

The Little Book of Mental Health

*A practical guide for
Everyday Emotional Wellbeing*



Version Six

Sixth Edition - 2015

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Disclaimer:

In producing this booklet Somerset County Council, Public Health has made every effort to provide advice based on up to date evidence for what is effective. It is, however, not intended as a substitute for thorough medical assessment and clinical intervention. If you are concerned about your mental health consult your GP.

Acknowledgments

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Everyday Emotional Wellbeing

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Introduction

Everyday wellbeing is about how we feel, think and behave. Nobody feels blissfully happy, thinks positive thoughts and behaves sensibly all the time. However, if you are in a pretty good state of mind, it is generally much easier to enjoy life and cope with its challenges.

Looking after your state of mind is just as important as taking care of your body, yet most of us manage our physical health far better than our mental health. As soon as we feel a physical ache or pain we generally try to do something about it, but when we find ourselves feeling very low or stressed we tend to think it is just part and parcel of life and don't do anything to improve the situation.

If you do feel down, anxious or distressed, you are not alone. One in four of us experience a mental health problem in any one year.

The phrase “mental health problems” covers many different conditions, ranging from mild or temporary distress to problems which severely limit a person's ability to cope with everyday life. The move from a mild state of

Introduction

anxiety or depression to a severe one can be very gradual, but it is important to recognise the signs so that action can be taken before the condition becomes serious or prolonged.

Helpful Tips

If you do feel down, anxious or distressed, you are not alone. One in four of us experience a mental health problem in any one year.



The Secret of Emotional Wellbeing

10 basic skills for gaining and maintaining emotional wellbeing

1. Set yourself achievable goals

Helpful Tips

Just as achieving physical fitness takes time, practice and commitment, so too does achieving mental fitness.

Set yourself some goals. Make sure that your goals are specific and achievable. If they are too vague you will never know if you achieved them. If you set them too high you will end up frustrated. Too low, and there will be nothing to aim for. Write down short-term, middle and long-term goals. An example of a short-term goal will concern things to do that day. A middle-term goal could be to make a change to your lifestyle... like deciding to start jogging. A long-term goal might be to learn a new skill, change your job, college etc.

2. Be good to yourself

Take notice of your achievements, however small and reward yourself. Think about what gives you pleasure and enjoy the reward. Tell others about your achievements. Giving time to activities we find rewarding increases our sense of wellbeing, whereas a routine made up almost entirely of things that we have to do can have the opposite

The Secret of Emotional Wellbeing

effect. Doing things to put you in a good mood is sensible, not self-indulgent; so don't feel guilty about it.

Helpful Tips

To build self-confidence and self-esteem:

- *Behave as if you're more confident than you feel*
- *Learn from your mistakes*
- *Speak encouragingly to yourself*
- *Do the best you can, but don't try to be perfect*
- *Spend time with people who make you feel good.*

3. Believe in yourself

Self-confidence is concerned with how we feel about our abilities.

Self-esteem is slightly different as it reflects the degree to which we value ourselves. You can build up your self-confidence and self-esteem even if it has been low since childhood.

4. Manage your time

Good time management means setting goals and planning to tackle the most important things first. Do not waste time on low priority jobs or spend valuable time on things outside of your control. Take 5-10 minutes each morning to plan the day.

The Secret of Emotional Wellbeing

Prioritise jobs in this way:

A = Absolutely essential

B = Better done today

C = Could wait

D = Delegate/ask someone else to do it

5. Face and solve your problems

We all have a tendency to avoid facing our problems. Avoidance is not helpful in the long run because it can make the problem worse, it can create new problems and it stops you getting on with your life and leads to more stress and tension.

6. Keeping things in perspective

There is always more than one way of seeing things. This means that although you may not be able to choose the facts, you may be able to choose how you react to them. You can help yourself feel better and be more effective by looking at your situation with an open mind and being realistic about what you can manage.

The Secret of Emotional Wellbeing

7. Learning to relax

Practising relaxation will give you more energy, decrease anxiety and irritability and reduce pains due to tense muscles. Relaxation time should be seen as an important part of your daily routine.

