

# Protecting and improving your mental wellbeing



This easy read tells you about protecting and improving your mental wellbeing.



Here you will find information about what mental health is, and what support is available.



If you are worried about your mental health or are in crisis, please call 111 (Option 2) and you will be directed to the help you need.



For information and support with suicide prevention, please visit our [Suicide Prevention page here.](#)

# What is mental health?



Mental health is our emotional, mental, and social health.



Mental health can range from good to bad. We can all feel bad or good sometimes.



Mental health may affect how we think, feel, and act.



It may affect how you make decisions and handle stress.



Your mental health can change. It is normal to have times of low mood or anxiety.



It becomes a mental health problem when it carries on for a long period of time and is affecting your life and health.



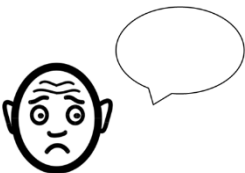
Around 1 in 4 people experience mental health problems such as anxiety and depression every year.



Mental health problems can happen to anyone.



Here is a link to [Nottinghamshire County Council's YouTube channel](#). There is a playlist of Mental Health Awareness videos.



Talking about mental health struggles early on is important.



There are lots of different mental health conditions.



The webpages below have lists of different mental health issues and information about them.



- [Mental health conditions \(NHS\)](#)



- [Types of mental health problems \(Mind\)](#)

## **“I am in a mental health crisis.”**



A mental health crisis is a time where someone needs urgent help.



A crisis can mean different things for different people. It could be things like feeling suicidal, self-harming or having panic attacks and flashbacks.



If you need help straight away because you are seriously injured, have taken an overdose or cannot keep yourself safe, phone 999 or if it is safe to do so, go to an A&E department.



If you are in a mental health crisis, please call 111 (option 2) to be directed to the help you need.



There is a [Nottinghamshire Mental Health Crisis webpage](#).



If you are not in immediate danger and do not need urgent medical help, there are services who can give support and information:



[Samaritans](#) - support and someone to talk to 24/7



Call on 116 123. You can call for free, anytime.



[Sane](#) - out of hours helpline providing support and information

[Nottinghamshire Crisis Sanctuaries](#) - provide mental health crisis support to local communities across the county, availability and opening times vary by location.

## “I am struggling with my mental health.”



If you are worried about your mental health or someone else's:



- You can speak to a GP.



- You refer yourself to counselling and talking therapies: [NHS Nottingham and Nottinghamshire Talking Therapies](#)

Phone: 0333 188 1060



If you need to speak to someone, the following services can offer support and information:

SAMARITANS

- [Samaritans](#) - support and someone to talk to 24/7.



- [Sane](#) - out of hours helpline providing support and information.



- [Nottinghamshire Crisis Sanctuaries](#) provide mental health crisis support to local communities across the county.



There are other organisations which provide helpful information:



- [Anxiety UK](#) - information and support for anxiety.



- [It's Good To Talk](#) - details of counsellors and psychotherapists.



- [Rethink](#) - support for sufferers of severe mental illness and their carers.



- [Mind](#) - information and materials on mental health conditions.



- [Mental health \(NHS\)](#) - information and support for mental health from the NHS.



- [Be U Support](#) - free mental health support for children and young people.

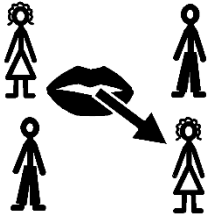


- [NottAlone](#) - mental health support and advice for all ages.



- [Every Mind Matters](#) – support and information.

## Tips for good mental health



**Connect with people.** Talking and sharing problems can make them easier to deal with.



**Be active.** Find an activity you enjoy and make it part of your life.



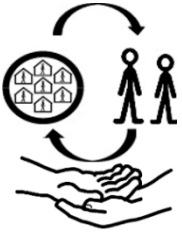
**Keep learning.** Learning new skills can boost your confidence and give you a sense of achievement.



