



Mental Health & Resilience in Adults Fact Sheet

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.

Types of Mental Health Conditions include:

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

Self Help Strategies:

- Talk & Connect with People Around You
- Be Active & Exercise
- Eat Well
- Relaxation & Mindfulness
- Socialise
- Fun & Laughter

"Flowers grow back, even after they are stepped on. So will I" *The DPJ Foundation*

Useful Links:

Mind Cymru

Call: 0300 123 3393 or Text: 86463
info@mind.org.uk

Samaritans Wales

Call: 116123 (24hrs, 365 days a year)
or Welsh 0808 164 0123 (7-11pm, 7 days a week)
www.samaritans.org

Hafal Cymru

Call: Ceredigion 01970 624756
Call: Carmarthenshire 01267 223365
Call: Pembrokeshire 01834 844177
Call: Powys 01492 534769
www.hafal.org

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.

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

In 2016 the DPJ Foundation was set up to support people in rural communities with poor mental health, especially men in the agricultural sector.

Farming is an excellent career and can provide huge benefits to those who work in the sector. However, it is a career that comes with huge pressure, isolation and demand on a daily basis.

The foundation aims to break down the stigma that surrounds mental health and provide support services for those in rural communities.



www.thedpjfoundation.com

