

Mental Health and Wellbeing Support Guide for Adults



What's in this guide and who is it for?

This guide is to support your mental health and wellbeing. Here you will find helpful tips and links to a range of resources, including information on where to find specific support and urgent care if needed.

Looking after your mental health and wellbeing

Having good mental health helps us relax more, achieve more and enjoy our lives more. Evidence shows there are five key elements which contribute to mental wellbeing.



Five Ways to Wellbeing

- **Connect** with the people around you
- **Be active** by building activity into your everyday routine
- **Keep learning** to gain self-confidence and learn new skills
- **Give** – helping others can boost wellbeing
- **Take notice** by focusing on your thoughts and feelings

hants.gov.uk/socialcareandhealth/publichealth/fiveway-stowellbeing



One You

Our physical health impacts how we are feeling. One You provides easy steps on how to make changes that can fit your lifestyle: nhs.uk/oneyou/

National advice from Public Health England on how to look after your physical health in the home is also available: publichealthengland.exposure.co/health-and-wellbeing-at-home



Every Mind Matters

Every Mind Matters offers expert advice and practical tips that cover the Five Ways to Wellbeing and other topics such as what to do if you are worried about coronavirus, sleeping better and managing difficult thoughts and feelings.

nhs.uk/oneyou/every-mind-matters/



Apps

These mental health and wellbeing NHS approved phone apps include finding ways to exercise and practical ideas for healthy meals. You can also find free apps and tools to help lift your mood: nhs.uk/oneyou/apps/

Visit our Coronavirus Resource Page for a range of useful information and links to support you throughout the coronavirus pandemic at www.connecttosupporthampshire.org.uk/coronavirus

Additional Support

Support available from your GP

If you do not require urgent support but are still concerned about your mental health, contacting your GP is a good place to start. *They may check that your symptoms aren't being caused by other conditions.*

Local talking therapy services

You can access your local talking therapy service which offers a range of free treatments for people aged over 16 who are experiencing symptoms of stress, anxiety, depression or low mood.

iTalk is a service for people registered with a GP in the following areas of Hampshire: Alton, Andover, Basingstoke, Bordon, Eastleigh, Fareham, Gosport, Havant, New Forest, Petersfield, Romsey and Winchester. You can self-refer online or by telephone **023 8038 3920**.

TalkPlus is a service available to people who are registered with a GP in the following areas of Hampshire: Yateley, Fleet, Farnborough, Blackwater, Aldershot or Farnham. You can self-refer online or telephone **01252 533355**.

If you don't live in Hampshire you can find local talking therapy services in your area at: nhs.uk/service-search/find-a-psychological-therapies-service or by contacting your GP.

Wellbeing Centres

Mind runs wellbeing centres in Hampshire towns and cities to provide short-term, outcome-focused support. The centres provide workshops, courses and other support on many mental health issues.

Contact your nearest centre to find out more about their programme:
Aldershot, Andover, Basingstoke and Romsey – **01264 332297**.
Eastleigh, Fareham, Gosport, New Forest and Winchester – **023 8202 7810**.
East Hampshire and Havant – **02392 498916**.
connecttosupporthampshire.org.uk/mentalhealth
(select wellbeing centres)

Samaritans

Samaritans offer confidential emotional support. Call for free on **116 123** available 24 hours a day, 365 days a year, email jo@samaritans.org.uk or visit www.samaritans.org



Additional Support

Local Better Health Services

Our physical health and mental health go hand in hand. Good mental health supports good physical health and vice versa. Discover more about local opportunities and services to support your physical health connecttosupporthampshire.org.uk/healthadvice. Remember to take up any vaccination offers and screening programmes (such as bowel, breast and cervical cancer).



Weight Watchers

If you're aged over 18 and looking to lose weight there is a range of support available. For individuals with a BMI of 30 plus living in Hampshire (not Southampton and Portsmouth) there is a free service provided by **WW: 0345 602 7068** quoting WWRS095.



Smokefree Hampshire

Support to **stop smoking: 01264 563039** or text Quit to **66777**.



NHS Health Check

If you're aged 40 to 74, you may be eligible for a free NHS health check. Contact your GP to check if you're eligible.



Inclusion Recovery Hampshire

Support with **drug and alcohol issues:**
Those aged 24 and under can call: **0845 459 9405**.
Those aged 25 and over can call: **0300 124 0103**.



Stop Domestic Abuse

If you are affected by domestic abuse then **support** is available: call **0330 016 5112** or email advice@stopdomesticabuse.uk

Dial **999** in an emergency.