8. Expressing your feelings

Expressing our feelings promotes a sense of wellbeing and freedom from tension. It helps us to recover from hurtful experiences, and also helps other people to understand what is going on inside us. Of course there are times when displays of emotion are not helpful, but hiding or holding back our feelings can cause tensions that affect our physical and mental health.

9. Managing your diet

The foods you eat can play an important part in the way you feel, physically and mentally. Too much sugar, coffee or salt can cause tension and irritability, and alcohol is a depressant. For general wellbeing the secret is a balanced diet.

The Secret of Emotional Wellbeing

10. Take Exercise

Regular exercise is good for us in many ways. It can increase our confidence and self-esteem, stimulate “feel good” chemicals in our bodies, provide an outlet for tension and frustration, relieve anxiety, help us sleep better and prevent some physical illnesses. Choose a sport or exercise you enjoy. Try and go outside each day and enjoy the natural things around you. If you have concerns about your health or fitness speak to your GP.

How to make health changes

Health Trainers are available to support people who want to make positive health and lifestyle changes such as being more active, managing their weight, or reducing stress. This is a free service.

*To make an appointment with a Health Trainer call **0800 412 5502**, go to the website www.sompar.nhs.uk or ask your GP for details.*

The Secret of Emotional Wellbeing

Problem solving – one step at a time

Choose a problem that is causing you concern, then:

- ☞ Write down the problem. Be specific
- ☞ Write down a list of possible solutions
- ☞ Write down the advantages and disadvantages of each solution
- ☞ Choose a solution and break it down into steps
- ☞ Tackle each step, one at a time.

If you have more than one problem, write them all down and put them in order of difficulty. Tackle the least difficult problem first.

Five Ways to Wellbeing

Five Ways to Wellbeing

Staying healthy is as much about your mind as it is about your body. Here are five very simple things you can do to boost your mood and feel happier.

1. Connect...

If you feel isolated and lonely then your mental wellbeing can suffer. Connect with the people around you. Think of these connections as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

2. Be active...

Getting active is great for your mental wellbeing, as well as your physical health and can improve confidence, reduce stress levels and boost your mood. Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance.

3. Take notice...

Be curious. Be aware of the world around you and your own thoughts and feelings. It is perfectly normal in life to experience stress and anxiety but noticing these feelings and taking some action can really help.

Five Ways to Wellbeing

4. Keep learning...

Learning new things throughout your lifetime is good for your brain. It's fun and can build confidence and self-esteem.

5. Give...

Do something nice for a friend, or a stranger. 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.

For more information:

www.fivewaystowellbeing.org
www.actionforhappiness.org

Managing Depression

Helpful Tips

Most people recover completely from depression. You should never give up. Try to live one day at a time and keep reminding yourself that you will not always feel like this.

Most of us have felt low from time to time, but usually the low mood passes after a few days. Sometimes, a person sinks into depression to a point where they may need professional help to get back to normal.

Depression does not mean that you are weak or lazy. It is a common illness like high blood pressure, diabetes or arthritis. It can occur at any age. The good news is that there are things you can do to help yourself and treatments that work well.

Signs of depression

When we become depressed, we may experience:

- ☞ Loss of identify and self-esteem
- ☞ Sadness, when there is maybe nothing to feel sad about
- ☞ Extreme guilt over minor matters
- ☞ A sense of failure, when this is not realistic.

Managing Depression

- ☞ Loneliness, even among other people
- ☞ Tearfulness, when there is nothing to cry about
- ☞ Constant exhaustion
- ☞ Feelings of hopelessness, misery or despair
- ☞ Difficulty in concentrating or making decisions
- ☞ Thoughts of death or suicide.

When to seek help

You may be experiencing clinical depression and should seek help if your low mood or loss of interest in life:

- *interferes with your home, family or work life*
- *lasts for two weeks or more*
- *brings you to the point of thinking about suicide*

Talk to your GP or contact one of the mental health associations or voluntary organisation if you are concerned.

