



IMPROVING OUR WELLBEING AND MENTAL HEALTH

A support guide to looking
after yourself and others



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WE ALL HAVE MENTAL HEALTH

We all have mental health but think about the last 24 hours – it's easy to list things that we have done for our physical health – exercised, slept, eaten, cleaned our teeth, been to our GP – but what have you done in the last 24 hours to look after your emotional wellbeing or mental health?

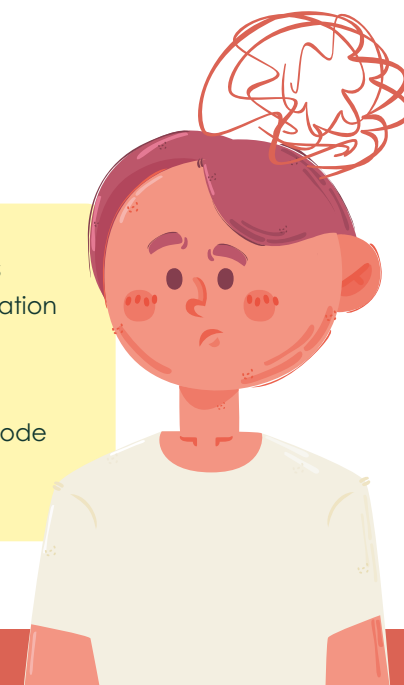
This booklet explores what we all can do to promote positive mental health and wellbeing. There are simple things we can all incorporate into our lives that underpin our emotional wellbeing and make us more resilient to the challenges that life throws at us.

This booklet also explores what to do when we start to struggle with our mental health, when it starts to impact on our day-to-day living. There is a lot of advice, support and services out there.

Finally, there is guidance on how to help others. You don't need to be a trained professional to support someone who is struggling with their mental health. Checking in on those around us, being helpfully nosey and showing compassion can go a very long way in helping people move through difficult feelings.

Throughout this booklet you'll see QR codes which will take you to more in-depth information around physical and mental wellbeing.

In order to access the QR codes open the camera on your phone, point it at the QR code and tap on the website link that appears.



FIVE WAYS OF WELLBEING

The five ways of wellbeing are the blueprint for looking after our mental health and include a range of activities to help you stay emotionally healthy.

01 Stay connected

People matter when it comes to our mental health. Having good relationships, with friends, family and our community, helps us feel valued, makes us feel happier and creates a sense of belonging. Having strong bonds with others provides an opportunity to share our feelings and know that we are understood.

Ways to stay connected:

- **Speak to a friend, chat about anything, just talk**
- **Make time for family, play a board game together, go for a walk**
- **Have lunch with a colleague at work**



02 Get active

What we do with our bodies can have a powerful effect on our mental wellbeing, so it's important we view our mind and body as one. Getting active doesn't need to mean high intensity, simply going for a daily walk, or even 10 minutes of yoga, can help us feel good. Remember your activity should bring you enjoyment and not feel like a chore.

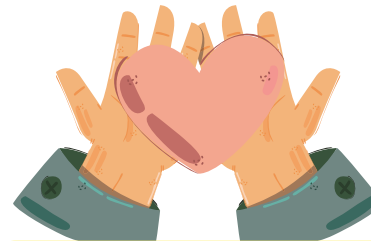
For more tips on finding the right physical activity for you, visit:



03 Take notice

Life can sometimes whizz past us, so stopping to take a breath can help us to reframe our thoughts and gives us breathing space to appreciate where we are, both mentally and physically.

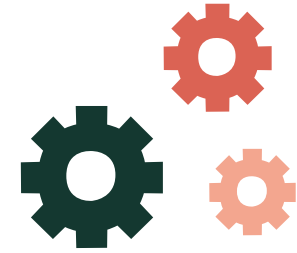
Taking notice of what we have achieved, the challenges we've faced and even just stopping to appreciate the world around us, all helps us enjoy life and understand ourselves better.



04 Give to others

Giving isn't about material objects, it's about the time we can offer to help support other people, helping others makes us feel happy and more satisfied with life.

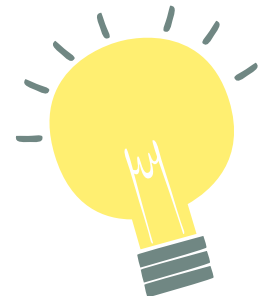
Small acts of kindness towards others, volunteering our time to a local charity or even checking in with a friend who is having a tough time, can all boost our own self-worth whilst supporting people around us.



05 Keep learning

Learning can take place anywhere and continuing to learn throughout our life can build our resilience.

- **Learn to cook a favourite meal for you or your family/friends**
- **Revisit an old hobby or interest that challenges you**
- **Take on new responsibilities at work**
- **Watch tutorial videos online and learn a new skill**
- **Visit a museum or research about a favourite celebrity**
- **Sign up to an online course or seminar**



HOW TO LOOK AFTER OUR WELLBEING AND MENTAL HEALTH

In order to stay physically and mentally healthy it is important to incorporate the following recommendations into your life.



