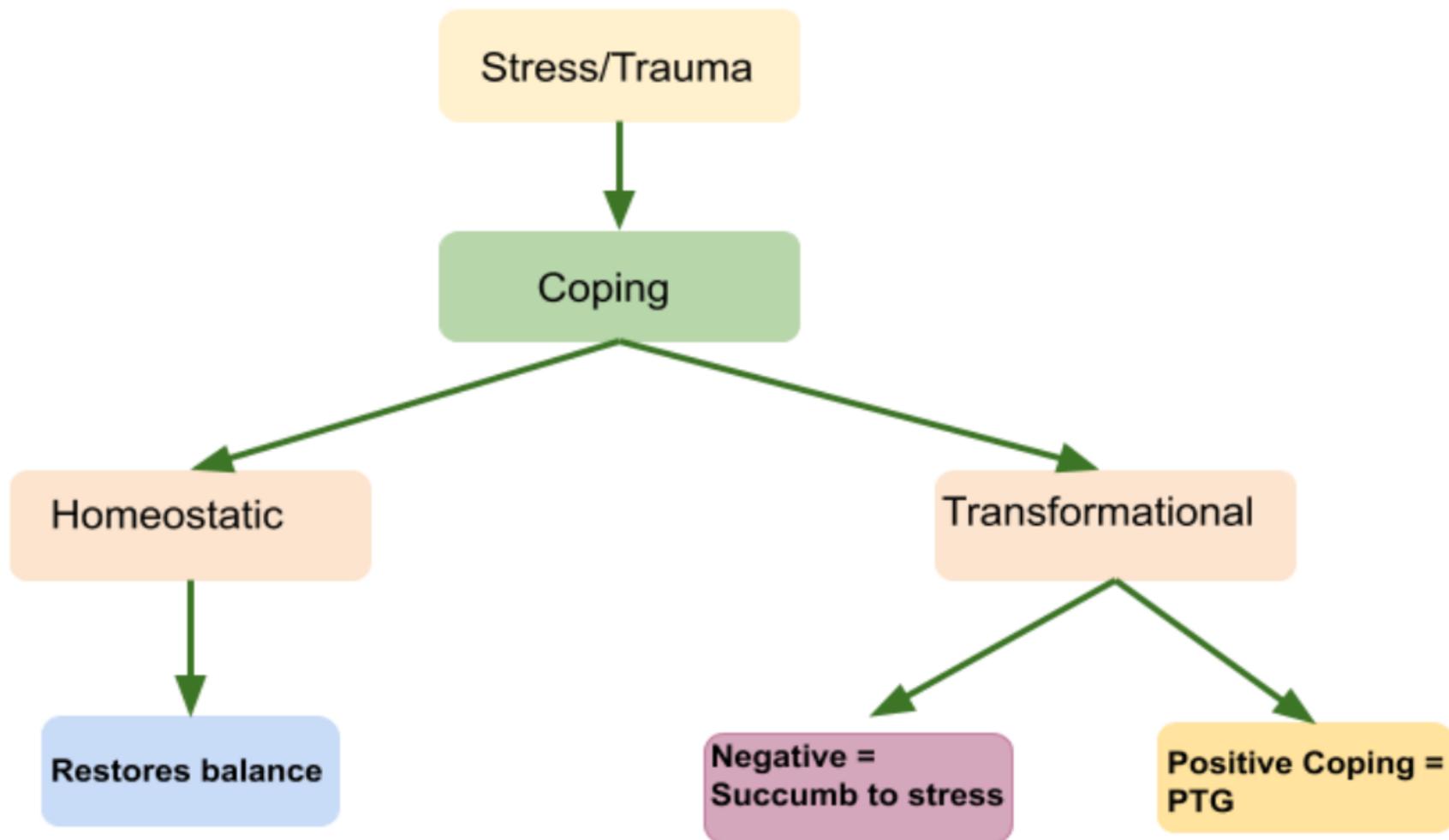


Supporting the agility of people

David Whiting UK Mental Health Ltd



The Outcome Theory Of Post-Traumatic Growth

Post-traumatic growth (PTG)

Post-traumatic growth is a psychological transformation that follows a stressful encounter.

Tedeschi and Calhoun (1996) developed the Post-Traumatic Growth Inventory (PTGI) to assess post-trauma growth and self-improvement a person undergoes.

PTG – five areas

The positive transformation of PTG reflects in one or more of the following five areas:

- Embracing new opportunities – both at the personal and the professional fronts.
- Improved personal relationships and increased pleasure derived from being around people we love.
- A heightened sense of gratitude toward life altogether.
- Greater spiritual connection.
- Increased emotional strength and resilience.

Post-traumatic growth inventory

The first 10 of 21 questions. Self-scored 0-5

- 1 I changed my priorities about what is important in life.
- 2 I have a greater appreciation for the value of my own life.
- 3 I have developed new interests.
- 4 I have a greater feeling of self-reliance.
- 5 I have a better understanding of spiritual matters.
- 6 I more clearly see that I can count on people in times of trouble.
- 7 I established a new path for my life.
- 8 I have a greater sense of closeness with others.
- 9 I am more willing to express my emotions.
- 10 I know that I can handle difficulties.

Crisis Text Line 85258

How It Works



Text SHOUT to 85258 from **anywhere in the UK**, anytime, about any type of crisis.

