

# Choosing well for your mental health and wellbeing – a guide for adults

It's important that we look after our mental health and wellbeing the same way we do with our physical health.

If you'd sprained your ankle, you would rest and take your weight off it until it felt better. If you'd noticed a few unwanted pounds on the scales you would try and eat a bit healthier and get some exercise. So why don't we do the same when we notice changes to our mental health and wellbeing?

The earlier you recognise changes to how you're feeling or behaving, and begin to take steps to improve things, the less likely these will get worse.

This guide has been created to help you to choose well to support your mental health and wellbeing. Carers, friends and families can also use this guide to look out for those close to them and direct them to the right support. It's a good idea to familiarise yourself with this so you know what to do in different situations.

-  **Self care** – things you can do to proactively look after your mental health and wellbeing
-  **Mental health helpline** – someone to listen and signpost you to help or support
-  **Talking therapies** – one-to-one or group therapies
-  **GP practice** – your GP practice can refer you to secondary mental health services or prescribe medication
-  **Secondary mental health services** – offer education and treatment on certain mental health illnesses
-  **Crisis or emergencies** – it's important you know what to do in an emergency or crisis situation



With **all of us** in mind.



# Self care

| How I might be feeling...  | What can I do?   |
|--|--|
| <ul style="list-style-type: none"><li>• Not feeling quite right</li><li>• Feeling stressed</li><li>• Feeling 'out of sorts'</li><li>• Not sleeping well</li><li>• Feeling isolated or lonely</li><li>• Dealing with bereavement</li><li>• Managing anger</li><li>• Struggling with low self-esteem</li></ul> | <p><b>Discover the five steps to mental wellbeing:</b></p> <ul style="list-style-type: none"><li>• Connect with other people</li><li>• Be physically active</li><li>• Learn new skills</li><li>• Give to others</li><li>• Pay attention to the present moment (mindfulness)</li></ul> <p><b>Read up on the five steps to mental wellbeing at:</b><br/><a href="http://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing">www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing</a></p> <p><b>Attend FREE health and wellbeing courses at your local Recovery and Wellbeing College.</b><br/>Popular courses include; living with anxiety, an introduction to mindfulness, managing depression and craft and baking taster sessions:</p> <p><b>Barnsley:</b><br/>Website: <a href="http://www.barnsleyrecoverycollege.nhs.uk">www.barnsleyrecoverycollege.nhs.uk</a><br/>Telephone: 01226 730433</p> <p><b>Calderdale and Kirklees:</b><br/>Website: <a href="http://www.calderdalekirkleesrc.nhs.uk">www.calderdalekirkleesrc.nhs.uk</a><br/>Telephone: Calderdale: 07826 876172 and Kirklees: 07717 867911</p> <p><b>Wakefield:</b><br/>Website: <a href="http://www.wakefieldrecoverycollege.nhs.uk">www.wakefieldrecoverycollege.nhs.uk</a><br/>Telephone: 01924 316946</p> |



## Did you know?

The Choice and Medication website provides information about mental health conditions, treatments and medications.

Visit: [www.choiceandmedication.org/swyp](http://www.choiceandmedication.org/swyp)



# Self care

| How I might be feeling...  | What can I do?   |
|--|--|
| <ul style="list-style-type: none"><li>• Not feeling quite right</li><li>• Feeling stressed</li><li>• Feeling 'out of sorts'</li><li>• Not sleeping well</li><li>• Feeling isolated or lonely</li><li>• Dealing with bereavement</li><li>• Managing anger</li><li>• Struggling with low self-esteem</li></ul> | <p><b>Social prescribing gives people links to, and information about, health and wellbeing support in local communities.</b></p> <p><b>Barnsley: My Best Life</b><br/>Every GP practice in Barnsley has a My Best Life advisor. Speak to your GP practice about this.</p> <p><b>Calderdale: Staying Well</b><br/>Website: <a href="https://stayingwellhub.com">https://stayingwellhub.com</a><br/>Telephone: 01422 392767</p> <p><b>Kirklees: Community Plus</b><br/>Website: <a href="http://www.kirklees.gov.uk/communityplus">www.kirklees.gov.uk/communityplus</a><br/>Telephone: 01484 225224</p> <p><b>Wakefield: Live Well Wakefield</b><br/>Website: <a href="http://www.livewellwakefield.nhs.uk">www.livewellwakefield.nhs.uk</a><br/>Telephone: 01924 255363</p> <p><b>Creativity can help you disconnect from stress and boost your self-esteem.</b><br/>Get involved in creative activities in your community through Creative Minds - a charity linked to South West Yorkshire Partnership NHS Foundation Trust.<br/>Website: <a href="http://www.southwestyorkshire.nhs.uk/creative-minds">www.southwestyorkshire.nhs.uk/creative-minds</a><br/>Telephone: 01924 316 285</p> <p><b>If you're employed, your workplace may have an occupational health team or other health and wellbeing support.</b><br/>You can ask your work in confidence what support is available.</p> |



## Did you know?

The NHS also has resources and lots of approved apps and helplines. Visit [www.nhs.uk](http://www.nhs.uk) for more information.