Let's Talk About It

Access confidential information and **support** around contraception and sexual health: **0300 300 2016**.



Specialist help

Bereavement support

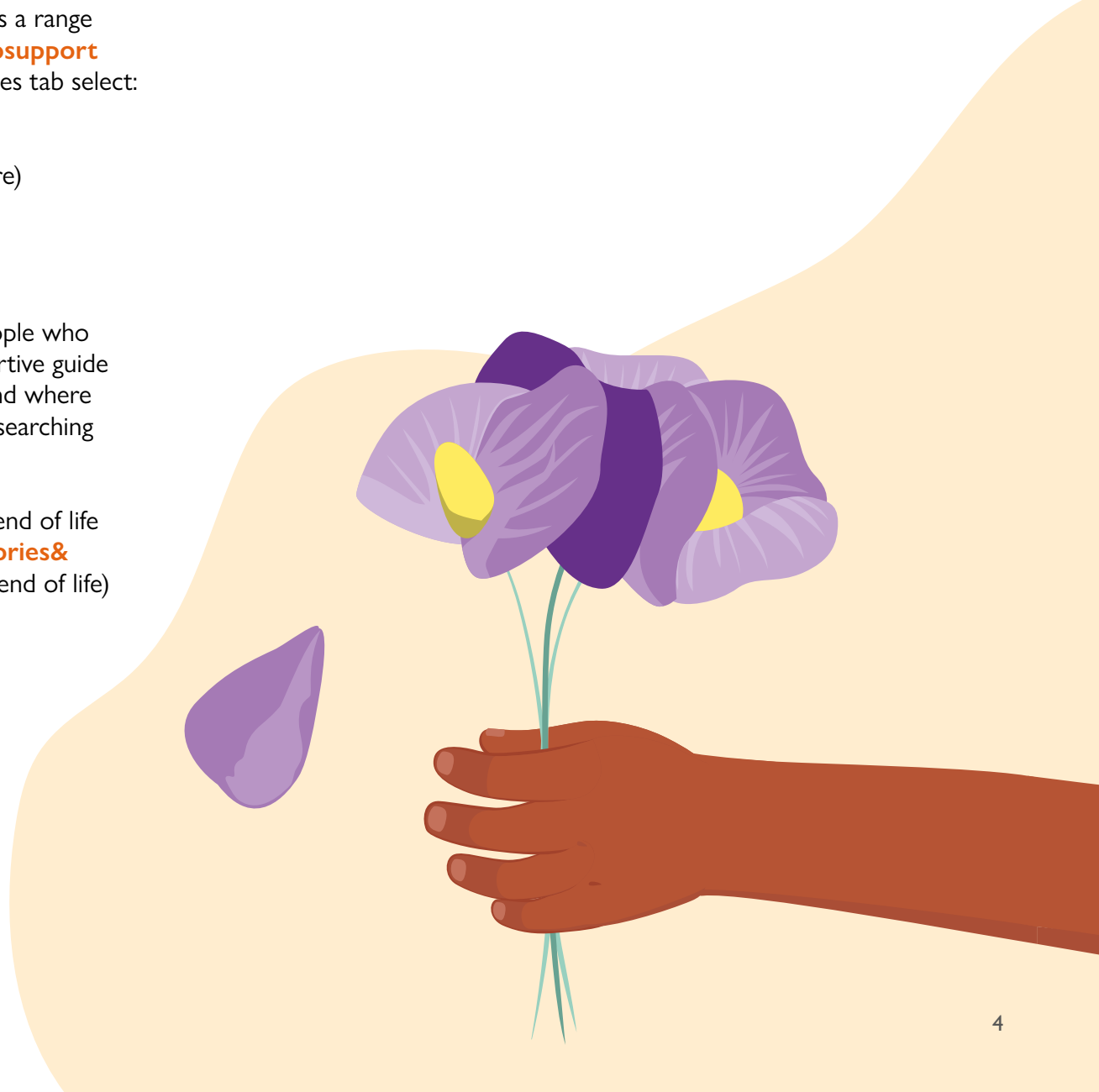
When you lose someone close to you, it's normal to feel angry, sad, depressed or worried. Everyone reacts in their own way. There is a range of support available to help you through this process: connecttosupporthampshire.org.uk/directories&Type=Local (from the categories tab select: specific needs then bereavement).

You can also contact Cruse on **01264 336006** (North Hampshire) or **0844 879 3448** (South Hampshire).

