

# Understanding Mental Health

## A relational approach

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# What is Mental Health?



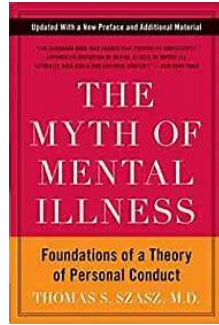
Homors

2000BC



Hysteria

1400



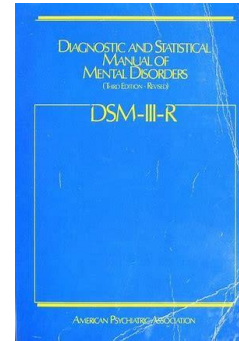
Thomas Szaz

1961



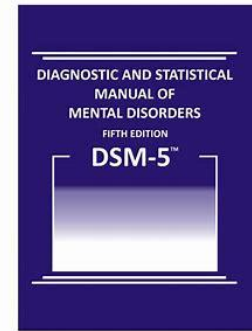
Removal of  
homosexuality  
from DSM-II

1968



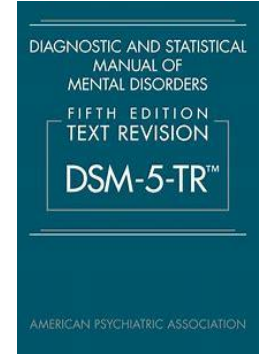
DSM-III-TR

1987



DSM-V

2013



DSM-V-TR

2022

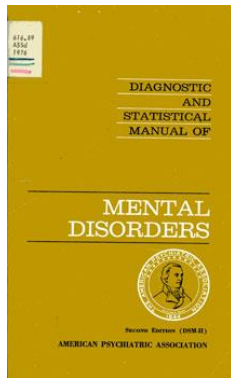
Demons



