



The Little Book of Mental Health

A practical guide for everyday
emotional well-being



2025

© 2gether NHS Foundation Trust have kindly given Worcestershire County Council permission to adapt this booklet from the original version compiled by Alison Sedgwick-Taylor, Consultant Clinical Psychologist /Cognitive Behavioural Psychotherapist with the Trust.

Contents

Introduction 5

The Secret of Emotional Well-being 7

10 basic skills for gaining and maintaining
emotional well-being 7

Problem solving – one step at a time 13

Check your alcohol intake 13

As a rough guide, there's ONE unit of alcohol in:.... 14

Managing Depression 15

Signs of depression 16

Coping with depression 17

Depressive thinking 19

Identifying negative thinking 19

Changing negative thinking..... 21

Mood chart 24

Managing Stress and Anxiety25

Coping with anxiety.....	26
Relaxation exercise	27
Slow breathing to reduce anxiety	29
Panic attacks.....	30
Coping with a panic attack.....	31
Anger	31
First aid for anger.....	31
How to tackle deeper, long-term feelings of anger ..	32

Professional Help33

Medical treatment.....	33
Talking treatment	33
Support Services in Herefordshire & Worcestershire.....	40
Support Services in Worcestershire.....	43
Support Services in Herefordshire	52
National Support Services	58
Disclaimer:.....	70
Acknowledgements.....	70

Five Ways to Well-being71

Mental health support for children
in Herefordshire and Worcestershire..... 76

Mental health support for young people
in Herefordshire and Worcestershire..... 78

Mental health support for adults
in Herefordshire and Worcestershire..... 82

Notes.....84



Introduction

Everyday well-being is about how we feel, think and behave. Nobody feels blissfully happy, thinks positive thoughts and behaves sensibly all the time. However, if you are in a pretty good state of mind, it is generally much easier to enjoy life and cope with its challenges.

Looking after your state of mind is just as important as taking care of your body, yet most of us manage our physical health far better than our mental health. As soon as we feel a physical ache or pain we generally try to do something about it, but when we find ourselves feeling very low or stressed we tend to think it is just part and parcel of life and don't do anything to improve the situation.

If you do feel down, anxious or distressed, you are not alone. One in four of us experience a mental health problem in any one year. If you feel you are a risk to yourself or anyone else, then you should contact your GP or other Healthcare Provider to discuss this immediately.

The phrase “mental health problems” covers many different conditions, ranging from mild or temporary distress to problems which severely limit a person’s ability to cope with everyday life. The move from a mild state of anxiety or depression to a severe one can be very gradual, but it is important to recognise the signs so that action can be taken before the condition becomes serious or prolonged.

Helpful Tips

If you do feel down, anxious or distressed, you are not alone. One in four of us experience a mental health problem in any one year.



The Secret of Emotional Well-being

10 basic skills for gaining and maintaining emotional well-being

Set yourself achievable goals

Set yourself some goals. Make sure that your goals are specific and achievable. If they are too vague you will never know if you achieved them. If you set them too high you will end up frustrated. Too low and there will be nothing to aim for. Write down short-term, middle and long-term goals. An example of a short-term goal will concern things to do that day. A middle-term goal could be to make a change to your lifestyle, like deciding to start jogging. A long-term goal might be to learn a new skill, change your job etc.

Helpful Tips

Just as achieving physical fitness takes time, practice and commitment, so too does achieving mental fitness.

Be good to yourself

Take notice of your achievements, however small and reward yourself. Think about what gives you pleasure and enjoy the reward. Tell others about your achievements. Giving time to activities we find rewarding increases our sense of well-being, whereas a routine made up almost entirely of things that we have to do can have the opposite effect. Doing things to put you in a good mood is sensible, not self-indulgent; so don't feel guilty about it.

Believe in yourself

Self-confidence is concerned with how we feel about our abilities. Self-esteem is slightly different as it reflects the degree to which we value ourselves. You can build up your self-confidence and self-esteem even if it has been low since childhood.



