

Choose well for your mental health to keep you happy and healthy





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 – or do 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



What else can I do?



111

Ring the 24 hour mental health helpline

Call 111

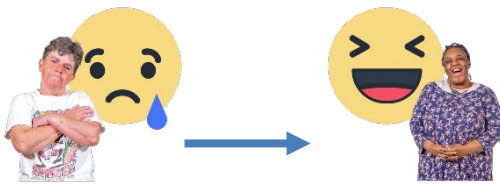
Someone can talk to you about your worries and feelings

And help you to stay happy and healthy



Talking therapies

You can ring talking therapies



And talk to a trained therapist about how to change the way you feel



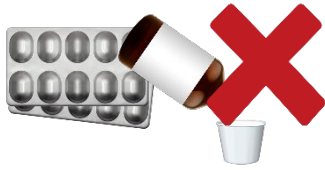
To find your nearest Talking therapies go to:

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?

It 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