MENTAL HEALTH & WELLBEING

taking care of your mental health with a little help from iHASCO

iHASCO

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Produced to support Mental Health Awareness. Please contact us for further information.

Hello!

iHASCO have created this document to help you take care of your mental health and wellbeing.
It can either be used as a starting point, or it can be used by those who are already managing their wellbeing who would like more information.

It's suitable for people who:

- are interested in improving their mental health
- are concerned about the wellbeing of a colleague or a loved one
- would like information about certain mental illnesses and how to manage them

This document does not provide an exhaustive list... there is actually a vast amount of help out there! Our aim is to supply you with various options so you can find something that resonates with you. Help is always available to those who ask for it!

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> Our mental health influences everything - everything we think, do and feel. It affects our relationships, our work, and our physical health.
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Charities & Organisations

There are many charities and organisations dedicated to supporting mental health and wellbeing. Here's a sample...

Mind

mind.org.uk 020 8519 2122 supporterservices@mind.org.uk

"We provide advice and support to empower anyone experiencing a mental health problem. We campaign to improve services, raise awareness and promote understanding. We won't give up until everyone experiencing a mental health problem gets support and respect."

Rethink

rethink.org 0300 5000 927 info@rethink.org

"A charity that believes a better life is possible for the millions of people affected by mental Illness. For 40 years we have brought people together to support each other through our services, groups and campaigns."

The Mental Health Foundation

mentalhealth.org.uk 0207 8031100

"Our vision is for a world with good mental health for all. Our mission is to help people understand, protect and sustain their mental health. Prevention is at the heart of what we do, because the best way to deal with a crisis is to prevent it from happening in the first place."

Be Mindful

bemindful.co.uk

"Mindfulness is part of the Mental Health Foundation's strategy for a fresh emphasis on prevention, focusing on solutions that work and have impact."

Mental Health UK

mentalhealth-uk.org 020 7840 3008 info@mentalhealth-uk.org

"Mental Health UK brings together four national mental health charities [from England, Wales, Scotland and Northern Ireland] working across the UK."

Calm

thecalmzone.net 0800 58 58 58 (national) / 0808 802 58 58 (London)

"The Campaign Against Living Miserably (CALM) is an award-winning charity dedicated to preventing male suicide, the single biggest killer of men under the age of 45 in the UK. In 2015, 75% of all UK suicides were male."

Anxiety UK

anxietyuk.org.uk 08444 775774 support@anxietyuk.org.uk

"Offers a range of innovative and high quality services delivered by professionals; supported by staff and volunteers with personal experience of anxiety, stress, and anxiety based depression."

Triumph Over Phobia (TOPUK)

topuk.org 01225 422705 info@topuk.org

"UK registered charity which aims to help sufferers of phobias, obsessive compulsive disorder and other related anxiety disorders to overcome their fears and become ex-sufferers. We do this by running a network of self-help therapy groups."

No Panic

nopanic.org.uk 0844 9674848 admin@nopanic.org.uk

"A registered charity which helps people who suffer from panic attacks, phobias, obsessive compulsive disorders and other related anxiety disorders including those people who are trying to give up Tranquilizers. No Panic also provides support for the carers of people who suffer from anxiety disorders."

Mental Health Matters

mentalhealthmatters.com 0191 5163500 nfo@mhm.org.uk

"We provide support to thousands of people every year, covering many aspects of their lives: from psychological and well-being therapeutic recovery interventions through to everyday employment, housing, independent and community support needs. We aim to enable each individual to recover and / or move towards their own independence and well-being."

NHS Choices

www.nhs.uk

This contains information about all mental and physical health conditions, treatments, local services and healthy lives. "Your health, your choices."

Relate

relate.org.uk 0300 100 1234 relate.enquiries@relate.org.uk

"We're the UK's largest provider of relationship support, and every year we help over a million people of all ages, backgrounds and sexual orientations to strengthen their relationships."

Samaritans

samaritans.org 116 123 jo@samaritans.org

"Whatever you're going through, call us free any time, from any phone on 116 123."

Harmless

harmless.org.uk info@harmless.org.uk

"Harmless is a user led organisation that provides a range of services about self harm including support, information, training and consultancy to people who self harm, their friends and families and professionals. We know that with the right support and help life can get better. We hope that you find this site a safe and helpful resource."

Young Minds

youngminds.org.uk 0808 802 5544 (Parents Helpline)

"We champion children and young people's mental health and wellbeing across the UK. Driven by their experience we create change so that children and young people can cope with life's adversities, find help when needed and succeed in life."

Time to Change

time-to-change.org.uk 020 8215 2356 info@time-to-change.org.uk

"Time to Change is committed to changing how people think and talk about mental health in the workplace. "

> A situation may very well be negative, but the way you react to it can make things worse, or it can make things easier to manage. The calmer and clearer your head is, the better chance you've got of coping with bad news, bad moods and bad days.
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Counselling & Therapy

There are many types of counselling and therapy available. Some are private, some are covered by the NHS, and many are provided by charities.

If you are struggling with your mental health in any way, it's always best to go and talk to your GP about your symptoms so they can point you in the right direction. They may refer you to an organisation, therapy or counselling service if they think it's an effective form of treatment. This page touches upon the options you may come across.
You can use this information as a starting point.

Online Counselling

The National Counselling Society Counselling Directory

Online counselling is a good option for people who may need a more flexible and convenient arrangement. The two sources above are a useful place to start.