Helpful Tips

To build self-confidence and self-esteem:

- *Behave as if you're more confident than you feel*
- *Learn from your mistakes*
- *Speak encouragingly to yourself*
- *Do the best you can, but don't try to be perfect*
- *Spend time with people who make you feel good.*

Manage your time

Good time management means setting goals and planning to tackle the most important things first. Do not waste time on low priority jobs or spend valuable time on things outside of your control. Take 5-10 minutes each morning to plan the day.

Prioritise jobs in this way:

A = Absolutely essential

B = Better done today

C = Could wait

D = Delegate/ask someone else to do it

Face and solve your problems

We all have a tendency to avoid facing our problems. Avoidance is not helpful in the long run because it can make the problem worse, it can create new problems and thirdly it stops you getting on with your life and leads to more stress and tension.

Keeping things in perspective

There is always more than one way of seeing things. This means that although you may not be able to choose the facts, you may be able to choose how you react to them. You can help yourself feel better and be more effective by looking at your situation with an open mind and being realistic about what you can manage.

Learning to relax

Practicing relaxation will give you more energy, decrease anxiety and irritability and reduce pains due to tense muscles. Relaxation time should be seen as an important part of your daily routine.

Expressing your feelings

Expressing our feelings promotes a sense of well-being and freedom from tension. It helps us to recover from hurtful experiences, and also helps other people to understand what is going on inside us. Of course there are times when displays of emotion are not helpful, but hiding or holding back our feelings can cause tensions that affect our physical and mental health.

Managing your diet

The foods you eat can play an important part in the way you feel, physically and mentally. Too much sugar, coffee or salt can cause tension and irritability, and alcohol is a depressant. For general well-being the secret is a balanced diet.



Exercise

Regular exercise is good for us in many ways. It can increase our confidence and self-esteem, stimulate “feel good” chemicals in our bodies, provide an outlet for tension and frustration, relieve anxiety, help us sleep better and prevents some physical illnesses. Choose a sport or exercise you enjoy. If you have concerns about your health or fitness speak to your GP.

Learn to say NO

Learning to say ‘No’ in an assertive and tactful way is a difficult but important skill to learn. Remind yourself now and then that you have this right.



Problem solving – one step at a time

- Choose a problem that is causing you concern, then:
- Write down the problem. Be specific
- Write down a list of possible solutions
- Write down the advantages and disadvantages of each solution
- Choose a solution and break it down into steps
- Tackle each step, one at a time.

If you have more than one problem, write them all down and put them in order of difficulty. Tackle the least difficult problem first.

Check your alcohol intake

People who are anxious and/or depressed may try to cope with their symptoms by drinking more alcohol. This makes things worse.

The Chief Medical Officers' guideline for both men and women is that: To keep health risks from alcohol to a low level it is safest not to drink more than 14 units a week on a regular basis.

If you regularly drink as much as 14 units per week, it is best to spread your drinking evenly over 3 or more days.

If you wish to cut down the amount you drink, a good way to help achieve this is to have several drink-free days each week.

Helpful Tips

Speak to your GP if you think you have lost control of your alcohol intake.

As a rough guide, there's ONE unit of alcohol in:

- half a pint of ordinary strength beer, lager or cider
- one small glass of wine
- a single pub measure of spirits.



Managing Depression

Most of us have felt low from time to time, but usually the low mood passes after a few days.

Sometimes, a person sinks into depression to a point where they may need professional help to get back to normal.

Depression does not mean that you are weak or lazy. It is a common illness like high blood pressure, diabetes or arthritis. It can occur at any age. The good news is that there are things you can do to help yourself and treatments that work well.

Helpful Tips

Most people recover completely from depression. You should never give up. Try to live one day at a time and keep reminding yourself that you will not always feel like this.

Signs of depression

When we become depressed, we may experience:

- Loss of identify and self-esteem
- Sadness, when there is maybe nothing to feel sad about
- Extreme guilt over minor matters
- A sense of failure, when this is not realistic
- Loneliness, even among other people
- Tearfulness, when there is nothing to cry about
- Constant exhaustion
- Feelings of hopelessness, misery or despair
- Difficulty in concentrating or making decisions
- Thoughts of death or suicide.



