

## How to get information and help

### *If you feel unsafe and need immediate help*

Go to your local A&E Department, where the psychiatric liaison team can help you (24 hours a day, 365 days of the year).

### Samaritans

Samaritans have heard many people's stories and you can discuss anything with them in complete confidence. You **don't** have to be suicidal to call for help.

Tel. 08457 909090 (24 hours a day, 365 days a year)

[www.samaritans.org](http://www.samaritans.org); [jo@samaritans.org](mailto:jo@samaritans.org)

### CALM – Campaign Against Living Miserably

CALM works to prevent male suicide in the UK.

Helpline (5 pm –midnight, every day): 0800 585858

[www.thecalmzone.net](http://www.thecalmzone.net)

### SANEline

Confidential emotional support, practical help and information for people with mental health problems.

Tel. 0845 767 8000

### Alcoholics Anonymous (AA)

For help for problems with drinking—see the website for details of local meetings.

National helpline: 0845 769 7555

Email: [help@alcoholics-anonymous.org.uk](mailto:help@alcoholics-anonymous.org.uk)

Web: [www.alcoholics-anonymous.org.uk/?PageID=2](http://www.alcoholics-anonymous.org.uk/?PageID=2)

### National Drugs Helpline (also known as Talk to Frank)

Tel. 0800 776600 (24 hours a day)

### No Panic helpline

Helpline: 0800 138 8889

Web: [www.nopanic.org.uk/aboutus.html](http://www.nopanic.org.uk/aboutus.html)

## Information and advice

### Mind

Mind produces helpful information about mental health and wellbeing, much of which can be downloaded for free (single copies). Mind also has a network of affiliated local organisations eg Mind in Croydon.

0300 123 3393 [www.mind.org.uk](http://www.mind.org.uk)

[info@mind.org.uk](mailto:info@mind.org.uk)

### Mental Health Foundation

MHF produces helpful advice and policy papers on wellbeing, much of which can be downloaded for free (single copies). Podcasts are available besides leaflets.

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

\* Thanks to the New Economics Foundation for the wellbeing principles.

Contact: Patient Information Manager  
Email: [roslyn.byfield@slam.nhs.uk](mailto:roslyn.byfield@slam.nhs.uk)  
Web: [www.slam.nhs.uk](http://www.slam.nhs.uk)  
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South London  
and Maudsley  
NHS Foundation Trust

## Five routes to wellbeing\*



## How to enhance your mental health



Anyone can feel low at times. There's a lot we can all do to help improve our emotional health!



Sometimes it can feel hard when we don't get immediate results from our efforts but keep going and you'll start to notice a difference.

## Connect

Getting to know the people who live around you helps to give you a sense of community, often missing in big cities like London.

Say hello to your neighbour, chat to someone in the café or bus queue, work with others to resolve a local issue. Call a friend or family member you've not seen in a while.

Try not to be disheartened if not everyone responds well: you could make someone's day!



## Be active

Keeping active makes you feel good. Find something you enjoy, such as walking, swimming, cycling, yoga or dancing. Try to keep going even if you don't feel like it at first. You'll be glad you did.

Walking is free and you can often join local groups free of charge: ask at your local library.

## Take notice

Be mindful of the moment and how you're feeling. Reflecting on your life experiences will help you appreciate what's important to you. Take some time out to take stock and notice the world around you, whether it's flowers in the park, children playing or street performers.

You could explore meditation and mindfulness, which are recommended ways of calming and clearing a busy mind.

## Keep learning

Learning a new skill can make you feel good about yourself, more confident and adventurous. Is there something you used to enjoy but don't do any more? Rediscover an old interest, or try something new. Learn to play an instrument. Join a choir. Cook a new dish. Plant something. Start a blog.

You can find out about local courses online and at your local library.

## Give

Helping someone else can make you feel better about yourself. The Mental Health Foundation puts it like this: 'Doing good does you good.' You could check out their booklet of the same name. [www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

Smile at someone, help a neighbour out, volunteer at a local group or do a friend a favour. Your actions will make other people feel good too.

Finally... keep a look-out for local groups you could get involved in, covering many different activities and interests. Library noticeboards and council websites are good sources of information.