**Give to others.** Consider volunteering or doing small acts of kindness.



**Be aware.** Take notice of your feelings, thoughts, body, and the world around you.



If you are looking for extra support and to meet new people in a similar situation our community engagement teams can help.



[Find more about community engagement here.](#)



[Visit the Your Notts Directory website](#) to see more support groups.

**“I feel mentally healthy and want to stay like this.”**



There are simple things we can do to look after our mental wellbeing.



There is a variety of support available to help you maintain good mental health and wellbeing.



The [NHS Choices website](#) has a range of information and advice on mental health including tips for good mental health.



[This poster gives tips on the 5 Ways to Wellbeing, and details of mental health support services available \(Mental Health and Wellbeing Information \[PDF\]\).](#)

## Mental health support for children and young people



Listed below are mental health support for children and young people:



[TheNottAlone website](#) has information, advice and details of support services for children and young people.

[Be U Notts](#) gives free mental health support for children and young people across Nottinghamshire (excludes Bassetlaw).



[Talkzone \(Centre Place\)](#) - offers free, confidential mental health support and counselling for children and young people, aged 11 to 25 years old, in Bassetlaw.



If you are a student, young person, or young adult, the [we are here to help leaflet \[PDF\]](#) has information on how you can access services and support

## **Mental health support for older people**



This [looking after your mental wellbeing booklet \[PDF\]](#) provides useful information to help older people to look after their mental wellbeing.



[The Silver Line](#) is a free, confidential helpline providing information, friendship, and advice to older people. Open 24 hours a day, every day of the year. Telephone 0800 470 8090.



[Age UK](#) has information, advice, and practical support.

## **NottAlone**

The [Nottalone Website](#) has details on support for mental health for people of all ages.

## **Mental health and money**



Worry about money and work can make our mental health and wellbeing worse, and lead to feelings of stress and anxiety.



Poor mental health can make managing your money harder, and worrying about money can affect your mental health.



For advice and tools to help you cope with money worries visit:



- [Mental Health and Money Advice website](#)



- [Money worries and mental health \(NHS Every Mind Matters\)](#)



- [Money problems and mental wellbeing \(Money Helper\)](#)



- [Free Mental Health and Debt booklet \(Money Saving Expert\)](#)

## Helpful websites and resources



Listed below are extra resources and help:



- Inspire Libraries Reading Well Scheme - helps you to understand and manage your

health and wellbeing using recommended library books.



- East Midlands Gambling Harms Service - A free local service that helps people with gambling addiction, offering professional treatment from mental health specialists and support from people who have recovered themselves.

## Customer Service Centre



Our Customer Service Centre can answer most of your questions and help with information and form filling.



There are several ways to contact them, including:



**Web:** [Use our online contact form](#)



**Telephone:** 0300 500 80 80



**Relay UK**

**Text Relay:** 18001 0115 977 4050

People who have hearing or speech difficulties and prefer to communicate via text can use the Text Relay service through the [Relay UK app](#).



**SignVideo**

**Sign Video**

People who use British Sign Language to communicate can use [the SignVideo app](#) to speak with us.

## **Links in this document**

### **Suicide Prevention**

[nottinghamshire.gov.uk/care/health-and-wellbeing/suicide-prevention](https://nottinghamshire.gov.uk/care/health-and-wellbeing/suicide-prevention)

### **Nottingham County Council's YouTube Channel**

[youtube.com/@NottinghamshireCountyCouncilNG/videos](https://youtube.com/@NottinghamshireCountyCouncilNG/videos)

## **Mental Health Conditions (NHS)**

[nhs.uk/mental-health/conditions/](https://nhs.uk/mental-health/conditions/)

## **Types of Mental Health Problems (Mind)**

[mind.org.uk/information-support/types-of-mental-health-problems/](https://mind.org.uk/information-support/types-of-mental-health-problems/)

## **Nottinghamshire Mental Health Crisis Website**

[nottinghamshirehealthcare.nhs.uk/help-in-a-crisis](https://nottinghamshirehealthcare.nhs.uk/help-in-a-crisis)

## **Samaritans**

[samaritans.org/](https://samaritans.org/)

