

Looking after your

MENTAL HEALTH



Approximately 1 in 4 people in the UK will experience a mental health problem each year. If you have concerns about your mental health, please make an appointment to speak with your GP. In addition, this leaflet contains useful tips and information about other local support services that you may find helpful.

Please don't struggle alone.

National Helplines and Support



Call the free 24 hr helpline on **116 123**
or email jo@samaritans.org.
[samaritans.org](https://www.samaritans.org)



Text CAM to 85258 for free 24/7 mental health crisis support.
[camgrant.org.uk](https://www.camgrant.org.uk)



Contact the national mental health charity on 0300 123 3393 or text 86463.
[mind.org.uk](https://www.mind.org.uk)



If you are under 35 and experiencing thoughts of suicide, or if you are worried about a young person, call 0800 068 4141 or text 07860 039967.
[papyrus-uk.org/hopelineuk](https://www.papyrus-uk.org/hopelineuk)



If you are a young person, text YM to 85258 for free 24/7 support. If you want the charity's Parent Helpline, call 0808 802 5544.
[youngminds.org.uk](https://www.youngminds.org.uk)



If you have an urgent medical problem and you're not sure what to do, call the NHS on 111.
www.england.nhs.uk

Tips for looking after your mental health:



It's important to make time for yourself;



Try not to be too self-critical or compare yourself to others;



Exercise - even walking for 20 minutes each day can help;



Get good quality sleep - it makes a big difference to how we feel;



Connect with people - maybe volunteer or help with community activities;



If you're using alcohol, food, gambling or drugs to cope, think about seeking help;



If you experience anxiety, try learning techniques to manage this (see self-care-for-anxiety at mind.org.uk);



Take small steps and reach out for help when you need it.

every mind
matters

The NHS guide, Every Mind Matters, is a great place to get more tips:
www.nhs.uk/oneyou/every-mind-matters