When to seek help

You may be experiencing clinical depression and should seek help if your low mood or loss of interest in life:

- *interferes with your home, family or work life*
- *lasts for two weeks or more*
- *brings you to the point of thinking about suicide.*

Talk to your GP or contact one of the mental health associations or voluntary organisation if you are concerned.

Coping with depression

- Avoid sitting or lying about doing nothing
- Identify things you used to do regularly and things which you used to enjoy
- Plan to gradually increase the routine of pleasant activities
- If a task seems too difficult, try breaking it into a series of small steps
- Above all reward yourself for your efforts

- Avoid discussions of bad feelings. Solving problems is more helpful
- If your appetite is poor, eat small quantities regularly and drink lots of fluids
- Keep to a normal sleep routine. Avoid daytime naps. At night get up if awake for 30 mins or more, and try to relax
- If you go off sex, keep some physical closeness with partner and reassure them it is not personal but a temporary symptom.

Helpful Tips

It is important to be active even when you do not feel like it. Getting going again can help you feel better.

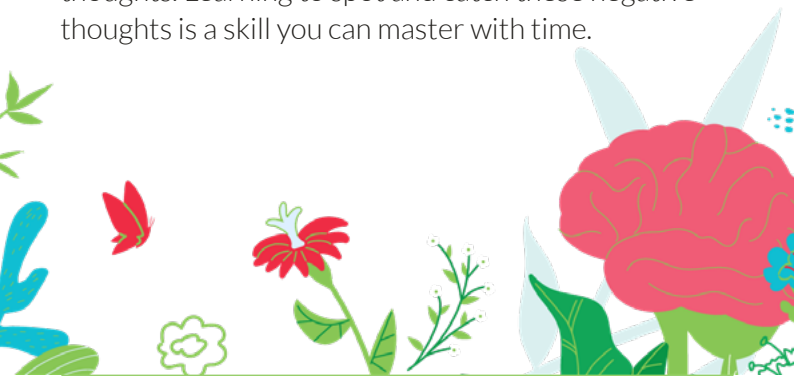


Depressive thinking

When you are depressed there are changes in the way you think, as well as in how you feel. You tend to look on the black side of everything, see the worst in yourself, in your life and your future. Once you are feeling down, you are more likely to remember the bad things that have happened and ignore the good ones. Negative thinking can also trigger depression and it slows down recovery.

Identifying negative thinking

Negative thoughts can be difficult to spot because they become a habit, they can flash quickly into your mind and most of us are not used to noticing our thoughts. Learning to spot and catch these negative thoughts is a skill you can master with time.

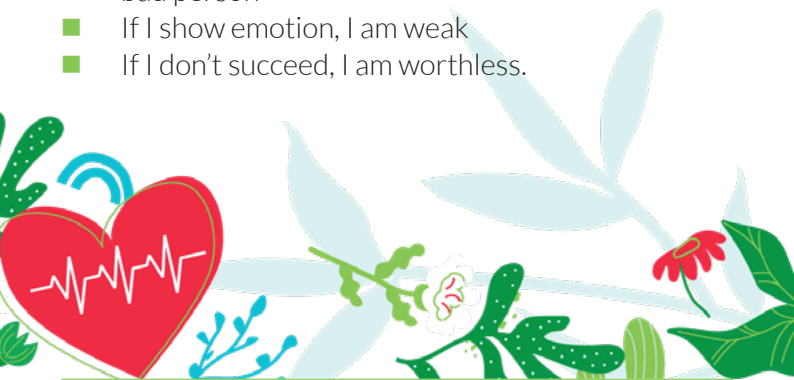


Some examples of negative thinking are:

- **Thinking the worst**, e.g. your boy/girl-friend doesn't phone. You assume they don't like you anymore.
- **Ignoring the positive and only seeing the negative**, e.g. 'The shelves I put up are no good because one screw fell out.'
- **Taking things personally and blaming yourself for what others do**, e.g. 'My son failed that exam. I should have helped him more. I am a bad parent.'