Managing Depression

Coping with depression

Helpful Tips

It is important to be active even when you do not feel like it. Getting going again can help you feel better

- ☞ Avoid sitting or lying about doing nothing
- ☞ Identify things you used to do regularly and things which you used to enjoy
- ☞ Plan to gradually increase the routine of pleasant activities
- ☞ If a task seems too difficult, try breaking it into a series of small steps
- ☞ Above all reward yourself for your efforts
- ☞ Avoid discussions of bad feelings. Solving problems is more helpful
- ☞ If your appetite is poor, eat small quantities regularly and drink lots of fluids
- ☞ Keep to a normal sleep routine. Avoid daytime naps. At night get up if you are awake for 30 mins or more, and do something that will help you to relax
- ☞ If you go off sex, keep some physical closeness with your partner and reassure them it is not personal but a temporary symptom.

Managing Depression

Depressive thinking

When you are depressed there are changes in the way you think, as well as in how you feel. You tend to look on the negative side of everything, see the worst in yourself, in your life and your future. Once you are feeling down, you are more likely to remember the bad things that have happened and ignore the good ones. Negative thinking can also trigger depression and it slows down recovery.

Identifying negative thinking

Negative thoughts can be difficult to spot because they become a habit, they can flash quickly into your mind and most of us are not used to noticing our thoughts. Learning to spot and catch these negative thoughts is a skill you can master with time. Some examples of negative thinking are:

- ☞ *Thinking the worst*, eg your boy/girl friend doesn't phone. You assume they don't like you any more
- ☞ *Ignoring the positive and only seeing the negative*, eg 'The shelves I put up are no good because one screw fell out'

Managing Depression

- ☞ *Taking things personally and blaming yourself for what others do*, eg ‘My son failed that exam. I should have helped him more. I am a bad parent’.

You may also have beliefs that are unrealistic:


- ☞ I should be happy all the time
- ☞ If someone is hurt by something I say or do, I am a bad person
- ☞ If I show emotion, I am weak
- ☞ If I don't succeed, I am worthless.

Changing negative thinking

You can learn to think more positively with the **3 Step Approach** and this will make a huge difference in your life.

- ☞ *First*, write down your negative thoughts as soon as possible. If it's difficult to notice any thoughts, try noticing when you feel down, and ask ‘What went through my mind just before I started feeling sad’.


Managing Depression

 *Second*, ask yourself 'Is what I believe TRUE?'

Ask yourself if everyone would have the same belief

Think of other possible explanations for the event

Try a different approach. For example, if your friend doesn't phone, call him or her to ask why.

 *Third*, balance each unreasonable thought with a more realistic one. These should be different to the unreasonable belief

Try to think of realistic statements

Try to think of as many alternatives as possible.

Helpful Tips

Assess your symptoms regularly and consult your doctor and/or mental health worker if you have any problem.



Mood Chart

If you are worried about feelings getting out of control, keep track of your feelings, thoughts and behaviour on a “mood chart”. This will help you notice anxious or negative thought patterns as soon as they begin, so you can start using your self-help strategies.

Make a list of specific feelings, thoughts and behaviour that sometimes apply to you.

Only you will know what to put in these lists, but here are some examples:

- Feelings I am aware of:**
 - Sad
 - Lonely
- Thoughts that bother me:**
 - Nobody likes me
 - I can't cope
- Negative behaviour:**
 - I'm trying to do too much at once
 - I'm avoiding people
- Positive checklist:**
 - I am coping with life
 - I am in control of my thoughts and feelings

Give each of your feelings, thoughts and behaviour a “rating” from 0 to 5.

0 = have not noticed any problems;

5 = things could hardly be any worse.

For an example of a mood chart see next page.

Mood Chart

Mood chart

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
Feelings I am aware of:							
Thoughts that bother me:							
Negative behaviour:							
Positive checklist:							

Alcohol and Drugs

Check your alcohol or other drug intake

People who are anxious and/or depressed may try to cope with their symptoms by drinking more alcohol, or using other drugs like cannabis. This makes things worse.

