Big Health

Building mental health awareness together

Mental Health Action Month

Are mental health conditions normal?

People struggling with mental health often feel as if they're alone. It may help these feelings of isolation to remember that mental health conditions are very common. On average, one in six people experienced a common mental health disorder at some point last week, making things like anxiety and insomnia as common as having blue eyes.

Common symptoms of mental health conditions

People sometimes think they're "naturally bad sleepers." But there could be a diagnosable and treatable condition causing sleep problems. Insomnia makes it hard to fall or stay asleep, which often leads to problems during the day such as fatigue and irritability. People with insomnia also might get "enough" sleep, but it's so fragmented and off-schedule that they never feel rested.

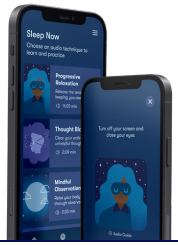
Why is it so hard to talk about mental health?

Many people find it hard to talk about mental health because of stigma: beliefs and attitudes based on misconceptions that can lead to judgement, embarrassment, or even mistreatment in personal or professional contexts. Lack of awareness around mental health can also lead people to avoid talking about it, for fear of being misunderstood, or not knowing what the right thing to say is.

Where can I look for help?

If you or someone you know is experiencing poor mental health symptoms, speak to a doctor. The Mental Health Foundation has a resource page that can help. Mind UK also has tips and advice for how to open up to someone about your mental health, or how to ask a loved one if they need support.

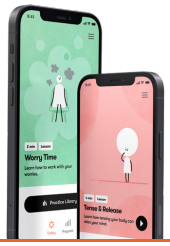
Sleepio, the NHS-recommended digital treatment for insomnia and poor sleep



www.sleepio.com/nhs

Sleepio

Daylight, the digital treatment for worry and anxiety



www.trydaylight.com/nhs

daylight