Get outside

Research has shown that walking and time spent in nature can help you cope with the stresses and anxieties of life. So, wrap up warm and get outside!

Know where to get help

Whether it's anxiety or stress, money problems or employment issues, knowing where you can get help when you need it, and reaching out early can really help us get through difficult times.

Be kind to others

Find ways to help others. Simply checking in on a friend can make a huge difference to their day. It will boost their mood, and yours too.



Keep active

Moving more is good for your mind and body. Find an activity that you enjoy and make it part of your daily routine. Exercise is vital for maintaining mental fitness and it can reduce stress. When stress affects the brain, the rest of your body feels the impact, so it stands to reason if your body feels better so does your mind. Being active doesn't mean a trip to the gym, just getting outside in the fresh air for a brisk walk can be very beneficial!

Be kind to yourself

Lots of us struggle to treat ourselves kindly. In fact, we're often nicer to others than we are to ourselves. Show yourself compassion when things aren't going well, treat yourself, do the things you enjoy. Be your own role model. Be your own best friend.

Get a good night's sleep

Learning simple ways to improve quality of sleep can really improve your mood.

Learn new things

Whatever you choose, learning new things can give your mental health a boost and a sense of achievement.



SLEEP WELL

Finding it hard to get to sleep or waking up in the night are common issues. Here are some tips that may help.

Try to keep to a daily routine

Having regular sleep patterns, going to bed and getting up at around the same time, can really help.

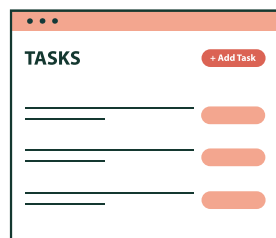
Careful what you consume

Avoid too much caffeine or alcohol during the daytime. Avoid big meals three hours before going to bed and try to avoid watching the news and using screens half an hour before going to sleep.



Keep it dark

We are physically wired to sleep in certain conditions. Keep your room dark, cool and free from ambient light such as alarm clocks. Try to keep your mobile out of your room or at least have it turned to silent or night mode.



Manage your worries

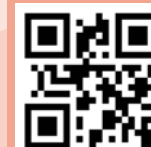
Try to talk about your worries to someone you trust during the day. If your worries are on your mind as you go to bed – write a 'to do list'. Try to unwind and relax before bed with gentle stretches, reading a book or mindfulness. Using a cold compress on your forehead for a few minutes before sleep can help reduce the racing thoughts.

Get outdoors

Fresh air, regular exercise and being physically active during the day helps promote good sleep. Strenuous exercise within two hours before bedtime however can make it harder to fall asleep.

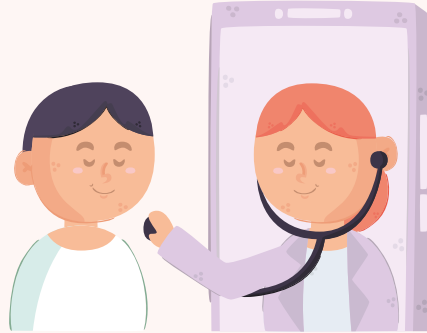
Don't lie there stewing

If you're lying awake unable to sleep, do not try to force it. Sleep may come naturally but if it hasn't after 30 minutes or so, get up and do something relaxing for a bit, like reading a book or listening to quiet music, and go back to bed when you feel sleepier. Repeat if necessary. Try sleeping with a weighted blanket on the bed.



