health Day 2022



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On the 10th of October, the WHO (World Health Organisation) recognises World Mental Health Day. This year's theme set by the World Federation for Mental Health (WFMH) is "Make Mental Health and Well-Being for All a Global Priority".

REACT!
RESPONSE ACTION!

WEST.

Mental Health

Crisis Action Plan

A mental breakdown is when someone's mental or emotional health becomes unbalanced to the extent that they cannot carry out their everyday activities.

It is a signal that urgent help is needed. A breakdown often occurs when the stress and pressure the person is experiencing has increased to the extent that they can no longer cope. Although it seems to come on suddenly, chances are good that this crisis has been building for some time.

If a crew member experiences a mental breakdown, St John's Ambulance' 'DR EFG' protocol should be implemented:

'DR EFG'

D Danger
Check for DANGER to the responder

R Recognise
Is there an imminent risk to life?

- Catastrophic bleeding
- Actively attempting to take their own life
- Active self-harming
- Unresponsive

If safe to do so, provide immediate first aid treatment and call your designated telemedicine provider or RCC (Rescue Co-Ordination Centre).

Is there a medical emergency?

- Emotional Distress
- Panic attack
- Difficulty in breathing / Hyperventilating
- Minor injuries

The Medical officer needs to be notified to treat the patient.

E Empathy
Show empathy towards the patient and try to understand how the individual may be feeling. Ensure you are calm and gentle with them.

F Find out their symptoms
Ask the patient what symptoms they are experiencing, both mentally and physically. While this is being done, make sure you are non-judgemental and consider if what you are saying is appropriate in this situation. At times, people can find it difficult to talk about their own mental health, if this is the case and the patient does not wish to discuss their symptoms, move onto the next stage of the action plan where another individual can assist.

G Give support and reassurance
Support and reassure the patient. Ask if the patient would like to see their head of department or if they would like to go to someone they trust. Ask if the individual wants to access self-help or would want to access professional help.

For more information on additional support, please see our Mental Health poster (05).

POSTER 11

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In 2021, WFMH stated that the impact of the COVID-19 pandemic might last longer than the pandemic itself. The rate of people experiencing mental health problems is increasing globally, and those experiencing mental illness may not be getting the care they need.

The WFMH stated that 75% of people from high-income countries who suffer from depression had not received adequate care, and 75% of people from low- and middle-income countries with mental health conditions have received no treatment.

In recognition of the global-themed Mental Health Awareness Campaign this week, a new poster has been added to the Club's REACT! series of medical and first-aid posters.

The new poster is an addition to strengthening those within the series, specifically addressing mental health to raise awareness and its importance among crews onboard.

Members requiring further guidance or assistance should contact the Loss Prevention Department.