Alcohol

Men should not regularly* drink more than 3-4 units of alcohol per day

Women should not regularly* drink more than 2-3 units of alcohol per day

**Regularly means every day or most days of the week*

Also, try having some days off when you don't drink alcohol at all.

Young people under 18

Ideally children and young people should not drink alcohol at all until they are at least 15 years old.

Look out for your mates - alcohol information and links to services aimed at 16-24 years in Somerset
www.lookoutforyourmates.co.uk

Alcohol and Drugs

As a rough guide, there's ONE unit of alcohol in:

- ☞ half a pint of ordinary strength beer, lager or cider
- ☞ one small glass of wine
- ☞ a single pub measure of spirits.

*For more information on alcohol guidelines and how to stick to them: www.nhs.uk/Change4Life
See Choose less booze*

Other drugs

There are risks involved in taking any other drugs. Users can never be sure of exactly what they are taking, what the drug is mixed with, and how strong it is. The effects can be unpredictable. It is particularly dangerous to mix different drugs, including taking a drug and drinking alcohol.

Helpful Tips

For the latest information about different drugs, their effects and the law, go to: www.talktofrank.com

Managing Stress and Anxiety

It is normal to feel anxious if you are facing something dangerous or difficult, but it is not usual to feel anxious all the time or to feel that anxiety is ruling your life. Severe anxiety is like a “false alarm” – the body over-reacting to something that is not really dangerous.

The most noticeable physical signs are nausea, light-headedness, sweating, a racing heart, palpitations and rapid breathing.

People often react to severe anxiety by *avoiding* the situation that makes them feel bad. However, this is not helpful in the long run, because the more you avoid something, the more difficult it will seem to you. It also limits what you can do and does not give you the chance to discover that the situation was not really dangerous after all. Try making a plan to help you face your feared situation, with the least frightening event to be tackled first.

When people are under stress, there is also a tendency to worry more than usual. Worry and unrealistic or negative thinking can be triggers for anxiety. People who get anxious sometimes think in ways that bring on the

Managing Stress and Anxiety

anxiety or make it worse. You may also have beliefs about yourself and about other people that are unrealistic. Anxious people often imagine that other people are judging them harshly.

Helpful Tips

If your anxiety is severe, seek help. Talking therapies can help you feel more positive and in control. Prescribed drug treatment can provide short-term help. Ask your GP for advice or contact one of the organisations listed at the back of the booklet.

Coping with anxiety

- ☞ Learn to relax and do relaxing things
- ☞ Reduce caffeine and avoid using alcohol
- ☞ Regular physical exercise will help
- ☞ Make a plan to solve problems and take action
- ☞ Change the way you think.

Remember you can learn to think more realistically and this will make a huge difference in your life. Use the 3 Step Approach (see Managing Depression).

Worry and negative thinking are habits which take time to change.

Managing Stress and Anxiety

Slow breathing to reduce anxiety

Anxiety can make you feel breathless. The natural response to this is to breathe in more or to “over breathe”. However, this makes the problem worse. The best solution is to slow down your breathing which will stop the unpleasant feelings of anxiety.

Remember to breathe in, using your abdomen (not your chest). This is sometimes called stomach breathing, because the abdomen should gently rise and fall rather than your upper chest.

Helpful Tips

Remember the technique of slow breathing sounds very simple, will take practice to master but is very effective.

- ☞ Breathe in slowly through your nose to the count of 3 seconds
- ☞ Then slowly breathe out to the count of 3 seconds
- ☞ Pause for 3 seconds before breathing in again
- ☞ Continue this exercise for 5 minutes or so
- ☞ Practise twice a day for 10 minutes (5 minutes is better than nothing)

Managing Stress and Anxiety

- ☞ Try to check and slow down your breathing during the day
- ☞ Use the slow breathing technique whenever you get anxious.

Relaxation Exercise

Before starting this exercise it is advised to talk to your GP about the pros and cons of gently tensing muscles. This particularly applies to people with high blood pressure or a history of heart problems.