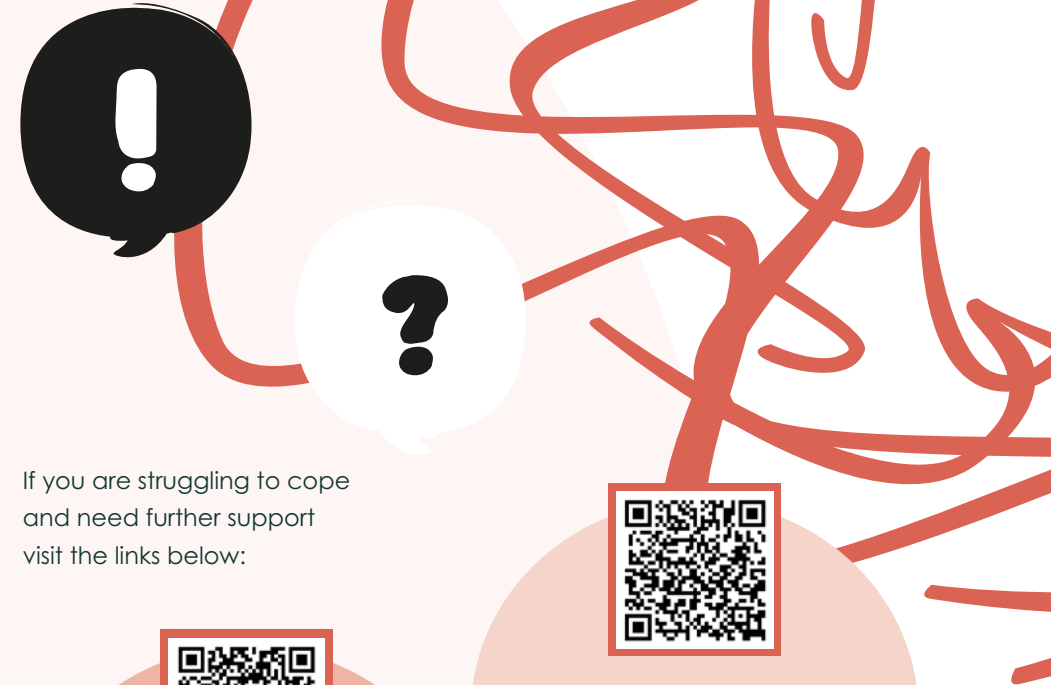
STRUGGLING TO COPE

It's important to recognise that sometimes we may need to seek extra support. We might be feeling overwhelmed, burnt out through prolonged stress, or struggling to manage our mood or the impact of life events.



Help can come in many forms, and you might want to consider:

- Share your feelings with a good friend, a relative or a work mate.
 - Contact your GP. Be open about how you are feeling, plan what you want to say and if it helps get someone to accompany you. Your GP can refer you to a range of support.
- If you feel you can't keep yourself safe any longer, or if you have done something to harm yourself – call **999** now. The number is free.
- It's OK to ask for support to get you through a difficult time. **There is help available and there is hope.**



If you are struggling to cope and need further support visit the links below:



Papyrus Hopeline

Call: **0800 068 4141**

Lines are open 24 hours every day of the year (Weekends and Bank Holidays included)

Text: **88247**

Email: pat@papyrus-uk.org
or visit: www.papyrus-uk.org

Free, confidential support and advice for young people up to age 35, seven days a week.



MIND

Call: **0300 102 1234**
(Monday-Friday 9am-6pm except Bank Holidays)
or visit: www.mind.org.uk

DEPRESSION AND LOW MOOD



We all have times when our mood is low and we are feeling sad, down or miserable about life. These feelings usually pass. However, if your low mood is interfering with your life and the feelings don't go away after a couple of weeks, or if they come keep coming back, it could be a sign that you're experiencing depression.

Depression is low mood that lasts for a long time and affects your day to day life. At one end of the spectrum, depression can mean just being in low spirits. It doesn't stop you leading your normal life but makes everything harder to do and seem less worthwhile. At its most severe, depression can be life threatening because it can make you feel suicidal.

When it becomes difficult to manage a period of low mood and we notice that it's impacting on our daily life it is important that we seek help and support.

Signs of depression can include:

- **Disturbed sleep**
- **Loss of sex drive**
- **Irritability**
- **Social withdrawal**
- **Anger**
- **Guilt**
- **Unexplained aches and pains**
- **Loss of energy**
- **Poor concentration**
- **Lack of self-esteem**
- **Feelings of hopelessness**
- **An inability to enjoy things that used to be enjoyable**
- **Recurring thoughts of death and/or suicide**
- **Indecisiveness**

To find out more about depression and low mood visit the links below:



NHS Self-Help Guides

For depression, low mood, anxiety and panic

selfhelp.cntw.nhs.uk



MIND Guides

Find out more about depression, low mood, anxiety and panic:

Depression
<https://www.mind.org.uk/information-support/types-of-mental-health-problems/depression/about-depression/>



ANXIETY AND PANIC

We all feel anxious at times, in fact a little anxiety is good for us and can help to keep us motivated. The negative effects of anxiety will often pass quite quickly when a situation has ended.

Anxiety can cause us to feel heightened levels of worry or fear and those feelings might be very mild, however they can also become more severe. We might start to avoid things in life which are relatively harmless because we feel it might increase our anxiety and so it can become a problem. It might become more severe or intense, causing issues in our everyday lives and relationships.