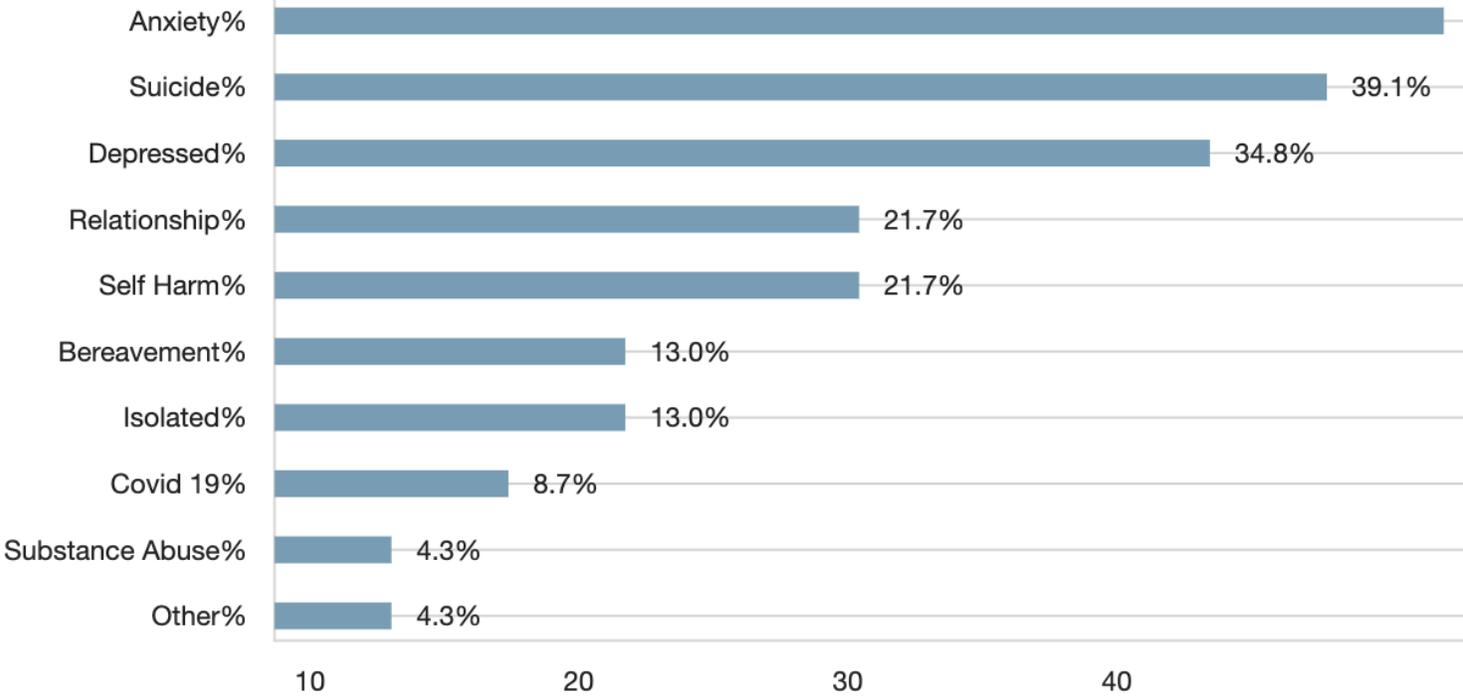


A live, trained Crisis Volunteer receives the text and responds, all from our secure online platform.



The Crisis Volunteer will help you move from a hot moment to a cool calm.

Convo Types



My
conversations
on Crisis Text
Line

Early warning signs of mental ill health

Psychological	Physical	Behavioral
Irritability	Tiredness	Overworking
Aggression	Weight loss or gain	Increased use of caffeine, alcohol
Inability to concentrate	Headaches	Missed deadlines
Poor decision-making	Difficulty sleeping	Erratic behaviour
Tearful	Frequent minor illnesses	Social withdrawal

Early warning signs in remote workers

Warning Sign 1: Decreased Resilience

- Difficulty concentrating
- Loss of interest in things I used to enjoy
- Feeling hopeless about my future
- Feeling distant or cut-off from others
- Feeling irritable or angry

Warning Sign 2: Mistakes

One sure sign that people are starting to burn out working remotely is when they make more mistakes and miss more deadlines than normal. Stress often manifests in sloppy, inaccurate or late work.

<https://www.forbes.com/sites/markmurphy/2020/04/23/three-warning-signs-that-your-remote-employees-are-starting-to-crack-under-the-stress-of-working-from-home/#b5931fc2237b>

Warning Sign 3: Language - Negative And Emotional

When people feel stressed, it's common for their language (email, phone calls or face-to-face) to evidence more negativity and emotionality.

Be on the lookout for employees saying or writing phrases like the following:

“There’s nothing I can do”

“There are no options”

“I can’t do anything”

“This is impossible”

Having conversations about mental health

- Plan the best way to do it.
- Listen non-judgementally and listen for signs of crisis
- You might not be able to fix everything but offer some validation & hope
- Encourage professional help where necessary
- Encourage other help including self-help

The Resilience Association are supporting an Online Mental Health First Aider course

This course qualifies you as a Mental Health First Aider, giving you:

- An in-depth understanding of mental health and the factors that can affect wellbeing
- Practical skills to spot the triggers and signs of mental health issues
- Confidence to step in, reassure and support a person in distress
- Enhanced interpersonal skills such as non-judgemental listening
- Knowledge to help someone recover their health by guiding them to further support - whether that's self-help resources, through their employer, the NHS, or a mix

Online Mental Health First Aider course

Self-learning and four live sessions

Monday 16 November 1400-1630

Friday 20 November 0900-1130

Monday 23 November 0900-1130

Friday 27 November 0900-1130

Manuals and workbooks included.