- ☞ Choose a quiet place where you will not be interrupted
- ☞ Before you start, do a few gentle stretching exercises to relieve muscular tension
- ☞ Make yourself comfortable, whether sitting or lying down
- ☞ Start to breathe slowly and deeply, in a calm, effortless way

Managing Stress and Anxiety

- ☞ Gently tense, then relax, each part of your body, starting with your feet and working your way up to your face and head
- ☞ As you focus on each area, think of warmth, heaviness and relaxation
- ☞ Push any distracting thoughts to the back of your mind; imagine them floating away
- ☞ Don't *try* to relax; simply let go of the tension in your muscles and allow them to become relaxed
- ☞ Let your mind go empty. Some people find it helpful to visualise a calm, beautiful place like a garden or meadow.

Stay like this for about 20 minutes. Then take some deep breaths and open your eyes, but stay sitting or lying for a few moments before you get up.

Panic Attacks

Panic attacks

Helpful Tips

The important thing to remember is that feelings of panic will never cause you any harm. Your body is simply gearing itself up for a non-existent danger

Panic attacks are very frightening because they seem to come out of the blue. Most people describe a sudden, overwhelming sense of anxiety, including:

- ☞ Feelings of absolute terror
- ☞ Very rapid breathing and heartbeat
- ☞ Dizziness or faintness
- ☞ Sweating and hot or cold flushes
- ☞ Feelings of unreality.

Coping with a panic attack







- ☞ Slow your breathing
- ☞ Stay where you are
- ☞ Remind yourself that you are safe and that the feeling will pass
- ☞ Try to distract yourself by looking hard at something nearby
- ☞ Face the situation again later.

Managing Anger

Anger

Anger needs to be expressed, because if it gets bottled up inside it can cause harm or boil over into rage. You are 6 times more likely to suffer from heart disease if you are persistently angry. Anger has to be expressed calmly, not aggressively. Remember that losing your temper is never a good solution. It may provide temporary relief, but later on you will feel bad, which can lead to more anger.

First aid for anger

-  Breathe slowly and deeply
-  Slow down. Don't rush into words or actions you may regret
-  Count to 10
-  Walk away if possible
-  Do something physical like a vigorous walk or housework
-  Take some exercise but not a competitive sport as this can increase feelings of aggression.

Managing Anger

How to tackle deeper, long-term feelings of anger

Helpful Tips

If you want to deal with your anger STOP blaming others and START to change yourself

- ☞ Talk to someone about the way you feel
- ☞ Ask your GP for help in tackling your feelings
- ☞ If it is yourself you are angry with, think whether you are blaming yourself unfairly
- ☞ Try to think about the bigger picture
- ☞ Express your feelings in writing or painting
- ☞ Practice techniques to make yourself more relaxed and stress-free
- ☞ Don't take things personally
- ☞ Recognise your own early warning signs.

Self Help

When you are concerned about your emotional wellbeing there is a lot you can do to help yourself. You can also be helped by support from family, friends or work colleagues. An important thing to accept is that there are usually no instant solutions to problems in life. Solving problems involves time, energy and work. When you are feeling depressed, you may not be feeling energetic or motivated to work. But if you are able to take an active part in your treatment, it should help your situation. Self-help creates self-determination.

There may come a time when you feel you might benefit from additional help. Help can be found via your GP and specialist services such as Somerset Partnership Talking Therapies Service. Details of professional help can be found in this booklet. The agencies listed in the back of this booklet are also there to help you.






For more self help options see the 'Suggested Reading' on page 38 and the list of useful organisations and websites at the back of this booklet.

Professional Help

Here are some steps you may want to take in managing your problems:

Support from your GP Surgery

There are many sources of help to be found via your surgery. A GP is many people's first point of contact when seeking help - a sizeable proportion of most GPs work is related to emotional problems. GPs can:

-  Talk through your problems with you
-  Talk about other sources of help in the community
-  Prescribe medication
-  Refer you to the Somerset Partnership Talking Therapies (see page 33)
-  Refer you to specialist mental health services (see page 36).

