

October 2016

St George's University Hospitals **NHS**
NHS Foundation Trust

Contact Details
Contact details:

If you would like to contact me I am based in the renal department at St George's hospital.

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LET'S TALK ABOUT
MENTAL HEALTH

Check out the last page of the newsletter to See the advert for this years Christmas event!

If you would like to write a piece to feature next month please don't hesitate to contact me! =)

NEW SURVEY

Hi there!

We're Emily and Sam two second year medical students at St George's working with Marie Louise and Dr Popoola. Together we're running a project looking at how well people take their medication. Soon you'll be hearing from us about our survey, we'd really appreciate it if you could answer it. Our aim is to help you find your treatment easier to follow and make every day life more comfortable.



For more info contact

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The #IAMWHOLE campaign was launched with help from Jordan Stephens of Rizzle Kicks, who has recorded the song 'Whole' (for the NHS-backed anti-stigma campaign.) The campaign, a partnership with youth charity YMCA, hopes to raise awareness of mental health issues suffered by young people.

Celebrities such as James Corden, Ed Sheeran and Liam Gallagher have backed the cause so far, sharing photos of their hand with a circle drawn on it. You can watch the video on the link below.

<https://www.youtube.com/watch?v=FZ4TICx3eHA>



Liam Gallagher
@liamgallagher

Follow

#IAMWHOLE LG x
4:16 PM - 10 Oct 2016

OCTOBER 10 | WORLD MENTAL HEALTH DAY

DIGNITY IN MENTAL HEALTH –
PSYCHOLOGICAL & MENTAL HEALTH
FIRST AID FOR ALL



WORLD MENTAL HEALTH DAY
10 OCTOBER 2016

Around a quarter of the UK population seek help for a mental health issue every year.

The number of people asking for help has increased, indicating that attitudes are changing. However, even so, according to the World Health Organisation, if we don't act now then by 2030 depression will be the leading illness globally.

World Mental Health Day is a day for global mental health education, awareness and advocacy. It was first celebrated in 1992 at the initiative of the World Federation for Mental Health. Every year thousands of supporters observe an annual awareness program to bring attention to Mental Illness and the major effects it has on people's lives worldwide.

This year's theme 'Dignity in Mental Health-Psychological & Mental Health First Aid for All' will enable us to contribute to the goal of taking mental health out of the shadows so that people in general feel more confident in tackling the stigma, isolation and discrimination that continues to plague people with mental health conditions, their families and carers.

This year the London eye and buildings all around the world were lit up in purple to support world mental health day. The global Light Up Purple drive was set up in memory of Canadian teenager Amanda Todd, who killed herself in 2012. The 15-year-old brought the problem of cyber bullying to mainstream attention after she posted a video on YouTube in which she told her story with handwritten signs.

Lots of celebrities have posted pictures to support the NHS and YMCA mental health campaign highlighting the worrying statistic that more than half of young people who experience stigma due to mental health problems say their own friends are the ones who bully them.

*it's okay
not to be
okay*



The Mental Health Foundation's 10 tips on how to look after your mental health

1. Talk about your feelings
2. Exercise
3. Eat well
4. Drink sensibly
5. Keep in touch with loved ones
6. Ask for help
7. Take a break
8. Do something you're good at
9. Accept who you are
10. Care for others

For more advice, in full, visit their [website](#).



If you're worried about your own mental or emotional state or you're worried about someone you know then **help is available**.

You're not alone; talk to your GP or someone you trust. Sharing a problem is often the first step to recovery.

* Rethink advice and information line — 0300 5000 927

* The Samaritans—116 123 - it's FREE
Or alternatively let someone at the hospital know.

Young Adult Christmas Event

3rd December from 1.45pm.

Bowling, followed by food!

The British kidney patient association have agreed to fund a Christmas event again! However, this year we are going to ask for a **£5 donation** from you guys. This is to secure your place and also so we can build up some money to put towards another event!

If you are unable to afford the £5 donation but would like to come to the event please get in touch.

What?

This is a joint event for young adult kidney patients at Hospitals in London.
(Funded by the BKPA)

Lets get everyone together and celebrate Christmas!

Where?

Bloomsbury Bowling
Bedford way, in the basement of Travistock hotel, WC1H 9EU
Nearest station?
Russell Square or Euston.



To book your place please contact Marie-Louise Turner, your young adult worker, on: marielouise.turner@stgeorges.nhs.uk or 0208 725 1919

If you are interested in coming to the Christmas event please get in touch!
I'm happy to answer any questions or to ease any worries. We do have a limited number of spaces (30) so the sooner you book your place the better!