## **Sane**

[sane.org.uk/](https://sane.org.uk/)

## **Nottinghamshire Crisis Sanctuaries**

[nottinghamshire.gov.uk/media/3655537/crisis-sanctuary-flyer.pdf](https://nottinghamshire.gov.uk/media/3655537/crisis-sanctuary-flyer.pdf)

## **NHS Nottinghamshire Talking Therapies**

[notts-talk.co.uk/](https://notts-talk.co.uk/)

## **Anxiety UK**

[anxietyuk.org.uk/](https://anxietyuk.org.uk/)

## **It's Good To Talk**

[itsgoodtotalk.org.uk/](https://itsgoodtotalk.org.uk/)

**Rethink**

[rethink.org/](https://rethink.org/)

**Mind**

[mind.org.uk/](https://mind.org.uk/)

**Mental Health (NHS)**

[uk/mental-health/](https://www.nhs.uk/mental-health/)

**Be U Support**

[beusupport.co.uk/](https://beusupport.co.uk/)

**NottAlone**

[nottalone.org.uk/](https://nottalone.org.uk/)

**Every Mind Matters**

[nhs.uk/every-mind-matters/](https://www.nhs.uk/every-mind-matters/)

**Community Engagement**

[nottinghamshire.gov.uk/care/health-and-wellbeing/mental-health-wellbeing/community-engagement](https://nottinghamshire.gov.uk/care/health-and-wellbeing/mental-health-wellbeing/community-engagement)

**Your Notts Directory (Previously Notts Help Yourself)**

[yournottsdirectory.org.uk/directory](https://yournottsdirectory.org.uk/directory)

## **NHS Choices**

[nhs.uk/using-the-nhs/about-the-nhs/your-choices-in-the-nhs/](https://nhs.uk/using-the-nhs/about-the-nhs/your-choices-in-the-nhs/)

## **Nottinghamshire County Council – contact us form**

[nottinghamshire.gov.uk/contactform](https://nottinghamshire.gov.uk/contactform)

## **Talkzone (Centre Zone)**

[centreplace.org.uk/](https://centreplace.org.uk/)

## **We Are Here to Help Leaflet**

[nottinghamshire.gov.uk/media/2900441/1081-suicidepreventionforstudents-a4-2pp-nocropmarks.pdf](https://nottinghamshire.gov.uk/media/2900441/1081-suicidepreventionforstudents-a4-2pp-nocropmarks.pdf)

## **Looking After Your Mental Wellbeing**

[nottinghamshire.gov.uk/media/2901702/looking-after-your-mental-wellbeing.pdf](https://nottinghamshire.gov.uk/media/2901702/looking-after-your-mental-wellbeing.pdf)

## **The Silver Line**

[thesilverline.org.uk/](https://thesilverline.org.uk/)

## **Age UK**

[ageuk.org.uk/](https://ageuk.org.uk/)

## **Mental Health and Money Advice**

[mentalhealthandmoneyadvice.org/](https://mentalhealthandmoneyadvice.org/)

**Money worries and mental health (NHS Every Mind Matters)**

[nhs.uk/every-mind-matters/lifes-challenges/money-worries-mental-health/](https://nhs.uk/every-mind-matters/lifes-challenges/money-worries-mental-health/)

**Money problems and mental wellbeing (Money Helper)**

[moneyhelper.org.uk/en/everyday-money/credit/money-problems-and-poor-mental-wellbeing](https://moneyhelper.org.uk/en/everyday-money/credit/money-problems-and-poor-mental-wellbeing)

**Free Mental Health and Debt booklet (Money Saving Expert)**

[moneysavingexpert.com/credit-cards/mental-health-guide/](https://moneysavingexpert.com/credit-cards/mental-health-guide/)

**Relay UK app**

[relayuk.bt.com/how-to-use-relay-uk/download-app.html](https://relayuk.bt.com/how-to-use-relay-uk/download-app.html)

**SignVideo app**

[signvideo.co.uk/download](https://signvideo.co.uk/download)