



Early Intervention Service

# Information for young people: What is a mental health breakdown?

## What is a mental health breakdown?

Anyone can develop a mental health problem. But we are talking about something more serious than the usual stresses and worries of life. Getting over serious problems is more difficult because, like doing any complicated job, they need a range of tools. Coping skills are one of the tools of life. We are born with some and others develop at certain critical stages throughout life.

Imagine if, for whatever reason, you lose out on developing some coping skills. When this happens, you can become very concerned and your attention can become more and more focused on worries. As worry, anxiety and fear or any emotion for that matter build up, things can start going wrong for you.

Too much emotion for too long can start affecting the way you think. One of the first things to be affected is your ability to concentrate and your memory for recent events. We all know the feeling—it's very unpleasant and confusing.

It can become difficult to make sense of a lot of things. If you can't make sense of things that happening to you, your anxiety goes up and up, your fear increases, and your ability to concentrate really starts going down. Everyday things start getting muddled and you could start misinterpreting things and making mistakes in your reasoning. This will cause more and more confusion for you.

The longer this goes on, the worse it gets and a 'snowball' effect of confusion and misinterpretation becomes common under even the smallest amount of anxiety.

You can imagine that if this goes on too long you can become so caught up in this whirlpool of feelings and confusion that just getting through an ordinary day becomes like climbing a huge mountain and you will find it difficult to cope with everyday life.

## But don't panic!

## Can this snowballing process be stopped?

Many things can be done. The Early Intervention Service tries to help you as early as possible to prevent interfere with the breakdown process.

If the difficulties can be tackled before they start snowballing, there is a good chance of stopping the process or at least lessening the bad effects and preventing a relapse.

Research is starting to show that getting in early can create the opportunity for people to lead a normal, happy life again. There is no need to let a mental health problem affect your life, to the point where you cannot function.

If you are concerned, please contact your GP sooner rather than later. See also: [www.am-i-ok.co.uk](http://www.am-i-ok.co.uk)

**Oxfordshire Early Intervention Service**

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If you need the information in another language or format please ask us

Nëse ky informacion ju nevojitet në një gjuhë apo format tjetër, ju lutem na kontaktoni

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