Symptoms of anxiety can include:

- Headaches
- Feeling sick
- Stomach ache
- Dizzy/light headed
- Fast or racing heartbeat
- Unable to sleep or sleeping too much
- Faster breathing
- Sweating or hot flushes
- Feelings of restlessness

To find out more about anxiety and panic attacks visit the links below:



Qwell

Visit: www.qwell.io

Free, safe and anonymous mental wellbeing support with a qualified mental health practitioner



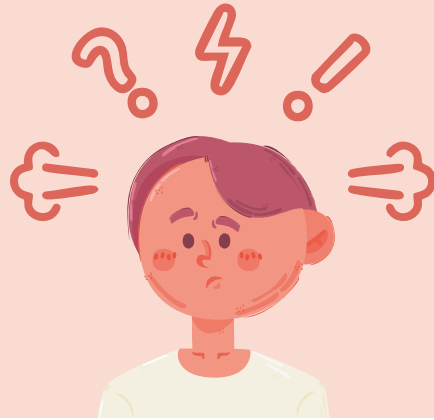
MIND Guides

Anxiety and Panic Attacks

mind.org.uk



MANAGING OUR STRESS BUCKET



Stress is a part of everyday life. It can help us take action and work productively. But if our stress bucket becomes full it can also overwhelm us and impact negatively on our mental health.

Everyday stress factors including work, money and family flow into our stress bucket like rain. However, we also have ways of coping with stress which allows the rain to flow out, like holes in the bucket.

Too much stress - especially when we start to feel out of control - can really affect our mood, health and relationships. It can make us feel anxious, irritable, and affect our self-esteem.

Experiencing too much stress over a long period of time can also lead to burnout - a feeling of physical, mental, and emotional exhaustion.

Scan the QR codes below to learn more about stress and what you can do to manage it:



NHS Self-help Guide to Stress

<https://selfhelp.cntw.nhs.uk/>



NHS Every Mind Matters

Feeling Stressed?

nhs.uk/every-mind-matters/mental-health-issues/stress/

CHALLENGE

Draw your own stress bucket. What are some of the 'rain clouds' but also what are your 'holes'?



SELF-HARM

Self-harm is when you hurt yourself on purpose. Examples include cutting, burning, poisoning and bruising, but other forms might be more indirect such as self-neglect, excessive risk taking, alcohol and substance misuse or eating distress.

There are many reasons why someone may self-harm and it can affect anyone of any age. It is often used as a way of coping with other problems or the stresses of life in general, but it can relate to underlying issues with your mental health.

Self-harm is not a positive way to deal with things, but it can be difficult to stop, especially when someone feels distressed or upset. It may be a temporary relief from emotional overload. If they don't feel they can stop right now, that's OK, but try to ensure they keep themselves safe.

Many people stop hurting themselves when the time is right, but we can look to break the cycle of self-harm now.

Alongside seeking professional support, we can also use common self-help techniques such as distractions – combating the urge to self-harm, which is strongest for 15 minutes. Finding a way to distract yourself during this time can make all the difference.

To find out more about dealing with self harm visit the links opposite:



Every Life Matters

Self-harm info and support

[every-life-matters.org.uk
/self-harm/](https://every-life-matters.org.uk/self-harm/)



LifeSIGNS

Self-injury guidance
and support

lifesigns.org.uk

WHAT TO DO IN A CRISIS

A mental health crisis is when we feel out of control, overwhelmed by our thoughts and feelings – even to the point of thinking about suicide.

If we do reach crisis point or feel like we are having a break down then it's important to reach out for professional help. There is hope and you are not alone.

If you, or someone you know, is having a mental health crisis then you can:

- **Make an emergency appointment with your GP Practice or call NHS 111**

- **Call the Crisis Team on: 0303 123 1145**



- **Contact one of the other helplines listed at the end of this booklet**

- **Call Samaritans anytime on 116 123 (Freephone)**

THOUGHTS OF SUICIDE (PART 1)

Thoughts of suicide are a common response to challenging life events – a lot of people will have them - around one in five of us during our lifetime.

Having these thoughts doesn't make it inevitable that you are going to take your own life and they will pass. If you are having thoughts of suicide focus on what you need to do to keep yourself safe for now.

As well as seeking professional help you can visit relevant websites to learn more about what practical steps you can take to keep yourself safe and get help.

These steps could include:

- **Finding ways to distract yourself that allow the feelings to pass**
- **Calling a helpline or someone you can trust**
- **Avoiding using alcohol and drugs**

- **Removing things from your house that you could use to harm yourself**
- **If you can, going somewhere you feel safe**
- **Knowing who you can contact if you need professional support – this might be your key worker, your GP, NHS 111 or others**
- **Making a Hopebox – a list, or photos, or objects that remind you of why you want to live.**

If you feel you can no longer keep yourself safe, that the thoughts of suicide are becoming overwhelming, or if you have already done something to harm yourself – call **999** right now.

Thoughts of suicide do pass and there are things that you and other people can do to make your situation better. **There is hope.**

LIFTING YOUR MOOD

Smaller stresses and daily worries sometimes leave us feeling flat and drained emotionally. Be in tune with how you're feeling, if you need to, take time out to do something to lift your mood.

