EVERY LIFE MATTERS

If you or someone you know is struggling with any mental health concern, please do reach out for help.

There are many routes to this such as:

+ Accessing any existing support or care team

+ Talk to a colleague, friend or family member

+ Search the internet for **every mind matters**

+ Access a national support group such as the Samaritans

+ Speak to your GP

+ If urgent, contact **111**

+ In an emergency or if feeling suicidal, call **999** and ask for ambulance service

There is always help available and no one should suffer from a mental health crisis alone.

Remember to keep talking and that your life and every life matters!

SAFER CARE TOGETHER

UNITED AGAINST SUICIDE

Triangulation of treatment

Mental health support often involves a combined approach to recovery and resilience that includes any or all of the below elements.

Social Prescribing

Medication

Counselling

For further information on mental health awareness, supporting someone and signposting options:

Search:
www.tvsuicideprevention.uk

Or scan this QR Code:

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safe

SUICIDE AWARENESS FOR EVERYONE

Giving
Mental Health a voice.

Working together to create **a safe space for compassionate conversations.**
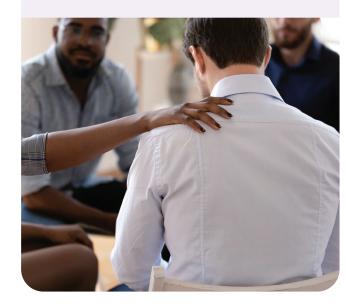
What is **mental health?**

Mental health is a broad term to describe where we are on a continuum or spectrum from thriving to surviving or being in crisis.

Like physical health, we all have mental health and should be aware of where we are on the continuum.

Unlike physical health, common mental health problems such as anxiety, stress or depression can creep up on us and usually without us noticing.

Often family and friends will recognise changes in our mood, concentration, social skills and levels of irritability.

What are the factors that **impact mental health?**

We can of course all find things difficult from time to time and worry about things such as financial problems, work problems or relationship problems.

These worries can start to become a clinical condition when the frequency and intensity of signs and symptoms start to impact our lives, relationships and day-to-day functioning.

By day-to-day functioning, we are referring to **sleep, diet, mood, memory, motivation, sense of enjoyment and other activities of daily living.**

> " This is why it's important to listen to feedback from others so things don't get worse, and take positive steps to manage and improve our mental health through self compassion. "

How can you **promote mental health?**

The key to promoting mental health and a safe place for people to talk about their feelings is to tackle the stigma related to mental health In society. Try to imagine if you or a loved one were experiencing a mental health crisis.

If you are feeling frightened, lonely, isolated and distressed how would you like to be treated? If people feel they are likely to be judged, they are unlikely to open up so things can get worse.

Remember, just because someone is struggling, it doesn't mean they are failing or their family are ever better off without them.

We must all create a culture where it's ok not to be ok and create space for compassionate conversations.

Social prescribing principles

Connect
KEEPTALKING
Talk & listen, Be there, Feel connected

Give
Your time, Your words, Your presence

Take Notice
Remember the simple things that give you joy

Take **5** For mental health

Be Active
Do what you can, enjoy what you do, **move your mood**

Keep Learning
Embrace new experiences, see opportunities, surprise yourself