

Mental Health and Resilience in Adults

One in four adults experiences at least one diagnosable mental health problem in any given year. People in all walks of life can be affected and at any point in their lives. Mental health problems represent the largest single cause of disability in the UK.

Mental health problems can damage lives and weaken society, yet three quarters of those with mental health problems receive no ongoing treatment and support.

Only 5.5% of health research funding goes to mental health in the UK.

Types of Mental Health Conditions:

- Anxiety
- Depression
- Stress
- Bipolar Disorder
- Schizophrenia
- Postnatal Depression
- Dementia

Signs of Mental Health Conditions:

- Feeling Sad or Down
- Extreme Mood Changes
- Suicidal Thoughts
- Tiredness, Low Energy or Problems Sleeping
- Detachment from Reality
- Alcohol or Drug Abuse
- Withdrawal from Friends and Activities

Ways to Improve Wellbeing:

- Connect with People Around You
- Be Active
- Learn New Skills
- Give to Others
- Be Mindful
- Speak to your GP



Useful Links

- www.mind.org.uk
- www.samaritans.org/branches/cardiff-district-samaritans
- www.cavamh.org.uk
- www.cardiffandvaleuhb.wales.nhs.uk/useful-mental-health-links
- www.gofal.org.uk
- www.hafal.org
- www.stepiau.org/local-services
- www.cardiffandvalersb.co.uk