Relate (Free)

relate.org.uk/live-chat-counsellor

This charity has a Live Chat where you can talk to a trained relationship counsellor. These free and confidential sessions usually last around 25 minutes.

7 Cups (Free)

7cups.com

A secure online (and really friendly) service where you can instant-message trained 'listeners' for instant help, guidance and support 24/7. You can also join group chats, and take advantage of their self-help tools and mindfulness exercises. You can even become a trained listener yourself!

Other Types of Therapy

psychologytoday.com/types-of-therapy

If you want more information on other types of conventional therapy, check out the above at Psychology Today.

Alternative Therapies

If you're looking for a therapy that breaks away from the conventional, you might be interested in alternative therapies. Even though their approaches differ, most practices aim to treat both mental and physical ailments:

These practices & exercises are also very popular & proven to improve physical & mental health:

> It takes courage to do anything that makes you feel uncomfortable, worried or scared. That's why there's nothing weak about asking for help or talking about how you feel. Just start that conversation. It won't be long before you see how many people are in the same boat as you.
>
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Books & Magazines

Here is a selection of books and magazines you can take a look at. If they are not to your taste, just type some keywords into Google, 'Amazon books' or head to the self-help or wellbeing section in your local bookshop. **Don't be shy, it's the section everyone secretly wants to check out!**

Hay House Publishing - hayhouse.co.uk
Publisher of health, wellbeing and spirituality books, audio and video downloads, courses, CDs, DVDs, apps and organisers of wellbeing events.

Feeling Good: The New Mood Therapy - David Burns
"A drug-free guide to curing anxiety, guilt, pessimism, procrastination, low self-esteem, and other depressive disorders."

Cognitive Behavioural Therapy For Dummies - Rhena Branch
"This bestselling guide helps you apply the principles of CBT in your everyday life-allowing you to spot errors in your thinking; tackle toxic thoughts; refocus and retrain your awareness; and finally, stand up to and become free of the fear, depression, anger, and obsessions that have been plaguing you."

The Anxiety and Phobia Workbook - Edmund Bourne PhD
"Living with anxiety, panic disorders, or phobias can make you feel like you aren't in control of your life. If you're ready to tackle the fears that hold you back, this book is your go-to guide."

The Mind-Gut Connection: How the Hidden Conversation Within Our Bodies Impacts Our Mood, Our Choices, and Our Overall Health - Emeran Mayer
"Combining cutting-edge neuroscience with the latest discoveries on the human microbiome, a practical guide in the tradition of The Second Brain, and The Good Gut that conclusively demonstrates the inextricable, biological link between mind and the digestive system."

Overcoming Social Anxiety and Shyness - Gillian Butler
"This easy-to-use guide, full of real-life examples, is for those who suffer from all degrees of social anxiety and shyness, for their families and friends, and for the professionals who help them: psychologists, doctors and others."

Feel The Fear And Do It Anyway: How to Turn Your Fear and Indecision into Confidence and Action - Susan Jeffers
Gives you "the insight and tools to vastly improve your ability to handle any given situation… you can move from a place of pain, paralysis, depression and indecision to one of power, energy, enthusiasm and action."

Learned Optimism: How to Change Your Mind and Your Life - Martin E. P. Seligman
"Seligman draws on more than twenty years of clinical research to demonstrate how optimism enhances the quality of life, and how anyone can learn to practise it. These skills can help break up depression, boost your immune system, better develop your potential, and make you happier."

Magazines & Online Publications

Mental Health Today
mentalhealthtoday.co.uk

Mental Health Movement
mentalmovement.co.uk

Healthy
healthy-magazine.co.uk

Thrive
thrive-magazine.co.uk

Your Wellness
yourwellness.com

One in Four
oneinfourmag.org

Happiful
happiful.com

Apps & Extras

Mindful meditations to help with the stresses in everyday life...

Headspace

Calm

Smiling Mind

Buddhify

To help you sleep...

Sleep Easily Meditation

Relax Melodies:
Sleep Sounds, White Noise & Fan

Guided meditations...

Complete Relaxation:
Guided Meditation for Anxiety

Headspace

Yoga For Beginners
Daily Poses

Audio

If you respond well to sound and audio, you might want to try listening to Podcasts (there should be a Podcast app on your phone), watch YouTube videos, or listen to audiobooks or meditation CDs.

TED

"TED is a nonprofit organisation devoted to spreading ideas, usually in the form of short, powerful talks (18 minutes or less). TED began in 1984 as a conference where Technology, Entertainment and Design converged, and today covers almost all topics – from science to business to global issues – in more than 100 languages." **ted.com/talks**

With Ted, you can find a talk on almost anything! Here's some mental health ones to get you started:

- Don't suffer from your depression in silence
- All it takes is 10 mindful minutes
- Your body language may shape who you are

For the Curious...

These may just reshape your perspective altogether:

The Shift *(Positive Attitude)*
Wayne Dyer
youtube.com/watch?v=yfT8Ts6wPFs

The Tapping Solution
thetappingsolution.com

Heal
itunes.apple.com/us/movie/heal

You can Heal your Life
hayhouse.com/you-can-heal-your-life-the-movie-online-video

The Power of Now
Eckhart Tolle
amazon.co.uk/Power-Now-Guide

Please Note: Anything within quotation marks has been taken directly from the source being discussed.