- Get outdoors, go for a walk/exercise
- Play a song that makes you feel happy
- Treat yourself to something you like to eat
- Watch an episode of your favourite show
- Message a mate and rant about what's bothering you
- Start planning a night out with friends or family



Lifting your mood isn't about solving your problems, it's a quick pick me up to help you keep going.

Let the laughter in

Laughter has so many benefits and can be a great tonic, even in challenging times it helps to seek out the funny side of situations.

Having a good laugh can decrease stress hormones and increase immune and infection-fighting antibodies.

Laughter also triggers the release of endorphins, the body's natural feel-good chemicals. Endorphins promote an overall sense of wellbeing and can even temporarily relieve pain, as well as having a very positive effect on your emotional wellbeing.

Distractions

Sometimes lifting our mood is not enough, feelings of anxiousness, stress and panic have the potential to be overwhelming. Distraction techniques can help us get by - minute by minute - to allow these feelings to pass.

For a quick distraction technique focus on:

- 01 things you can see right now
- 02 things you can feel
- 03 things you can hear
- 04 things you can smell
- 05 good things about you



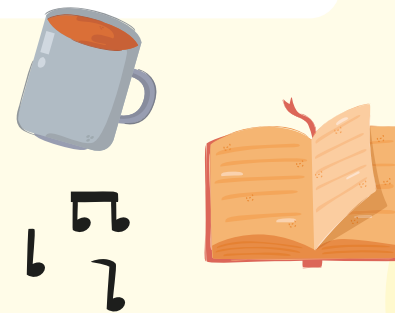
To find out more about distraction techniques visit the link:



Mind

Distraction techniques

[mind.org.uk](https://www.mind.org.uk)



MONEY AND EMPLOYMENT WORRIES

With our current economic climate this may be causing uncertainty in your life; you might be worried about money, have lost your job, be worried about losing your job or getting in more debt - these issues can have a big impact on your mental health and wellbeing.

Likewise, poor mental health can also make managing your finances more difficult. It is therefore important to take steps to manage your money and employment worries.



Create a budget

Working out a budget can be a good first step in managing money worries as it helps you to track your spending, work out what you can afford and see where you could save money.

Don't ignore the problem

We might want to put our head in the sand, but this is not going to help in the long run. It can be tempting to avoid tackling debt head on – but the sooner you tackle the issue and get help, the sooner you can start getting back on top of things. There is support out there.

Get help and advice

If you are struggling with money or debt it can feel like there is no way out, but there are lots of organisations who can provide you with clear advice and help you come up with a plan to feel more in control.

Know your rights

If you are facing possible job loss, it can help to know where you stand and think about your options. ACAS, Citizens Advice and the Money Advice Service all offer a wealth of information and advice for people who are struggling with employment issues.

Talk about how you are feeling

It's good to talk to someone you trust about your situation, whether that's a family member, friend or someone at work. They can support you, or help come up with a plan for what to do.



To find out more about support with financial or employment worries visit the links below:



StepChange

Get free debt advice online and support you for as long as you need us

stepchange.org



Citizens Advice

Info and advice about benefits, employment, debt, housing and many other issues

citizensadvice.org.uk

ALCOHOL AND DRUGS

In times of stress we can easily find ourselves drinking or taking drugs more frequently or more heavily and with so many of our routines changing it makes it hard to keep on top of just how much we're actually consuming.

Keeping a happy, healthy relationship with alcohol or drugs is important for our mental health. Here are some ideas of ways to reduce dependency on alcohol or drugs.

Work out other ways to relax and treat yourself

Alcohol or drugs can be our go-to treat both when we want to relax and when things are getting tougher than normal. When feeling more stressed or worried you may find yourself reaching for alcohol or drugs more often than normal. Try finding some alternative options to distract you from alcohol and drugs; get outside, go for a walk or exercise, play a video game, watch a box set or film, treat yourself to something you enjoy eating. Whatever it is that helps you unwind.



Keep track of things

With normal routines out of the window and anxiety levels going up, it's easy to find yourself drinking or taking drugs more than usual without noticing. If you think your use is getting out of hand start to make a record. There are a number of apps and other tools to help you do this. Remember the calories and/or money you'll save by cutting back!

Look after your wellbeing

Many people are prone to drinking or taking drugs more as their mental health declines. Do what you can to look after your wellbeing. Connect with others, keep active, learn new things and get good sleep. It can all help.

Reach out for support if you need it

If you are in recovery, or are sober and receiving support, services are still available. It may look different, but it's still there. Reach out if you need it. Or maybe you're just realising that you need to cut down and would like some support but aren't sure where to turn. Again, good news - there are lots of options for self-help and receiving support online or over the phone.