End of life

If you are caring for or supporting someone who is dying, or people who want to plan for their end of life care, NHS Choices has a supportive guide for people approaching the end of their life. This includes how and where people want to be cared for, financial issues, planning ahead and searching for local hospices: nhs.uk/conditions/end-of-life-care/

There are also local and national organisations who can provide end of life support services: connecttosupporthampshire.org.uk/directories&Type=Local (from the categories tab select: specific needs then end of life) or you can speak to a healthcare professional.



How to get urgent help if needed

If urgent help is required:

- If you think someone is in immediate danger, help them to get to A&E or call an ambulance on **999**. You can do this whether you are with them in person or not. You will need to be able to give a location.
- Stay with the person if you are able, and continue to talk with them, if you can. It may help to ring Samaritans on **116 123**.

If the person can keep themselves safe for a short while, but is still in need of urgent help, you could:

- Dial **111** on your phone. It is a free service and is open 24/7.
- Contact their GP surgery and ask for an emergency appointment. Many surgeries are offering these remotely during the coronavirus pandemic.

For further information and links to additional support go to the Every Mind Matters **Urgent Support** page.



Top tips to look after your mental health and wellbeing

There are simple things we can do to help take care of our mental health and wellbeing during times of uncertainty. Doing so will help us think clearly, and make sure we can look after ourselves and those we care about. For further information search **Every Mind Matters**.



Stay connected

Maintaining healthy relationships with people we trust is important for our mental wellbeing. If you can't meet up in person stay in touch by phone, video call or social media.



Do things you enjoy

Focusing on a hobby, relaxing or connecting with others can help with anxious thoughts and feelings. If you cannot do the things you normally enjoy, think about how you could adapt them, or try something new.



Talk about your worries

It's OK to share your concerns with others you trust – and doing so may help them too. If you cannot speak to someone you know or if doing so has not helped, there are plenty of **helplines** you can try instead.



Stay on top of difficult feelings

Try to focus on the things you can control, such as your behaviour and who you speak to. **Explore ideas** for managing your feelings such as listening to an audio guide. Seek further support if needed by calling NHS **111** or talking to your GP.



Look after your body

Our physical health has a big impact on how we feel. Try to eat healthy meals, drink enough water and exercise. Going for a walk or run can help lift your mood and clear your mind.



Stick to the facts

Find a credible source you can trust – such as **Keep Hampshire Safe** and the **NHS** – and fact-check information you get from newsfeeds, social media or other people.



Feel prepared

As the outbreak continues, it can help to work through what changes to government guidelines mean for you. It can help to think through a typical week: how will you continue to be affected and what will you need to do to solve any problems?



Focus on the present

Focusing on the present, rather than worrying about the future, can help with difficult emotions and improve our wellbeing. Relaxation techniques such as **mindful breathing** can also help some people deal with feelings of anxiety.



Support and help others

Helping someone else can benefit you as well as them. Try to think of things you can do to help those around you.



Look after your sleep

Good quality sleep makes a big difference to how we feel mentally. See these **helpful tips** on how to make a change.

Source: adapted from Every Mind Matters: **10 tips to help if you are worried about coronavirus**

Hampshire County Council Mental Health and Wellbeing Guide

How you can support others' wellbeing

If you know someone struggling with their mental health, there are lots of things you can do. Find out how you can help and support them.



Express concern and say you can help

Letting someone know that you're worried is a good way to open up a conversation – it shows you care about the person and have time for them.



Reassure them

The first time someone mentions their worries is a big step. It's good to recognise this and reassure them. Let them know you're there to listen when they need to talk.



Act as you usually do together

Behaving differently can make someone feel more isolated. Do not be afraid to offer kind words and a space to talk, whether by phone, messaging or in person.



Offer your time to listen

Listening is an important skill. Ask open questions that start with "how", "what", "where" or "when". This can help people open up. **Listening tips from Samaritans.**



Be patient

You will not always know the full story. There may be reasons why they have found it difficult to ask for help. Just being there can be helpful for someone who may want to open up later.



If they do not want support

Gently explore their reasons for not wanting to get support. If they are unsure whether to get help, just talking and listening without judgment could help you work out what's getting in the way.



Do not force it

Do not force someone to talk to you or get help. This may lead to them feeling uncomfortable, leaving them with less power and less able to speak for themselves.



Look after yourself

It can be upsetting to hear someone in distress. Be kind to yourself and take some time to relax or do something you enjoy. **Remember Every Mind Matters.**



Offer practical help

Little acts of kindness can help – message someone or connect with them at a convenient point in the day to check how their day is going. Find out what works for them.

For further information and links to additional support visit:
nhs.uk/oneyou/every-mind-matters/helping-others