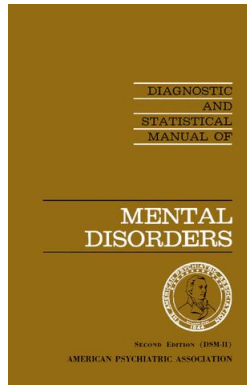
Crime



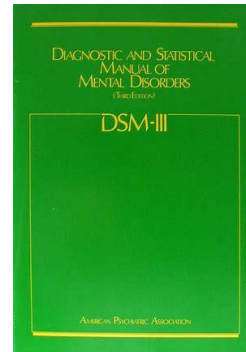
DSM



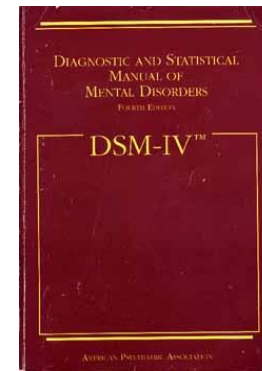
DSM-II



DSM-III



DSM-IV



PTMF



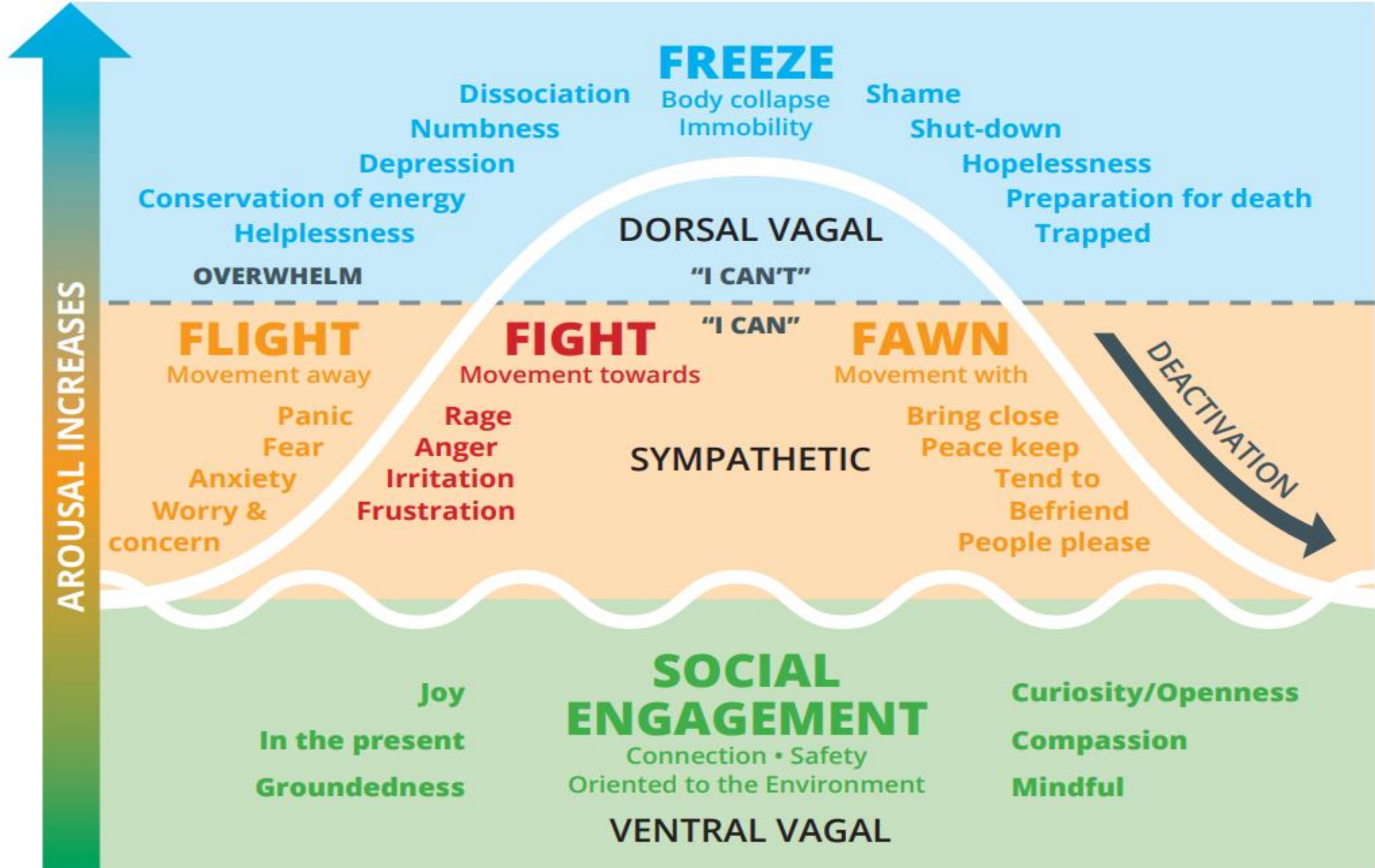
**At its simplest mental health is...**  
**Nervous system regulation +  
connection with the self, others +  
the world.**



# UNITED NATIONS REPORT OF MENTAL HEALTH, 2017

*“....We have been sold a myth that the best solutions for addressing mental health challenges are medications and other biomedical interventions.”*