To find out more about support with alcohol or drugs visit these links:



Frank

Confidential advice about drinking or drugs. Call the 24hr helpline on:

0300 123 6600
talktofrank.com



We Are With You

Free, confidential support with alcohol, drugs or mental health

www.wearewithyou.org.uk



NHS Drink Free Days App

Free support to help manage your alcohol consumption

BEREAVEMENT



Losing a loved one under any circumstances is a difficult time in anyone's life. Grief is as unique as your fingerprint, and people feel it in many different ways.

You may experience a variety of unexpected emotions or even physical symptoms. There is no set way to grieve and there is no shame in the way you feel at this difficult time.

You may experience really difficult days, and others may be more manageable, it's important to understand that grief is not a set process and your mood and feelings will fluctuate from day to day.

Being isolated and withdrawn from family members can compound your feelings of loss and make it more difficult to process your grief. Ensure you reach out, or if you know of someone recently bereaved stay in contact with them.



For many the death of a loved one can be sudden and unexpected. Often this type of loss is the most difficult and tragic to bear for those left behind and has perhaps come at time when they may be dealing with other challenges.

It is important to remember that there are many services that can provide support if things become too difficult to bear.

To find out more about bereavement support visit the link below:



Cruse Bereavement Support
[cruse.org.uk](https://www.cruse.org.uk)

LOOK OUT FOR OTHERS

We can all play a role in helping people whose mental health is at risk.

The smallest displays of kindness, like picking up the phone to check-in on someone and the conversation that follows, could make the difference. You don't need to solve their problems, knowing someone cares could be enough to get them through, and perhaps even save a life.

About 1 in 4 people experience mental health problems each year, so most of us will know someone who has struggled with their mental health. We can all feel anxious, stressed or low at times, but it can be a problem if these feelings get worse, go on for a long time or affect our daily lives.

Many people struggle to reach out for support and sometimes we might need to ask, and ask again, "How are you?" "How are you really?" If you are worried about someone don't be content with an "I'm alright mate". Be helpfully nosey and be patient. Let them know why you are concerned and that you are there for them.

In addition to offering practical and emotional support we can help others by making them aware of the range of services and support available to:

- Support their mental health
- Address the broader range of problems that arise out of the crisis such as housing, money, domestic violence and employment issues.

To find out more about supporting someone with a mental health problem visit the link below:



NHS Every Mind Matters

Helping others with mental health problems

FIVE STEPS TO HELPING OTHERS

Below are some practical tips on how you can help others around you.

01

Be aware

Watch for the warning signs that someone might be struggling. We may need to be more proactive about checking in with others by phone and online. Explore what help they might need. Build a circle of support through family and friends.

02

Ask

Trust your instincts and ask the person directly how they are doing. If necessary, ask twice. "Are you *really* OK?". If you feel they may be struggling let them know that you are worried about them and that you care.

03

Listen

Give them time and space to talk and be helpfully nosy. Have a look at our listening tips on the following pages.

04

Build support

Have a look together at the resources referenced throughout this booklet. Set goals about what they can do next.

To find out more about supporting others visit the link below:



Every Life Matters

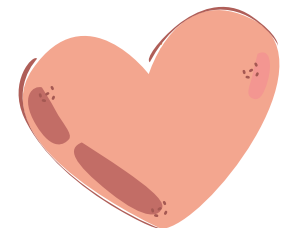
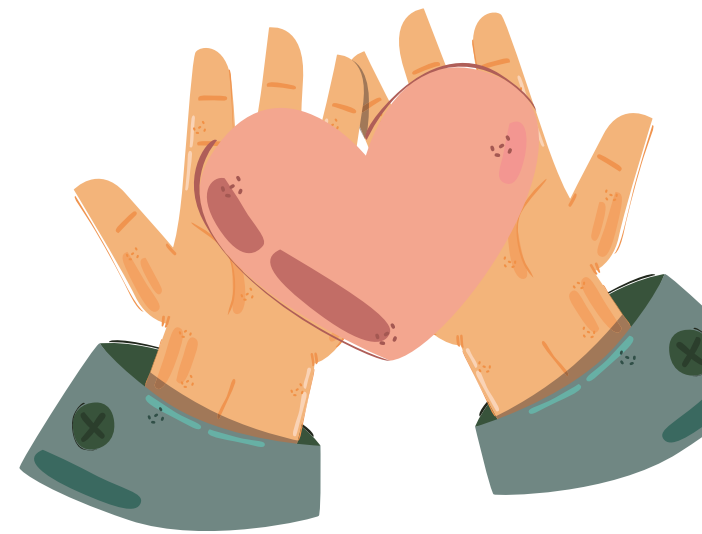
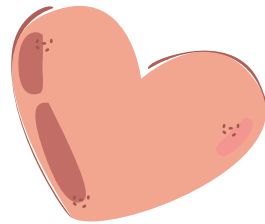
Helping others

[every-life-matters.org.uk/
helping-others/](https://every-life-matters.org.uk/helping-others/)

05

Check-in

Keep checking in and letting the person know you are there for them. Knowing someone cares can make all the difference.



