

It's Okay to not be Okay

And other platitudes....



eats2021
BERLIN





British Army 
@BritishArmy

...

It's ok to not be ok.
It's ok to ask for help.

Samaritans Military Programme is here to help

RUOK?™

A conversation could change a life.

In uncertain times,
you're not alone.



Call us.
We'll listen.

WORLD
**MENTAL
HEALTH**
DAY



If you are struggling,
please do reach out to
one of the following
trained MHFAs



Mental Health
Foundation

Talking about your
feelings can help you stay
in good mental health and
deal with times when you
feel troubled.



Good mental health for all.
mentalhealth.org.uk



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Identifying

Here are some ways you might identify someone who is struggling to cope. Even if they are not suicidal they could probably use a listening ear.

- A normally outgoing person becoming withdrawn
- Missing parades or being late when they are normally punctual
- A loss of personal discipline
- Drinking more than usual or on their own
- Appearing distracted or “not quite there”
- Missing group activities or meals
- Having less energy
- Finding it hard to cope with day-to-day life
- Negative statements such as “it’s like everything is against me”



2016 No. 765

CIVIL AVIATION

The Air Navigation Order 2016

Drunkenness in aircraft

242.—(1) A person must not enter any aircraft when drunk, or be drunk in any aircraft.

Bin day tomorrow



This is called **quarantine coffee**.
It's just like normal coffee but it has
margarita in it and also no coffee.



Holmes and Rahe Stress Scale

Life Event	Value
Death of a spouse	100
Divorce	73
Marital separation	65
Jail term	63
Death of a close family member	63
Personal injury or illness	53
Marriage	50
Fired at work	47
Marital reconciliation	45
Retirement	45
Change in health of family member	44
Pregnancy	40
Sex difficulties	39
Gain of new family member	39
Business readjustment	39
Change in financial state	38
Death of a close friend	37
Change to a different line of work	36
Change in number of arguments with spouse	35
Home mortgage over \$100,000	31

Life Event	Value
Foreclosure or mortgage or loan	30
Change in responsibilities at work	29
Son or daughter leaving home	29
Trouble with in-laws	29
Outstanding personal achievement	28
Spouse begins or stops work	26
Begin or end school	26
Change in living conditions	25
Revision of personal habits	24
Trouble with boss	23
Change in work hours or conditions	20
Change in residence	20
Change in schools	20
Change in recreation	19
Change in church activities	19
Change in social activities	18
Mortgage or loan of less than \$100,000	17
Change in sleeping habits	16
Change in number of family get-togethers	15
Change in eating habits	15

Holmes and Rahe Stress Scale

- * Business readjustment (39)
- * Change in financial state (38)
- * Change in responsibilities at work (29)
- * Change in work hours or conditions (20)
 - * Change in recreation (19)
 - * Change in social activities (18)
- * Change in number of family get-togethers (15)
 - * Change in eating habits (15)

Total = 193

Holmes and Rahe Stress Scale

150-299

You have a moderate to high chance
of becoming ill in the near future

It's Okay to not be Okay

It's also okay to not know



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