**Choose well for your mental health**

**to keep you happy and healthy**



Blood

Frustrated



You should look after your mental health as much as the health of your body

This will keep you happy and healthy



**How will I know if my mental health is not good?**

You may feel sad and cry all the time



You may want to hurt yourself

You may start to forget things

You may feel upset because:



You are lonely



Someone has died

You are worried



You feel angry



You feel sad



You cannot sleep



This booklet can help you choose the help you need



**Getting the help you need**

**What can I do?**



**How to help yourself or self-care**

Do things to stay happy and healthy

1. **Spend time** with other people around you such as your:  
     
   Family, friends, work colleagues and neighbours

2. **Be active** - do something you enjoy such as:

Go for a walk  
Go cycling  
Play a game of football

3. **Keep learning**

  
Do a cookery course  
  
Learn to play a musical instrument  
  
Learn how to fix your bike

  
4. **Give to other people –** ordo Something nice   
  
Small things like:

Saying thank you  
  
Or

Smiling at someone

  
5. **Take notice** – stop and look at the things around you

Think about what you can see and smell

For more information on the **5** things

Go to : [www.nhs.uk/conditions/stress-anxiety.depression/improve-mental-wellbeing](http://www.nhs.uk/conditions/stress-anxiety.depression/improve-mental-wellbeing)



**What else can I do?**

**Ring the 24 hour mental health helpline**

Ring on **0800 183 0558**

Someone can talk to you about your worries and feelings

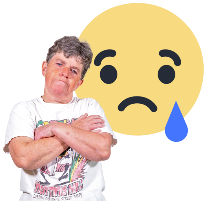
**0800 183 0558**

And help you to stay happy and healthy



**Talking therapies**

You can ring talking therapies

  
And talk to a trained therapistabout how to change the way you feel

  
To find your nearest Talking therapies go to:

[www.nhs.uk/talk](http://www.nhs.uk/talk)

**Go and see your doctor**

They may give you some medicine

  
But if the medicine does not help

Speak to your doctor who may send you to a **secondary mental health service**

**Secondary mental health service**

South West Yorkshire Partnership Foundation NHS Trust (SWYPFT) is a secondary mental health service

SWYPFT can help and support people to stay happy and healthy

**Sometimes you may need help quickly**If you have hurt or harmed yourself

  
You can ring **999**

Or go to your nearest A&E

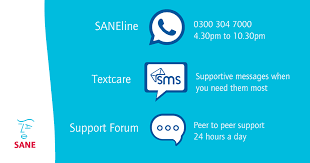
hospital



If you want to hurt or harm yourself

Ring the Samaritans (anytime)   
**On 116 123**

Or

SANEline   
**on 0300 304 7000**

(between 4:30pm – 10:30pm)



**What else can I do?**

BloodFrustratedIt is good idea to have a plan  
  
  
So when you know your mental health is not good

You and other people know who to ring or speak to for help

Write down **3** numbers to ring

1…………………………………..

2…………………………………..

3…………………………………..



Keep this page in a safe place   
Where people can find it  
Such as in your wallet or purse