*“It’s not about chemical imbalance but **POWER  
IMBALANCE**”*



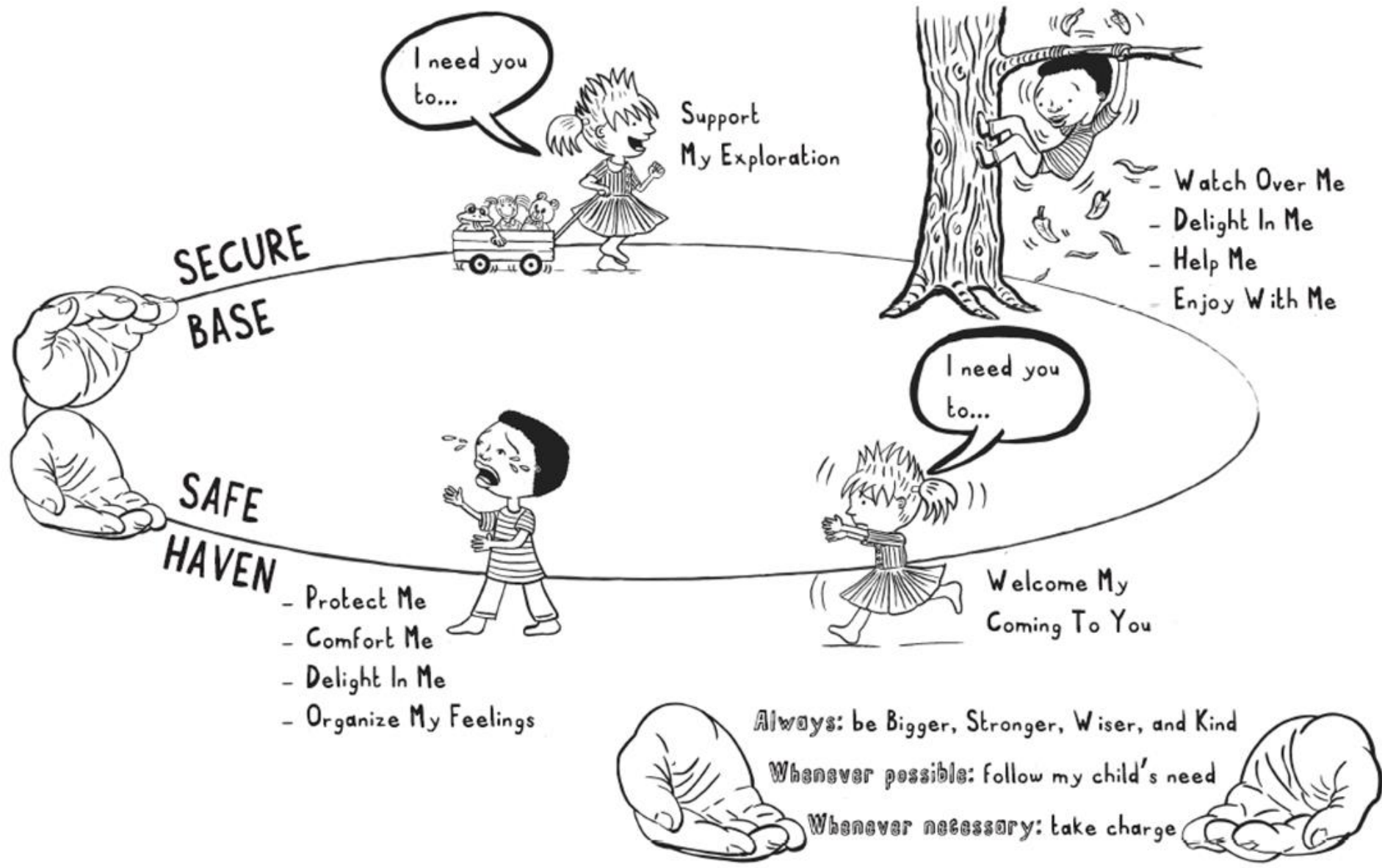
Adapted by Ruby Jo Walker from: Cheryl Sanders, Steve Hoskinson, Steven Porges and Peter Levine

# Threat Responses

When we perceive we are under threat there are four main mind and body responses







I need you to...

Support My Exploration

I need you to...

Welcome My Coming To You



# How humans respond to stress...

...and why we don't all respond the same

Think of the window of tolerance as a river and you're floating down it. When the river narrows, it's fast and unsafe. When it widens, it slows down and you:

- are at a balanced and calm state of mind
- feel relaxed and in control
- are able to function most effectively
- are able to take on any challenge life throws at you





