

# Mental Health Seminar 2022



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# We Care



Introduction

W. Bro Neil Morse

Provincial Grand Almoner

# We care



## Welcome



# RW Bro Jonathan Whitaker

## Provincial Grand Master

# We Care Programme



10.00 – 10.30	Arrival and Coffee	
10.30 – 10.35	Introduction	W Bro Neil Morse. Provincial Grand Almoner
1035 1040	Welcome	RW Bro Jon Whitaker , Provincial Grand Master
10.40 – 11.10	Recognition	W. Bro. Dr David Walbridge
11.10 – 11.25	Coffee Break	
11.25 – 12.10	Coping Mechanisms	Bro Phil Matthews - Mental Health First Aid England
12.10 – 12.30	Possible next steps	Provincial Almoners Team
12.40 – 13.00	Panel Q&A and close	
13.00 – 14.00	Buffet Lunch	

# Dr David Walbridge MD MRCPsych

Consultant Psychiatrist (1990 -2013)

Studied Cellular Pathology at Bristol

Qualified as a doctor in 1981

General medicine for 2 years

Studied Psychiatry at Bristol and Oxford

Qualified as an MRCPsych in 1986

Moved to Southampton area to work as Consultant in Community Psychiatry

Retired in 2013

# Recognition 1

Something has changed:

Attendance

Social presentation

Comments by friends

Alcohol

## Recognition 2

Something may be wrong – or maybe  
not

Don't jump to conclusions

Engage in conversation

Start with open questions

Masonry is a pastime

# Recognition 3

Something is wrong – normality or disorder?

Intuitive – subjective, own life experience

Pervasive change in all situations

Red Flags

Despair for the future

Physical symptoms of anxiety

Consistent avoidance of certain situations



# Normality

Normal response to adverse life events

Bereavement – sadness or guilt

Work or family – concern or stress

Traumatic events – anger or shame

# Disorder

Abnormal response to adverse life  
events

Depression

Anxiety disorders

PTSD

# Action

All psychological symptoms – health advice

Normal reaction → Almoner + Friends

Mental disorder → GP + Support groups

Three common mental disorders:

# Depression

Pervasive sadness and despair

Lack of energy and ambition

Loss of enjoyment of usual activities

Waking early with a sense of dread

The world is bad and I am bad

# Anxiety

Pervasive tension and worry

Physical symptoms and panic attacks

Avoiding situations that need a response

Too anxious to eat or sleep

I just can't cope any more

# PTSD

Flashbacks and dreams of traumatic events

Reliving it totally in sight, sound and smell

Emotions of anger, shame and guilt

Avoidance of situations that might set it off

It's always there and that's all there is

# Discussion





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# Next steps



## Promote awareness of Amity Groups

Concord Club - Farnborough / Aldershot

Watercress Club - Bordon

Rendezvous Club - Botley

Capstan Club - Purbrook

Amity Circle – Chandlers Ford

Chatterbox Club – Fareham

Banter Circle - Gosport

Acorn Club – Winchester

Compass Group – Isle of Wight

Friendship Circle – Totton

Knole Club - Bournemouth



# Identify other Support Groups

‘Mangang’ and similar groups



# Identification of trained Mental Health Facilitators



# Training of personnel in each Area of the Province



# Qualification of all Visiting Volunteers to level 2 Cache in Mental Health

(Council for Awards in Care, Health and Education)



# Early signposting of individuals showing signs of issues



Promote the Online Counselling Services  
provided by the  
Masonic Charitable Foundation





# Promote dementia 'Friends' or 'Champions'



Regular updating to all Almoners of  
Mental Health Information disseminated from  
recognised charities or support groups.

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