LISTENING TIPS

The smallest displays of kindness, like picking up the phone to check in on someone, and the conversation that follows, could make the difference...



Avoid offering solutions

Listening to someone's problems is not always easy – and most of us want to make things better, but this is not usually helpful. Avoid fixes such as 'Have you thought of doing this?' or 'You should try that'.

Ask open questions

These are questions that invite someone to say more than 'yes' or 'no', such as 'How have you been feeling?' or 'What happened next?'

Offer prompts

Encourage someone to talk more through phrases such as 'Tell me more' or 'Can you say more about that?' or through repeating back important words they say.

Give them time

Make sure you have time to listen. It can take a while sometimes to describe how we feel.

Take their feelings seriously

Take whatever they say seriously and without judgment. Don't dismiss what they say or minimise how they feel.

Avoid judgements

You might feel shocked or upset by what someone says, but it's important not to blame the person for how they are feeling. It may have been a big step to talk to you, and to place their trust in you.



You don't have to have all the answers

It's okay to not know what to say! You're a human being too and what you're hearing might be upsetting or confusing. If you don't know what to say – be honest and tell that person.

Give reassurance

Let the person know there is help available and that you care about them.

To find out more about supporting others visit the links below:



Every Life Matters

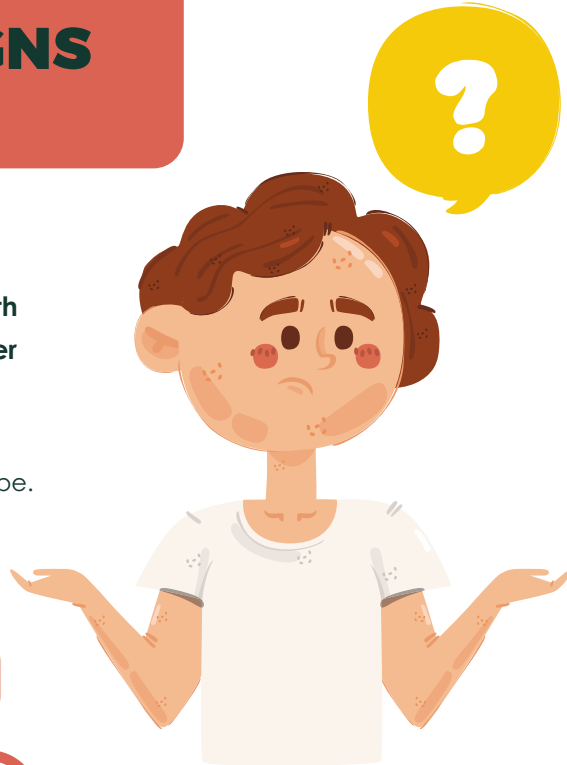
Helping others

[every-life-matters.org.uk/
helping-others/](https://every-life-matters.org.uk/helping-others/)

SPOT THE SIGNS

Life can sometimes be really challenging for our mental health and it's more important than ever that we look out for each other.

Be vigilant. Look out for signs that someone might be struggling to cope.



How someone might behave:

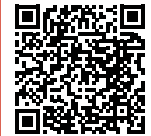
- Changes in appetite or sleeping patterns
- Withdrawing from, or avoiding friends and family
- Stopping telephone or social media contact
- Losing interest in things, including their appearance
- Risky behaviour or increased use of alcohol and drugs
- Carelessness or lack of interest in work
- Starting or increasing self-harming behaviour
- Increasing coping behaviour such as hand-washing
- Struggling to make decisions and concentrate

How they may be thinking or feeling:

- Sadness or anxiety that does not go away
- Lack of energy, lethargy and tiredness
- Extreme mood swings, ongoing irritability or anger
- Developing unrealistic or excessive fears and worries
- Increased anxiety about their health
- Chest pains, shortness of breath

Be helpfully nose:

- Show you care through asking questions about how they are thinking and feeling. Don't be afraid to ask twice if you are worried. Check in, and continue to check in.



Mind

Helping someone else

mind.org.uk/information-support/helping-someone-else/

THOUGHTS OF SUICIDE (PART 2)

Being there to listen and to provide emotional support can be a lifesaver.

If you're worried that someone you care for may be feeling suicidal it can be really hard to know what to say to them, or how to help. But thinking about suicide does not make it inevitable that someone is going to take their own life, and all of us have the ability to support someone who is experiencing thoughts of suicide, and to save lives.

