

Mental Health and Wellbeing Support Guide for Adults



What's in this guide and who is it for?

This guide is to support your mental health and wellbeing. Here you will find helpful tips and links to a range of resources, including information on where to find specific support and urgent care if needed.

Looking after your mental health and wellbeing

Having good mental health helps us relax more, achieve more and enjoy our lives more. Evidence shows there are five key elements which contribute to mental wellbeing.



Five Ways to Wellbeing

- **Connect** with the people around you
- **Be active** by building activity into your everyday routine
- **Keep learning** to gain self-confidence and learn new skills
- **Give** – helping others can boost wellbeing
- **Take notice** by focusing on your thoughts and feelings

hants.gov.uk/socialcareandhealth/publichealth/fiveway-stowellbeing



Every Mind Matters

Every Mind Matters offers expert advice and practical tips that cover the Five Ways to Wellbeing and other topics such as what to do if you are worried about loneliness, sleeping better and managing difficult thoughts and feelings.

nhs.uk/every-mind-matters



Better Health

Our physical health impacts how we are feeling. Better Health provides easy steps on how to make changes that can fit your lifestyle: nhs.uk/better-health



Mental Wellbeing Hampshire

Find a range of trusted mental health and wellbeing information and local support including help with money worries, nature for wellbeing and specialist support:

hants.gov.uk/mentalwellbeinghampshire

Additional Support

Support available from your GP

If you do not require urgent support but are still concerned about your mental health, contacting your GP is a good place to start. *They may check that your symptoms aren't being caused by other conditions.*

Local talking therapy services

You can access your local talking therapy service which offers a range of free treatments for people aged over 16 who are experiencing symptoms of stress, anxiety, depression or low mood.

Talking Therapies Hampshire is a service for people registered with a GP in the following areas of Hampshire: Alton, Andover, Basingstoke, Bordon, Eastleigh, Fareham, Gosport, Havant, New Forest, Petersfield, Romsey and Winchester. You can self-refer online or by telephone **023 8038 3920**.

TalkPlus is a service available to people who are registered with a GP in the following areas of Hampshire: Yateley, Fleet, Farnborough, Blackwater and Aldershot. You can self-refer online or telephone **01252 533355**.

If you don't live in Hampshire you can find local talking therapy services in your area at: nhs.uk/service-search/find-a-psychological-therapies-service or by contacting your GP.

Wellbeing services

Mind runs wellbeing centres in Hampshire towns and cities to provide short-term, outcome-focused support. The centres provide workshops, courses and other support on many mental health issues.

Contact your nearest centre to find out more about their programme:
Aldershot, Andover, Basingstoke and Romsey – **01264 332297**.
Eastleigh, Fareham, Gosport, New Forest and Winchester – **023 8202 7810**.
East Hampshire and Havant – **02392 498916**.
connecttosupporthampshire.org.uk/mentalhealth
(select wellbeing centres)

Samaritans

Samaritans offer confidential emotional support. Call for free on **116 123** available 24 hours a day, 365 days a year, email jo@samaritans.org.uk or visit www.samaritans.org



Additional Support

Local Better Health Services

Our physical health and mental health go hand in hand. Good mental health supports good physical health and vice versa. Discover more about local opportunities and services to support your physical health connecttosupporthampshire.org.uk/healthadvice. Remember to take up any vaccination offers and screening programmes (such as bowel, breast and cervical cancer).



Gloji Hampshire

If you are aged over 18 (or 16/17 with a health care professional referral) and looking to **lose weight**, **Gloji Hampshire** is here to support you to manage your weight, get active and feel great. The service supports individuals with a BMI of 30 plus who live in Hampshire (excluding Southampton and Portsmouth) with a free 12-week programme. To check if you are eligible and to get started, call **0800 048 9509** or go online: hampshire.gloji.org.uk



Smokefree Hampshire

Support to **stop smoking**: **01264 563039**
or text Quit to **66777**.



NHS Health Check

If you're aged 40 to 74, you may be eligible for a free NHS health check. Contact your GP to check if you're eligible.



Inclusion Recovery Hampshire

Support with **drug and alcohol issues**:
Those aged 24 and under can call: **0845 459 9405**.
Those aged 25 and over can call: **0300 124 0103**.



Stop Domestic Abuse

If you are affected by domestic abuse then **support** is available: call **0330 016 5112** or email advice@stopdomesticabuse.uk

Dial **999** in an emergency.



Let's Talk About It

Access confidential information and **support** around contraception and sexual health: **0300 300 2016**.



Specialist help

Hampshire Carers Support Service offers support to carers aged 18+ who look after an adult with a long-term health condition, including dementia, and those looking after someone with a physical or learning disability. They provide information and advice, direct one-to-one support where carers' needs are more complex, and contingency and emergency planning. Call **01264 311680** or carercentre.com

The **Dementia Friendly Hampshire Care Guide** also offers a wealth of practical support for people with dementia and those who provide support for people living with dementia carechoices.co.uk/dementia

Bereavement and end of life support

There is no right or wrong way to feel when someone you love approaches the end of their life or has died. Everyone reacts differently, and it is important to do what feels right for you. For many people, just having someone to talk to or offer you support, such as a friend or family member, can make a difference at a time when you may feel alone.