Professional Help

Your Practice Nurse, Health Visitor or District Nurse may also be able to help you manage your mental health difficulties and discuss options available in your surgery and community.

Medication

Sometimes when a person's distress is acute, their GP may prescribe medication. Some people dislike the idea of taking medication, believing they should be able to manage without, but there are times when it is the best solution. Taking medication on its own is beneficial and it can help you benefit from other treatments. All medication has some side effects – usually minor but it is very important to not stop taking medication without consulting your doctor.

Talking treatment (Talking Therapies) is also available privately and some non-statutory agencies provide free or low cost counselling. See useful organisations at the back of this booklet.

Professional Help

Somerset Partnership Talking Therapies Service:

Many people, at some time in their life, will experience difficult emotional problems or mental health difficulties such as anxiety, stress or depression.

This is a free and confidential talking therapies service for people who are 18 years and over. They offer a variety of treatment approaches to meet a range of people's emotional needs. Staff are trained in effective psychological interventions to help you move towards recovery. These include self-help, guided self help, psycho-educational courses and therapy groups. They provide one to one therapy sessions such as Cognitive Behavioural Therapy (CBT) and Psychological Therapy.

There are three simple ways to access the Talking Therapies service:

- 1. Please speak to your GP to be referred to Talking Therapies*
- 2. Self refer using the paper self referral form, available from most GP surgeries*
- 3. Self refer by using an electronic self referral form found on the Talking Therapies page of Somerset Partnership's website –*
www.sompar.nhs.uk

Professional Help

What kind of difficulties can the service help you with?

- Anxiety or worry about your health
- Body image and eating difficulties
- Depression and low self-esteem
- Excessive worrying
- Extreme shyness and social phobia
- Loss and Adjustment
- Obsessive Compulsive disorder
- Panic and agoraphobia
- Problems after a traumatic event
- Specific phobias
- Stress and work related problems

Professional Help

Types of interventions available:

- ☞ Telephone assessment and triage
- ☞ Targeted Self-Help including materials for depression, stress, anxiety and childhood sexual abuse
- ☞ Psycho-educational courses to help you learn skills to deal with your difficulties and meet other people struggling with similar issues. They have courses to help with: low mood, stress and anxiety; self-esteem; assertiveness; loss and adjustment and managing your anger
- ☞ Telephone sessions with skilled workers guiding you through self help materials based on CBT
- ☞ Sessions focussing on sleep hygiene, medication management, low mood, anxiety, stress
- ☞ Advice and information including other organisations that can help
- ☞ Cognitive Behavioural Therapy
- ☞ Psychological Therapy
- ☞ Employment Support

Professional Help

Specialist mental health services

Sometimes when problems become severe or people are at risk your GP will talk to you about referral to your local specialist mental health service. This is a team of mental health staff including a Psychiatrist, Community Psychiatric Nurses (CPN), Clinical Psychologist, Social Worker, and other support staff. They are skilled and experienced in managing complex problems in a professional, confidential and sensitive manner.

For further information about local services, go to the Somerset Partnership NHS Foundation Trust website:

www.sompar.nhs.uk

If you are concerned about your own, or someone else's mental health, make an appointment to see your GP. Your GP will be able to discuss a referral with you to Talking Therapies or specialist mental health services.

Giving Support

If someone close to you is experiencing emotional problems, encourage them to talk about their feelings and, if necessary, get advice from their GP. They may need a lot of support and their behaviour can be out of character and worrying.

You can help by listening. Be reassuring and encouraging, but try not to tell them how they should feel or what they should do.

Show appreciation, small successes should be recognised and celebrated. Anything that may help the person forget their problems for a while is beneficial. Practical help may be needed short term with everyday tasks.

It can be very upsetting when a friend or relative is distressed, and you may well find yourself in a caring role that you did not choose. Ask friends and relatives for help. Outside support may also be helpful. Remember your emotional wellbeing is important too! See the Carers organisations listed at the back of the book.