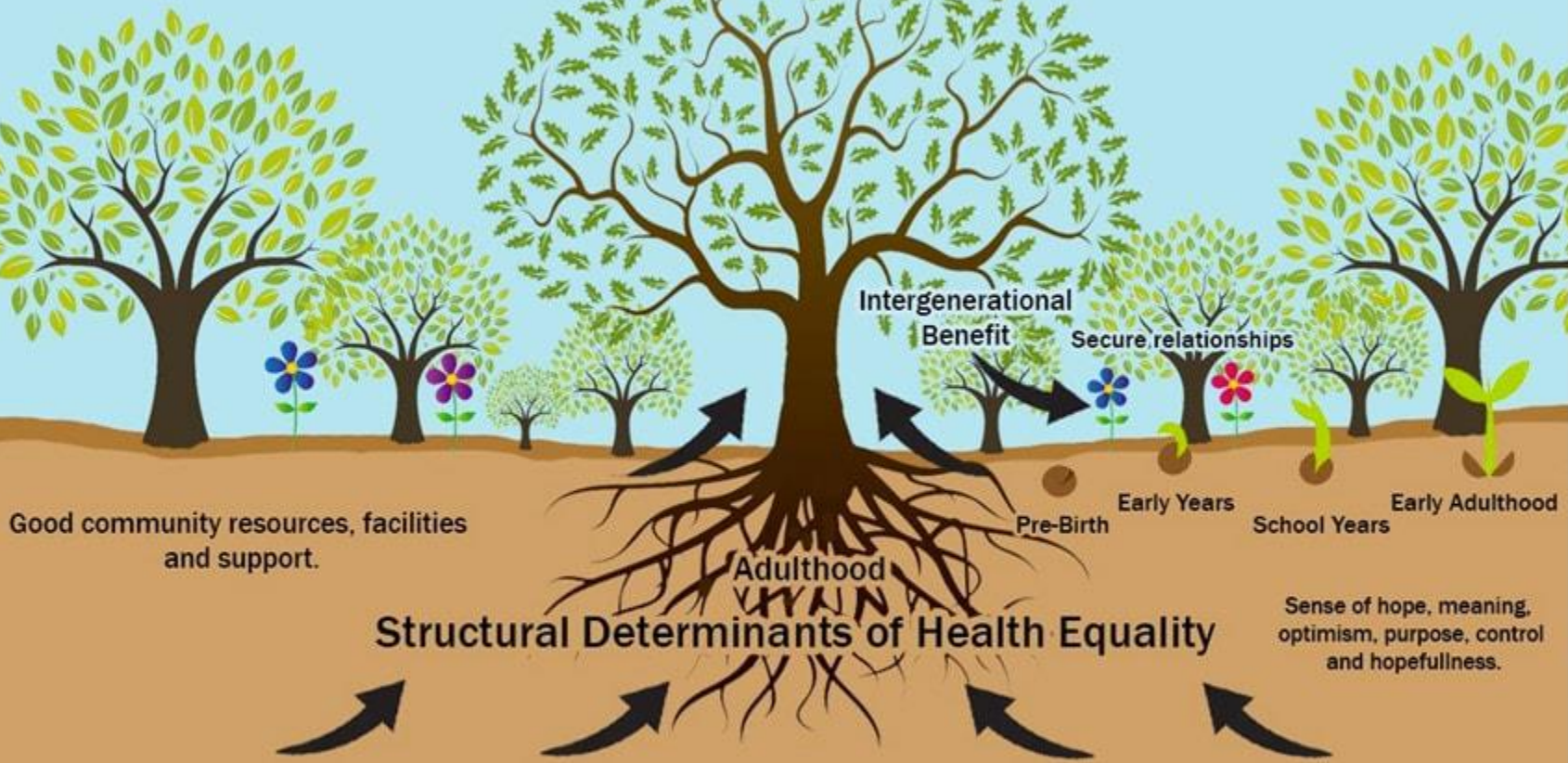
**A child who is stressed early in life will be more overactive, and reactive. He is triggered more easily, is more anxious and distressed. Compare with a child with a 'normal' arousal level and give them both alcohol. Both may experience the same level of intoxication but the child with higher arousal has the added effect of feeling pleasure from the relief of that stress (Maté, 2018)**

# How to Build Resilience and Reduce Alienation

This is not a DIY project

Basic needs met, structure & routine

Good network of family, friends, and/or community.



Good community resources, facilities and support.

## Structural Determinants of Health Equality

- Public Policies
- Social Policies
- Cultural & Societal Values
- Governance
- Environmental Policies
- Macroeconomic Policies

Creating psychologically healthy political and social environments that support and foster agency, security, connection, meaning and trust.

# An Ecological Framework for Building Community Resilience and Wellbeing

This framework is based on WHO (2010) Conceptual framework for social determinants of health, Wilkinson and Pickett's (2018) equality, stress and wellbeing work, Ungar's Child, Family and Community Resilience (2019), Burn's (2014) What makes us healthy and McGrath's psychologically healthy societies work as well as psychological theory and practice relevant to childhood, social and economic adversity.

