

How to look after your mental health and well being



Redbridge Concern for Mental Health
www.rcmh.org.uk



020 8925 2435
www.rcmh.org.uk
info@redbridgeconcern.org

WELCOME

Good mental health is fundamental to our health and well-being. How we think and feel not only shapes our mental health but it is also closely linked to our physical health. Mental well-being is about developing the ability to cope with and overcome difficult life events without suffering major distress.

If you're in good mental health you can:

- Make the most of your potential
- Cope with life
- Play a full part in your family, workplace, community and among friends

Mental health problems range from the worries we all experience as part of everyday life to serious long-term conditions. At times, we all feel anxious, stressed or down. Most of the time these feelings pass. Your mental health doesn't always stay the same. It can change as circumstances change and as you move through different stages of your life.

Scientific evidence points to a number of steps that we can take to improve our mental wellbeing. If you give them a try, you may feel happier, more positive and able to get the most from your life.

- Talk About Your Feelings
- Keep Active
- Eat Well and Drink Sensibly
- Keep in Touch With Family and Friends
- Ask for Help
- Get in Touch with your Spiritual Side
- Give and Care for Others
- Be Mindful and Take Notice
- Learn a New Skill



Talk About Your Feelings

Most people feel isolated and overwhelmed by their problems sometimes. It can help to share your feelings. If you feel there is no one to talk to, you could try a helpline.

Talking about how you feel can help you stay in good mental health especially at times when you are feeling troubled, stressed, overwhelmed or down.

Everyone needs help from time to time. It's ok to ask for help, even though it feels difficult sometimes – whether it's from friends and family, or from your doctor, local support group or a helpline.

Redbridge IAPT Services

Provides structured therapy for people aged 18+ with mild to moderate common mental health problems, such as anxiety and depression. We see clients in GP and community health centres.

t: 0300 555 1220
e: RDB.PSYCHOLOGY@nelft.nhs.uk
w: www.nelft.nhs.uk

Hear & Now Adolescent Counselling Service

A confidential counselling service for all young people aged 11–18 who live, work or study in the Redbridge area.

t: 0300 555 1154
e: @hearnow.org.uk
w: www.hearnow.org.uk

Redbridge Carers Support Services

Provides a confidential counselling service to help reduce the pressures of caring.

t: 020 8514 6251
e: office@rcss.org.uk
w: www.rcss.org.uk



Keep In Touch With Friends, Neighbours and Loved Ones

You don't have to be strong and struggle on alone. Loved ones and friends are important especially at difficult times. Keep in touch.

Connect with people around you. With family, friends, colleagues and neighbours. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

If you feel lonely and want to meet people, you could get involved in different groups and societies where you can meet people with similar interests.

Redbridge Befriending Project

Offers support for those adults experiencing emotional distress. We are always looking for people who want to get involved in the community

So please get in touch if you can offer some spare time on a regular (flexible) basis and are patient, non-judgemental and sensitive to the needs of other

t: 0208 924 1476

e: martina@redbridgeconcern.org

w: www.rcmh.org.uk

Outlook Drop In Service

An informal out of hours drop-in service, run four times a week, for people experiencing and recovering from mental health problems.

Our Drop-Ins provide a relaxed environment where service users can socialise and take part in activities.

t: 0208 925 2435

e: jo@redbridgeconcern.org

w: www.rcmh.org.uk



Ask For Help

We all sometimes get tired or overwhelmed by how we feel or when things go wrong. If things are getting too much for you and you feel you can't cope, ask for help.

I'm worried about my mental health, should I get help?

People are often worried about getting help, and don't know where to start. It's worth remembering these facts:

- About a third of us will have a mental health problem at some time in our lives
- Depression and anxiety are as common as many physical problems, like diabetes and heart disease

What can I do?

- Your family or friends may be able to offer practical help or a listening ear
- Join a support group like Weight Watchers or Alcoholics Anonymous to help you make changes to your life
- Find a counsellor to help you deal with your feelings or make a fresh start
- Visit a Citizens Advice Bureau if you want advice on debt
- Your GP may be able to refer you to a counsellor
- Speak to someone who can help you get your voice heard

You should consider getting help from your GP if difficult feelings are:

- Stopping you getting on with life
- Affecting your relationships with family, friends or work colleagues
- Affecting your mood over several weeks

Who should I visit first?

A good place to start is your GP.

Up to one in five people who visit their GP are suffering from a mental health problem, so GPs are used to helping with this sort of difficulty.

The GP may be able to help you straight away. They may prescribe some medicine or just give you support. They may suggest some form of self help using local resources, perhaps through exercise therapy.

The GP's will also have a wide range of counselling and advice programmes that they may refer you to.

If you and your GP feel you need more specialist help, they may refer you to another professional or a group of professionals.

He or she will write to this person telling them about the difficulties you are having and they will contact you with an appointment. Bear in mind that there may be a waiting list.

NELFT Mental Health Direct

NELFT Mental Health Direct is a telephone helpline service available 24 hours a day, every day of the year.

If you live in Waltham Forest, Redbridge, Barking and Dagenham, or Havering, you can call for mental health help and advice anytime of the day or night.

We can arrange for you to speak with a mental health professional. We can also advise you about what service to contact to get the support you need.

Helpline: 0300 555 1000

Samaritans

If you need someone to talk to urgently and in confidence — the Samaritans are able to offer emotional support 24 hours a day, 7 days a week, every single day of the year.

Tel: 08457 90 90 90

Web: www.samaritans.org.uk

Sane

SANE runs a national, out-of-hours helpline offering specialist emotional support and information to anyone affected by mental illness, including family, friends and carers. The Help Lines are open every day of the year from 6pm to 11pm.