Find information and local support to help with **difficult feelings or emotions** you may experience and helpful information if you are **supporting others** who have been bereaved at hants.gov.uk/socialcareandhealth/publichealth/mentalwellbeinghampshire/bereavement

Cruse provides free bereavement support, no matter how long you have been grieving. Call your local branch on:
01256 862264 (North Hampshire)
0300 7904055 (South Hampshire, restricted hours only).

Learn more about understanding and managing grief, as well as supporting other people. They offer a range of locally tailored support, including group and one-to-one sessions. For more immediate help, call the free national helpline on **0808 808 1677**, open every day (but opening times vary). Calls are confidential and there is no minimum age.

If you have been affected by suicide, **Cruse Support After Suicide** service offers free and confidential practical and emotional support to anyone affected or bereaved by suicide, or suspected suicide. Visit crusenow.org.uk or call them on **0330 555 0129**.



How to get urgent help if needed

If urgent help is required:

- If you think someone is in immediate danger, help them to get to A&E or call an ambulance on **999**. You can do this whether you are with them in person or not. You will need to be able to give a location.
- Stay with the person if you are able, and continue to talk with them, if you can. It may help to ring Samaritans on **116 123**.

If the person can keep themselves safe for a short while, but is still in need of urgent help, you could:

- Dial **111** and ask to speak to the NHS Mental Health Triage Service. It is free and open 24/7.
- Contact their GP surgery and ask for an emergency appointment.

For further information and links to additional support go to the **Helping others** page on the Every Mind Matters website.

nhs.uk/every-mind-matters/supporting-others/helping-others



Top tips to look after your mental health and wellbeing

There are simple things we can do to help take care of our mental health and wellbeing. Doing so will help us think clearly, and make sure we can look after ourselves and those we care about. For further information search [Every Mind Matters](#).



Stay connected

Maintaining healthy relationships with people we trust is important for our mental wellbeing. If you can't meet up in person stay in touch by phone, video call or social media.



Stay on top of difficult feelings

Try to focus on the things you can control, such as your behaviour and who you speak to. Explore ideas for managing your feelings such as listening to an audio guide. Seek further support if needed by calling NHS **111** or talking to your GP.



Talk about your worries

It's OK to share your concerns with others you trust – and doing so may help them too. If you cannot speak to someone you know or if doing so has not helped, there are plenty of [helplines](#) you can try instead.



Stick to the facts

If you find yourself struggling to cope with things happening in the news, or in the world – you're not alone. Set boundaries, focus on what you can control, and find ways you can take action in small ways that can help make a difference.



Look after your body

Our physical health has a big impact on how we feel. Try to eat healthy meals, drink enough water and move your body. Going for a walk or dancing around the house can help lift your mood and clear your mind.



Focus on the present

Focusing on the present, rather than worrying about the future, can help with difficult emotions and improve our wellbeing. Relaxation techniques such as [mindful breathing](#) can also help some people deal with feelings of anxiety.



Do things you enjoy

Focusing on a hobby, relaxing or connecting with others can help with anxious thoughts and feelings. If you cannot do the things you normally enjoy, think about how you could adapt them, or try something new.



Look after your sleep

Good quality sleep makes a big difference to how we feel mentally. Try to have a regular sleep routine, avoid screens at least one hour before bed, avoid caffeine for five hours before bedtime, keep alcohol to a minimum, eat healthily and move your body regularly.



Support and help others

Helping someone else can benefit you as well as them. Try to think of things you can do to help those around you.

How you can support others' wellbeing

If you know someone struggling with their mental health, there are lots of things you can do. Find out how you can help and support them.



Express concern and say you can help

Letting someone know that you're worried is a good way to open up a conversation – it shows you care about the person and have time for them.



Reassure them

The first time someone mentions their worries is a big step. It's good to recognise this and reassure them. Let them know you're there to listen when they need to talk.



Act as you usually do together

Behaving differently can make someone feel more isolated. Do not be afraid to offer kind words and a space to talk, whether by phone, messaging or in person.



Offer your time to listen

Listening is an important skill. Ask open questions that start with "how", "what", "where" or "when". This can help people open up. **Listening tips from Samaritans.**



Be patient

You will not always know the full story. There may be reasons why they have found it difficult to ask for help. Just being there can be helpful for someone who may want to open up later.



If they do not want support

Gently explore their reasons for not wanting to get support. If they are unsure whether to get help, just talking and listening without judgment could help you work out what's getting in the way.



Do not force it

Do not force someone to talk to you or get help. This may lead to them feeling uncomfortable, leaving them with less power and less ability to speak for themselves.



Look after yourself

It can be upsetting to hear someone in distress. Be kind to yourself and take some time to relax or do something you enjoy. **Remember Every Mind Matters.**



Offer practical help

Little acts of kindness can help – message someone or connect with them at a convenient point in the day to check how their day is going. Find out what works for them.

For further information and links to additional support visit:
hants.gov.uk/mentalwellbeinghampshire