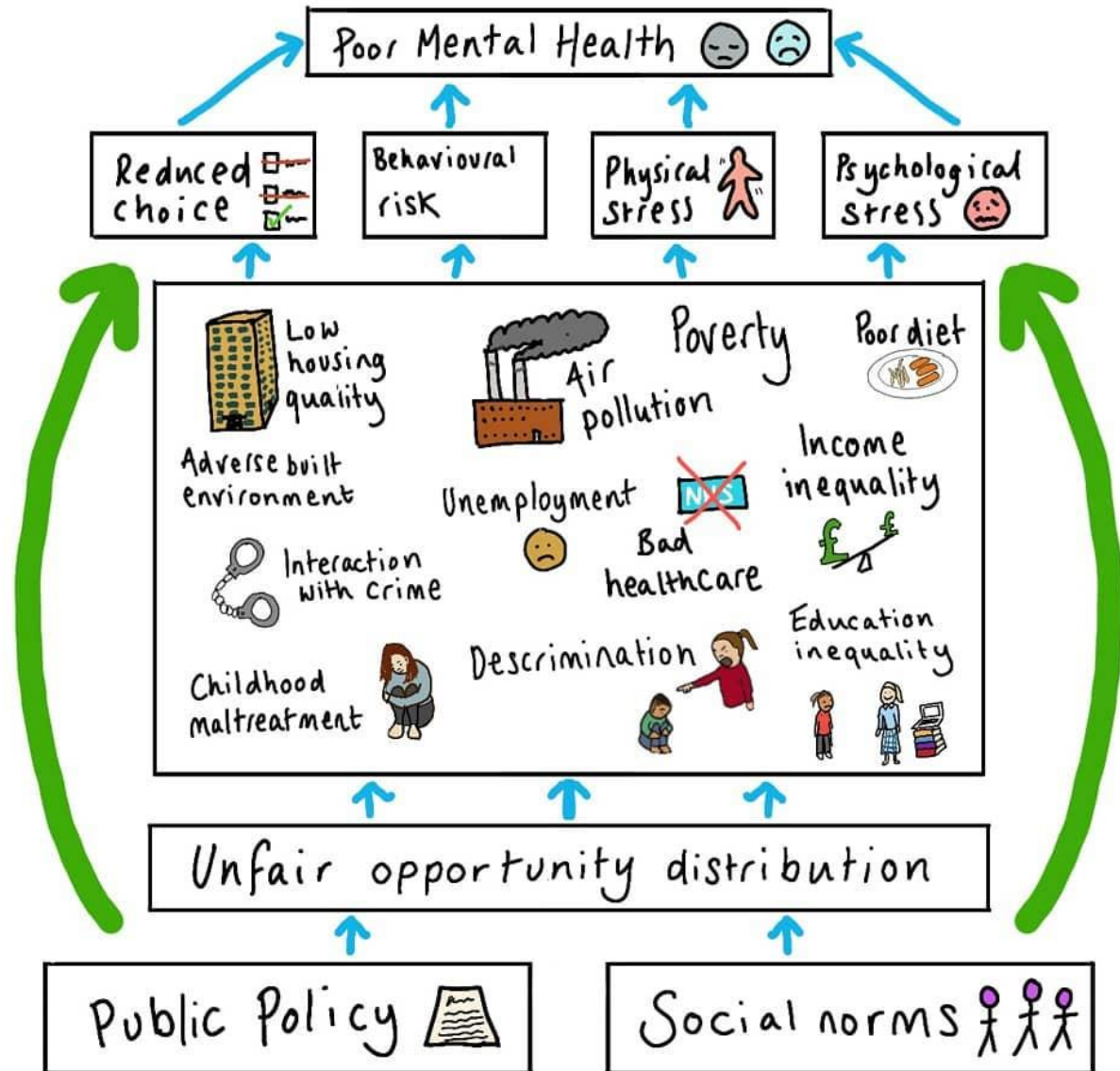
## Structural and Intermediary Determinants of Health Equality

<b>Public policies</b> Access to information and IT Good and flexible Childcare Accessible Public Transport	<b>Macroeconomic Policies</b> Sustainable economic policies Policies that minimise economic inequality
<b>Cultural &amp; Societal Values</b> Diversity and Equalities of opportunities Inclusive environments	<b>Basic needs are met</b> Good nutritious food Sleep routine Clean Water Safe and secure shelter (not temporary) Access to money (social security; savings, pension plan) Access to good health care
<b>Environmental Policies</b> Green and play spaces Protection for the environment	<b>Good network of family, friends and/or community</b> Sport/hobby group Connection to: Neighbours, Teachers, Coaches, Elders, and Community leaders
<b>Governance</b> Access to functioning democracy Able to influence decision making at a local and national level	<b>Good community resources, facilities and support who are psychologically Informed</b> Police Social Workers Fire Department Home-care workers Health Workers Community workers
<b>Social Policies</b> Community and sport facilities Libraries Fair work (Bank of Sick days) Good education and access to skills Respectful social security policies Secure and safe housing Pension plan	



# Social Determinants of Mental Health

(Compton & Shim, 2019)



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**Your postcode is more  
important to your mental  
health than your genetic  
code.**

It is as much about what you did **not** get.

PLATF **FORM**