

TALK TO YOUR GP

Your GP may be the first person you talk to. It might be helpful to write down what you are experiencing, and make a note of any questions or worries you might have. Bring a friend or relative with you if you feel you need support. Your GP may refer you to the Community Mental Health Team (CMHT for adults) or Child and Adolescent Mental Health Service (CAMHS up to 17 years of age)

You may find it helpful to talk to your partner, a relative or a friend about your problems. They will be concerned about you and welcome the opportunity to hear what you have to say. If this is not possible, you may prefer to talk to someone else you can trust, like a faith leader, work colleague or tutor.

Maintaining good mental health is important because it influences how we think and feel about ourselves as well as others. It can also affect how we deal with everyday life events, such as relationships and coping with change. Looking after our mental well-being is just as important as looking after our physical well-being.

Fact: 70% of people recover from mental health problems.



Produced by the Southern Health and Social Care Trust Promoting Well - Being Team in conjunction with Northern Ireland Association for Mental Health.



List useful numbers you may need if you want to talk to someone. Include friends family, work colleagues.
(Put these numbers in your mobile as well)

Ask for interpreting service if required

GP _____

Out of Hours _____

Hospital _____

Community Psychiatric Nurse (CPN) _____

Social Worker _____

Mental Health Advocate _____

Support Groups
1 _____
2 _____
3 _____

Friends/family/work colleague
1. _____
2. _____
3. _____

**HELP IS ALWAYS AVAILABLE SO DO NOT BE
AFRAID TO TELL, ASK & LISTEN!**

**Everyone has emotional
and mental health
needs.**

Taking Care of your Mental Health & Emotional Well-Being

**Fact: 1 in 4 of us will experience a
mental health problem at some
point in our lives.**

FACTORS THAT CAN IMPACT ON OUR MENTAL HEALTH AND WELL BEING

- **Bereavement** - loss of loved one, friend, pet
- **Relationship difficulties** - relationship breakdown
- **Being a victim of discrimination, racism**
- **Coping with change** - cultural differences, moving house, moving to a different country - finding it difficult to adapt
- **Feeling lonely and isolated**
- **Feeling homesick** - missing loved ones and familiar surroundings - language barriers
- **Accommodation/environment problems** - living alone, overcrowding, not feeling apart of the community you live in, not feeling safe
- **Financial problems**
- **Unemployment or being unhappy in workplace**

The Mental Health Foundation produced a list of 10 top tips to remind people to look after their mental well-being.
(www.mentalhealth.org.uk)

1. **Eat a balanced diet:** and drink sensibly: Improving your diet can protect against feelings of anxiety and depression
2. **Maintain friendship:** Just listening and talking to friends who are feeling down can make a huge difference. So make sure you devote time to maintaining your friendships both for their sake and your own
3. **Maintain close relationships:** Close relationships affect how we feel- so nurture them and if there is a problem within a relationship, try and resolve it.
4. **Take exercise:** The effects of exercise on mood are immediate. Whether it is a workout in the gym or a simple walk or bike ride. Exercise can be uplifting and great fun.
5. **Sleep:** has both physical and mental Benefits. Physically it is the time when the body can renew its energy store but sleep also helps us to rebuild our mental energy

6. **Laugh:** a good laugh does wonders for the mind and soul

7. **Cry it is good to cry:** Even though it may feel terrible at the time, a good cry can release pent up feelings, and people often feel better afterwards

8. **Ask for help when you need it:** The longer you leave a problem the worse it will get. Don't be scared to ask for help from a family member, friend or professional

9. **Make time for you:** do you sometimes feel like you have no time for yourself? Make time for your hobbies and interests.

10. **Remember, work isn't everything:** ninety one million working days a year are lost to mental ill-health in the UK – so take it easy.

GETTING HELP

Recognizing that you have a mental health problem and taking the first steps to getting help can be difficult and may require courage.

It is important to remember that you are not alone. There are a range of people you can talk to about what you are experiencing. A number of services and organisations also support people with mental health problems.