Helpline: 0845 767 8000



Give and Care For Others

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you. And, it can also improve your mental wellbeing and make you feel happier and more satisfied about life.

You could:

- Say thank you to someone, for something they've done for you
- Phone a relative or friend who needs support or company
- Ask a colleague how they are and really listen to the answer
- Offer to lend a hand if you see a stranger struggling with bags or a pushchair
- Offer to help a relative with DIY or a colleague with a work project
- Volunteer in your local community

The Redbridge Volunteer Centre

Provides a matching and referral service for people, who live, work or study in Redbridge and want to find out more about ways to volunteer.

t: 0208 514 9624

e: volunteeringbroker@redbridgecvs.net

w: www.redbridgecvs.net

Redbridge Dementia Befriending Service

Volunteering as a befriender can be a very rewarding experience. The volunteer often feels that they are truly making a difference to someone's life.

We are looking for people who wish to become involved in this new project and are prepared to commit their time on a regular basis.

t: 0208 925 2435

e: regina@redbridgeconcern.org

w: www.rcmh.org.uk



Noticing and Awareness

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling.

It can be easy to rush through life without stopping to notice much. Paying more attention to the present moment – to your own thoughts and feelings, and to the world around you – can improve your mental wellbeing. Some people call this awareness “mindfulness”, and you can take steps to develop it in your own life.

Reminding yourself to take notice – of your thoughts, feelings and body sensations, and the world around you – is the first step to mindfulness.

It can be helpful to pick a time – the morning journey to work or a walk at lunchtime – during which you decide to be aware of the sensations created by the world around you.

Trying new things – sitting in a different seat in meetings, going somewhere new for lunch – can also help you notice the world in a new way.

The Oxford Mindfulness Centre

An international centre of excellence within Oxford University’s Department of Psychiatry that works with partners around the world to prevent depression and enhance human potential through the therapeutic use of mindfulness.

www.oxfordmindfulness.org

Finding Peace in a Frantic World

Mindfulness reveals a set of simple yet powerful practices that can be incorporated into daily life to help break the cycle of unhappiness, stress, anxiety and mental exhaustion and promote genuine joie de vivre

www.franticworld.com

Be Mindful

The Mental Health Foundation wants to make Mindfulness available to everyone.

www.bemindful.co.uk



Keep Active

Being active is great for your physical health and fitness. But evidence shows that it can also improve your mental wellbeing. Many people think that the mind and body are separate. But what you do with your body can have a powerful effect on your mental wellbeing.

Physical activity can help people with mild depression. Evidence shows that it can also help protect people against depression and anxiety.

Being active doesn't mean you need to spend hours in the gym, if that doesn't appeal to you. Find physical activities that you enjoy and think about how to fit more of them into your daily life.

- It might just be a walk to the bus stop, but it all counts
- Golfing
- Chair based exercise sessions
- Bowling
- Cycling
- Chair Yoga

Active 4 Life

Provides information about physical activity in Redbridge and encourages you to make it a part of your daily life.

t: 020 8708 0954
w: www.redbridge.gov.uk

Fit For Fun

Provides 20 weeks of free exercise classes for voluntary and community sector groups in Redbridge

t: 020 8514 9618
e: tracy@redbridgecvs.net
w: www.redbridgecvs.net

Golden Years Project

Working with a variety of partners has organised a range of events and activities specifically aimed at those who are retired or have a little bit of spare time on their hands and would like to try something new

020 8708 0955



Eat Well and Drink Sensibly

There are strong links between what we eat and how we feel. For example, caffeine and sugar can have an immediate effect.

A diet that's good for your physical health is also good for your mental health.

We often drink alcohol to change our mood. Some people drink to deal with fear or loneliness, but the effect is only temporary.

When the drink wears off, you feel worse because of the way alcohol withdrawal symptoms affect your brain and the rest of your body. Drinking is not a good way to manage difficult feelings.

Occasional light drinking is perfectly healthy and enjoyable for most people.

Redbridge Drug and Alcohol Service

Offers free, confidential, specialist assessment and structured support services for Redbridge residents aged 18 and over, who are affected by drugs or alcohol

t: 0300 555 1180

w: www.nelft.nhs.uk

RedQuit (smoking cessation)

RedQuit offers all the support and expertise you need to help you stop smoking – and stay stopped. There is a specialist service for pregnant women under 18 and people with mental health problems.

t: 0800 988 8872

w: stopsmoking@redbridge.nhs.uk



Learn A New Skill

Learning new skills can be useful, but it can also positively affect our mental wellbeing and also help us connect with others and meet new people. It doesn't have to mean getting more qualifications. There are many ways to bring learning into your life.

Classes and formal courses are great ways to learn new things, but there are lots of other ways too.

You might:

- Learn to cook a favourite dish
- Visit a gallery or museum and learn about a person or period in history that interests you
- Take on a new responsibility at work, such as learning to use an IT system
- Sign up for a course you've been meaning to do at a local night school. You might learn a new language, or try something practical such as plumbing
- Rediscover an old hobby that challenges you, whether it's making model aeroplanes, writing stories, sewing or knitting

Redbridge Institute of Adult Education

The borough's main provider of courses for adults with over 1,000 courses in their prospectus.

t: 020 8550 2398

e: enquiries@redbridge-iae.ac.uk

w: www.redbridge-iae.ac.uk

Redbridge & District University of the Third Age

A self-help organisation for older people who are no longer in full-time employment.

The university provides opportunities to share learning experiences in a wide range of interest groups and to pursue learning not for qualifications, but for fun.

t: 020 8504 8700