Suggested Reading

Feel the Fear and Do It Anyway by *Jeffers Susan*,
Vermillion

Feelings After Birth: The NCT Book of Postnatal Depression by *Heather Welford*, NCT Publishers, 2002

Mind Over Mood by *Greenberger Dennis*,
Guildford Press

Overcoming Anxiety by *Helen Kennerley*,
Robinson, 2009. A self help guide

Overcoming Depression by *Paul Gilbert*,
Robinson, 2009. A self help guide

Overcoming Insomnia and Sleep Problems by *Espie Colin*,
Constable & Robinson

Overcoming Low Self Esteem: by *Melanie Fennel*,
Robinson, 2009

The Feeling Good Handbook: by *David Burns*,
Plume Books, 1999

The Relaxation and Stress Reduction Handbook
by *Davis Martha*, New Harbinger

Local Organisations

- Advocacy in Somerset**.....01458 253 053
- Age UK Somerset**.....0845 643 4709
- Albemarle Centre**www.albemarle-centre.co.uk
Taunton- daily activities, social clubs and training opportunities
- Balsam Centre, Wincanton**.....01963 31842
Healthy living and children's centre
.....www.balsamcentre.org.uk
- Chard WATCH peer support project**.....0750 623 8540
.....www.watchproject.org.uk
- Citizens Advice Bureau**
- Bridgwater**.....01278 455 236
- Taunton**.....01823 282 235
- Mendip**.....0844 411 1444
- Yeovil**.....01935 421 167
- Combat Stress**.....0800 138 161
.....www.combatstress.org.uk
- Cruse Bereavement Care**.....01458 898 211
- Domestic Abuse Free Phone HelpLine**.....0800 694 9999
- Elim Connect Community Centre in Wells**
.....01749 677 097
- Equilibrium** *The Bi Polar organisation*.....01823 323 363
- Farming Community Network**.....0845 367 9990
- Gay & Lesbian Youth Group**
Somerset support group for LGBT young people
.....www.2bu-somerset.co.uk

Local Organisations

- Heads Up**.....01749 670 667
Wells based mental health charity
www.headsupsomerset.org
- Healthwatch Somerset**.....01823 751 403
www.healthwatchsomerset.co.uk
- In Touch Project**.....www.intouchproject.org.uk
Local voluntary support for families of people using alcohol or drugs
- Mankind Male domestic abuse victims**.....01823 334 244
- Mendip Health Connections to improve health and wellbeing**www.optionsforhealth.wordpress.com
- Mind Groups**
- Mind in Sedgemoor**.....01278 446 935
www.mindinsedgemoor.org.uk
- South Somerset Mind**.....01935 474875
www.southsomersetmind.co.uk
- Mind in Taunton and West Somerset**.01823 334 906
www.mindtws.org.uk
- MindLine (Somerset)**.....01823 276 892
Out of hours listening service
- Patient, Advice and Liaison Service (PALS)**..0800 085 1067
- Relate Relationship counselling**.....0300 100 1234
- Rethink Mental Illness**.....01823 354 879

Local Organisations

- Samaritans**..... 116 123
24 hour confidential emotional support
Taunton branch01823 288 998
*Walk in to talk to someone face to face from 9am to 9pm
 at 16 Wood Street, Taunton*
Yeovil branch.....01935 476 455
*Walk in to talk to someone face to face from 10am to 8pm
 at 25 The Park, Yeovil*
- Somerset and Avon Rape and Sexual Abuse Support
 Helpline**0808 801 0456
www.sarsas.org.uk
- Somerset Carers Network**.....01749 836 597
www.somersetcarers.org
- Somerset Choices**www.somersetchoices.org.uk
*Information and advice on a wide range of services and
 support groups in Somerset*
- Somerset Counselling Service**.....01823 337 049
www.scctaunton.org.uk
- Somerset Direct - County Council services**.....0300 123 2224
- Somerset Drug & Alcohol Services**...0300 303 87 889 (24 hours)
*Services for yourself, family member or friend whatever age.
 Information and advice about alcohol and drugs and links to local
 and national services*
www.somersetdap.org.uk
- Somerset Partnership NHS Foundation Trust**
 01278 432 000