Trust your gut instincts. If you are at all concerned that someone is having thoughts of suicide:

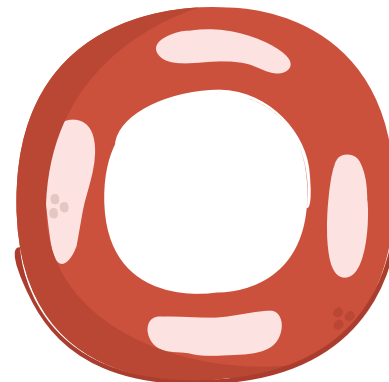
- **ASK** them directly
- **LISTEN** compassionately
- **GET HELP** if needed

In addition to the general signs of mental health problems listed earlier someone having thoughts of suicide might;

- Talk, or post social media messages, about wanting to die, feeling hopeless, trapped or having no reason to live, or that they are a burden to others.
- Show unexpected mood changes such as suddenly being calm after a long period of depression, giving away possessions or making a will, increased risky behaviour or self-harming, or researching suicide online.
- Have had a major loss or change in their life, had an accumulation or build up of problems or be facing financial, relationship or housing hardship.

Talking about suicide with someone can feel nervewracking but the best thing to do is ask directly. "*Are you thinking about suicide?*" This will not put ideas in their head but will show them they don't have to struggle alone with these overwhelming thoughts.

If the person has already attempted suicide, taken an overdose or seriously harmed themselves seek immediate help. Call **999** now.



Find out more about how to support someone with thoughts of suicide visit the links below:



Every Life Matters

Supporting someone with thoughts of suicide

[every-life-matters.org.uk/
worried-about-someone](https://every-life-matters.org.uk/worried-about-someone)



Every Life Matters

Online Suicide Prevention Training

every-life-matters.org.uk/training

GETTING HELP - WHERE CAN I GO?



There may be times when we need some extra support to get through
- it's ok to ask for help, and there's lots of support out there.

Phone, text and online support

NHS Crisis / Initial Response Team

Call: **0303 123 1145**

If you, or someone you know, are in a mental health crisis, call 111 and select the mental health option.

Samaritans

Call: **116 123** (Freephone)

Visit: www.samaritans.org

Whatever problems you are facing Samaritans are there to listen 24/7.

CALM Campaign Against Living Miserably

Call: **0800 58 58 58**

(Freephone 5pm – Midnight)

Visit: thecalmzone.net

Helpline for men of all ages

Andy's Man Club

To find your nearest support group visit:

www.andysmanclub.co.uk

Free peer to peer support group for all men aged 18+. All groups run on a Monday at 7pm (except Bank Holidays).

Papyrus Hopeline

Call: **0800 068 4141**

Lines are open 24 hours every day of the year (Weekends and Bank Holidays included)

Text: **88247**

Email: pat@papyrus-uk.org

Visit: www.papyrus-uk.org

Free, confidential support and advice for young people up to age 35 or for anyone concerned that a young person could be thinking about suicide.

Qwell

Visit: www.qwell.io

Free, safe and anonymous mental wellbeing support with a qualified mental health practitioner.

Hub of Hope

Visit: www.hubofhope.co.uk

Free mental health support database.

Shout

Text: **Shout** to **85258**

Visit: www.giveusashout.org

Free, confidential 24/7 text service for support with any mental health concern.

Mind

Call: **0300 123 3393**

(Monday-Friday 9am-6pm except Bank Holidays)

Visit: www.mind.org.uk

Provides advice and support to empower anyone experiencing a mental health problem.

Silver Line Helpline

Call: **0800 470 80 90**

Visit: www.thesilverline.org.uk

Free, 24-hour, 7 days a week telephone service for older people across the UK. We offer friendship, conversation, and support for people aged 55+



ALWAYS REMEMBER:

- **YOU ARE BRAVER THAN YOU BELIEVE**
- **YOU ARE STRONGER THAN YOU SEEM**
- **YOU ARE SMARTER THAN YOU THINK**

INDIVIDUAL WELLBEING PLAN

Keep this as a private journal or pull out and pop it somewhere to remind you daily of things you can do to improve your mental and physical health.

My daily check in

How am I feeling today? What am I grateful for right now?

Who do I want to keep in contact with?
(Friends, colleagues, family, neighbours)

How will I stay healthy and active? (Exercise, diet and sleep)

How will I know when to use my wellbeing plan? (Feeling snappy, sleep issues, feeling low, eating more/less, drinking more)

What new things would I like to learn and how will I keep my mind active? (Hobbies, video tutorials on YouTube, subjects that interest me, new challenges, online learning etc)

How am I going to take notice today?
(Mindfulness, nature walk, breathing exercise, yoga)

What can I do to help others? (Volunteer in the community, help a friend, random act of kindness)

How can I distract myself if I feel anxious or stressed? (Treat myself, do something fun, go for a walk, listen to a podcast)

Who can I talk to if things get too much?
(People, helplines, online)

My Notes

My Notes

Contact us

Rise

Royal Quays Business Centre,
Coble Dene, North Shields,
NE29 6DE

07858 373536

info@risenortheast.co.uk

www.risenortheast.co.uk

