

# Mental health and wellbeing

CONNECT

Having good mental health helps us relax more, achieve more and enjoy our lives more. For advice and practical tips to help you look after your mental health and wellbeing and to create a free NHS-approved 'Mind Plan' visit [nhs.uk/oneyou/every-mind-matters](https://nhs.uk/oneyou/every-mind-matters)

The following are five steps you can take to improve your mental health and wellbeing:

- Connecting with other people
- Pay attention to the present moment (mindfulness)
- Be physically active
- Learn new skills
- Give to others

BE  
ACTIVEKEEP  
LEARNINGGiveTAKE  
NOTICE

## Emotional support, advice and information

- **Harmless:** 0115 880 0280 / [info@harmless.org.uk](mailto:info@harmless.org.uk) (self-harm & suicide prevention services)
- **Talking Therapy** (IAPT) services provide assessment and treatment for common mental health problems. You can ask your GP to refer you to an IAPT service or, if you have access to the Internet make a self-referral via the NHS website [www.nhs.uk/service-search/find-a-psychological-therapies-service](https://www.nhs.uk/service-search/find-a-psychological-therapies-service)

## Support in a mental health crisis

- **Nottinghamshire Foundation Trust Mental Health Crisis Line:** 0808 196 3779 (24/7)
- **Samaritans:** 116 123
- **The Every Mind Matters** website provides information on urgent mental health support at <https://www.nhs.uk/oneyou/every-mind-matters/urgent-support/>

## Support for older people feeling lonely

**The Silver Line:** 0800 470 8090

This is a free confidential helpline providing information, friendship and advice to older people, open 24 hours a day, every day of the year.

**Connect** service (for older people or people with a long-term health condition, information, advice and practical support).

- **Broxtowe, Gedling or Rushcliffe:** 0115 939 5406
- **Mid Nottinghamshire (Mansfield, Ashfield or Newark and Sherwood areas):** 01623 488217
- **Bassetlaw:** 0115 844 3541

For further information on services in Nottingham visit [www.asklion.co.uk](https://www.asklion.co.uk) and in Nottinghamshire visit [www.nottshelpyourself.org.uk](https://www.nottshelpyourself.org.uk)