# Mental health helpline

| How I might be feeling...  | What can I do?   |
|--|--|
| <ul style="list-style-type: none"><li>• Like you're at risk of developing mental health problems</li><li>• That you are finding it difficult to manage a diagnosed common mental health problem</li><li>• That you need support for your mental health but don't know where best to go</li><li>• Experiencing mental health distress</li><li>• That you need information, advice and support from a trusted source</li></ul> | <p><b>There is a 24-hour mental health helpline for anyone registered with a GP in Barnsley, Calderdale, Kirklees and Wakefield.</b></p> <p>You can contact the helpline on:</p> <p><b>0800 183 0558</b></p> <p>The helpline is a great place to get information about local support groups, charities and other community services that could help support you with your mental health and wellbeing.</p> |





# Talking therapies

| How I might be feeling...  | What can I do?  |
|--|---|
| <ul style="list-style-type: none"><li>• Low mood and tearfulness</li><li>• Feeling down</li><li>• Feeling anxious, including;<ul style="list-style-type: none"><li>» Panic attacks</li><li>» Obsessive and compulsive thoughts and behaviour (OCD)</li><li>» Phobias</li><li>» Social anxiety</li><li>» Health anxiety</li><li>» Dealing with trauma such as post-traumatic stress disorder (PTSD)</li></ul></li><li>• Struggling with every-day tasks</li><li>• Feeling very stressed/unable to relax</li><li>• Hoarding</li><li>• Insomnia and problems with sleep</li></ul> | <p><b>You can refer yourself into your local talking therapies service, also known as psychological therapies or IAPT, without seeing your GP.</b></p> <p>Talking therapies provide one-to-one appointments alongside group workshops.</p> <p>You can find your nearest talking therapies at:<br/><a href="http://www.nhs.uk/find-a-psychological-therapies-service">www.nhs.uk/find-a-psychological-therapies-service</a></p> <p>Not online? Contact the 24-hour mental health helpline or your GP practice for information.</p> |





# GP practice

| How I might be feeling...   | What can I do?   |
|---|--|
| <ul style="list-style-type: none"><li>• Feeling depressed for most of the day, every day for over two weeks</li><li>• Anxiety which is affecting your daily life and causing you distress</li><li>• Self-harming - intentionally damaging or injuring yourself</li><li>• Uncontrollable worrying</li><li>• Frequent obsessive thoughts and compulsive behaviours</li><li>• Eating or problems with food and exercise (binge eating, deliberately being sick, exercising too much)</li><li>• Memory problems that are affecting your life (or a relative or person you care for)</li><li>• That you've tried other support which hasn't helped</li></ul> | <p><b>Book an appointment with your GP practice – you could be seen by a GP or nurse. They can talk to you and refer you into a secondary mental health service or can prescribe you medication that may help you.</b></p> |





# Secondary mental health services

| How I might be feeling...  | What can I do?   |
|--|--|
| <ul style="list-style-type: none"><li>• Hearing voices or seeing, feeling, tasting or smelling things that aren't there (hallucinations)</li><li>• Erratic and distressing behaviour, including impulsive actions and not being able to control your emotions</li><li>• Extreme fluctuations in mood, including:<ul style="list-style-type: none"><li>» Extreme high and low moods</li><li>» Suicidal thoughts that come and go</li></ul></li><li>• Difficulty concentrating or thinking, sometimes due to being preoccupied with unusual experiences, beliefs or fears</li><li>• Risky, challenging or violent behaviour including high risk of criminal activity</li></ul> | <p><b>To be able to access secondary mental health services, you will most likely need to receive a referral from your GP, or another health, care or public sector professional who may be supporting you with your mental health and wellbeing. This includes; hospital, GP staff, police, courts, housing associations and staff from your local council.</b></p> <p>Secondary mental health services, also known as specialist services, can offer education and treatment on certain mental health illnesses.</p> <p>They can help you find ways of coping and managing your mental health and wellbeing so that you can be supported to live well in your home or community.</p> |





# Crisis or emergency situations

| How I might be feeling...   | What can I do?   |
|---|--|
| <ul style="list-style-type: none"><li>• Feeling like you may seriously harm or injure yourself or other people</li><li>• Feeling suicidal or like you want to die</li><li>• No longer feeling able to cope or be in control of your situation</li><li>• Extreme distress or extreme changes in behaviour</li><li>• Seriously harmed or injured yourself</li></ul> | <p><b>In a crisis:</b></p> <p>If you currently receive support from South West Yorkshire Partnership NHS Foundation Trust, contact the team that provides you with treatment as soon as you can. You can refer to your care plan, which should have details of who to contact in a crisis or contact your named care coordinator (that is the main person who is currently helping you). If you do not have these details to hand, you can contact our local Single Point of Access teams. Full details are on our Trust website at: <a href="http://www.southwestyorkshire.nhs.uk/in-crisis">www.southwestyorkshire.nhs.uk/in-crisis</a></p> <p>If you do not receive support from our services and are experiencing a mental health crisis, or are concerned about someone you care for who is experiencing a mental health crisis, but are able to keep yourself and others safe, there are other options available including:</p> <ul style="list-style-type: none"><li>• Calling NHS 111, a 24-hour helpline</li><li>• Booking an emergency appointment with your GP practice. Outside of normal surgery hours you can still phone your GP, but you will usually be directed to an out-of-hours service.</li></ul> <p>By contacting any of these services, this could lead to a referral into a crisis service.</p> <p>Charities also provide support for people in a mental health crisis. Below are charities we would recommend:</p> <ul style="list-style-type: none"><li>• <b>Samaritans:</b> Free to call, 24 hours a day, 365 days a year. Call them on 116 123</li><li>• <b>SANEline:</b> Out-of-hours support available 4.30pm – 10.30pm every day of the year. Call them on 0300 304 7000.</li></ul> <p><b>In an emergency:</b></p> <p>If you have seriously harmed or injured yourself, or find someone who has seriously harmed or injured themselves, always call 999 or go to your nearest A&amp;E.</p> |