Local Organisations

- Suicide Bereavement Support**0300 330 5463
Support service and peer support groups available for people bereaved by suicide
www.mindtws.org.uk
- SWEDA Eating Disorders Association**.....01749 671 318
www.swedauk.org
- The Bridge Sexual assault support**.....0117 342 6999
www.turntothebridge.org
- Victoria Park Community Centre**.....01278 422 255
A range of community activities for all ages in Bridgwater
www.vpcc.co.uk
- Zing Somerset**www.zingsomerset.co.uk
Local sports and activities website

National Organisations

Alcohol Advice.....www.drinkaware.co.uk

Action for Childrenwww.actionforchildren.org.uk
Supporting vulnerable children, young people and families

Action for Happiness
www.actionforhappiness.org

Anxiety UK.....08444 775 774
www.anxietyuk.org.uk

Association for Postnatal Illness.....020 7386 0868
www.apni.org

BBC Wellbeing podcasts.....
 www.bbc.co.uk/podcasts/genre/factual/healthandwellbeing

Beat *Information, support and advice around eating disorders*
Youth line.....0845 634 7650
Adult line.....0845 634 1414
www.b-eat.co.uk

Bipolar Organisation.....0207 931 6480
Previously the Manic Depression Fellowship
www.bipolaruk.org.uk

**British Association for Counselling and
 Psychotherapy (BACP)**.....01455 88 33 00
www.bacp.co.uk

Calmzone.....0800 58 58 58
Raising awareness of depression among young men
www.thecalmzone.net

ChildLine.....0800 11 11
www.childline.org.uk

National Organisations

Debt Line – National.....0808 808 4000
.....www.nationaldebtline.co.uk

Depression Alliance.....www.depressionalliance.org
Dedicated to all aspects of depression

Drinkaware.....www.drinkaware.co.uk

Gamcare.....0800 8020 133
Support and information for gambling problems
.....www.gamcare.org.uk

Mental Health Foundation.....www.mentalhealth.org.uk
Long standing charity covering wide range of mental health topics

Mind InfoLine.....0300 123 3393
National mental health charity providing up to date information and advice
.....www.mind.org.uk

Moodscope.....www.moodscope.com
Self help tool to lift your mood

National Bullying Helpline.....0845 225 5787
.....www.nationalbullyinghelpline.co.uk

NHS Choices.....
www.nhs.uk/Livewell/mentalhealth/Pages/Mentalhealthhome.aspx

PACE.....0207 700 1323
Mental health support for the LGBT young people in the UK
.....www.pacehealth.org.uk

PAPYRUS.....0800 0684 141
Prevention of Young Suicide Helpline
.....www.papyrus.org.uk

National Organisations

- Rethink Mental Illness**.....0300 5000 927
Information, advice and support for people affected by serious mental health problems
www.rethink.org
- SANELine**.....0845 767 8000
www.sane.org.uk
- Talk to Frank**.....0300 123 6600
Providing free and confidential information and advice about drugs
www.talktofrank.com
- The Site**.....www.thesite.org
Online guide to life for 16-25 year-olds
- Time To Change**.....020 8215 2356
National campaign providing resources and support to end mental health discrimination
www.time-to-change.org.uk
- Triumph Over Phobia**.....01225 422705
Aims to help sufferers of phobias, obsessive compulsive and anxiety disorders
www.topuk.org
- Young Minds**.....www.youngminds.org.uk
Information and support for children and young people

Whether you sometimes experience difficulties yourself or are supporting someone else who struggles with anxiety or depression, this booklet is for you. It gives you useful tips on managing these problems and advice about when and where to seek further help. Importantly, it looks at things we can all do to avoid mental distress and improve our everyday emotional wellbeing.



For further copies of this booklet visit www.hp.somerset.nhs.uk or email publichealth@somerset.gov.uk. *Free limit orders available and can be collected from one of our participating collection points. To be advised when you order.*