You may also have beliefs that are unrealistic:

- I should be happy all the time
- If someone is hurt by something I say or do, I am a bad person
- If I show emotion, I am weak
- If I don't succeed, I am worthless.



Changing negative thinking

You can learn to think more positively with the 3 Step Approach and this will make a huge difference in your life:

- **First**, write down your negative thoughts as soon as possible. If it's difficult to notice any thoughts, try noticing when you feel down and ask 'What went through my mind just before I started feeling sad'.
- **Second**, ask yourself 'Is what I believe TRUE?' Ask yourself if everyone would have the same belief Think of other possible explanations for the event Try a real-life experiment. For example, if your friend doesn't phone, call him or her to ask why.
- **Third**, balance each unreasonable thought with a more realistic one. These should be different to the unreasonable belief. Try to make them realistic statements. Try to make as many alternatives as possible.

If you are worried about feelings getting out of control keep track of your feelings, thoughts and behaviour on a “mood chart”. This will help you notice anxious or negative thought patterns as soon as they begin, so you can start using your self-help strategies.

Make a list of specific feelings, thoughts and behaviour that sometimes apply to you. Only you will know what to put in these lists, but here are some examples:

Feelings I am aware of:

- Sad
- Lonely

Thoughts that bother me:

- Nobody likes me
- I can't cope

Negative behaviour:

- I'm trying to do too much at once
- I'm avoiding people



Positive checklist:

- I am coping with life
- I am in control of my thoughts and feelings

Give each of your feelings, thoughts and behaviour a “rating” from 0 to 5.

0 = have not noticed any problems;

5 = things could hardly be any worse. For an example of a mood chart see next page.



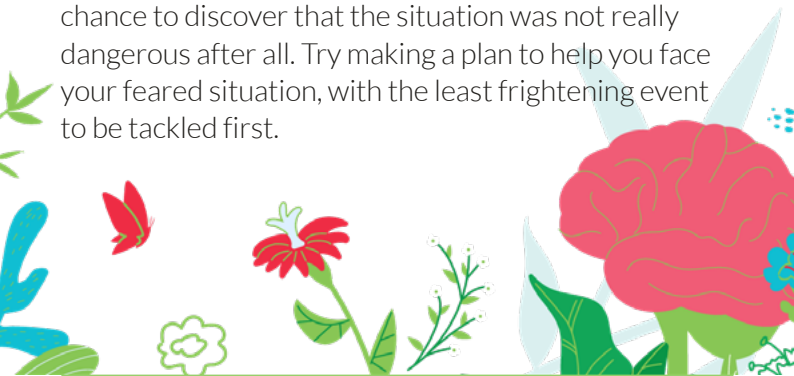
Mood chart

	M	T	W	T	F	S	S
Feelings I am aware of:							
Thoughts that bother me:							
Negative behaviour:							
Positive checklist:							

Managing Stress and Anxiety

It is normal to feel anxious if you are facing something dangerous or difficult, but it is not usual to feel anxious all the time or to feel that anxiety is ruling your life. Severe anxiety is like a “false alarm” – the body over-reacting to something that is not really dangerous. The most noticeable physical signs are nausea, light headedness, sweating, a racing heart, palpitations and rapid breathing.

People often react to severe anxiety by avoiding the situation that makes them feel bad. However, this is not helpful in the long run, because the more you avoid something, the more difficult it will seem to you. It also limits what you can do and does not give you the chance to discover that the situation was not really dangerous after all. Try making a plan to help you face your feared situation, with the least frightening event to be tackled first.



When people are under stress, there is also a tendency to worry more than usual. Worry and unrealistic or negative thinking can be triggers for anxiety. People who get anxious sometimes think in ways that bring on the anxiety or make it worse. You may also have beliefs about yourself and about other people that are unrealistic.

Anxious people often imagine that other people are judging them harshly.

Coping with anxiety

- Learn to relax and do relaxing things
- Reduce caffeine and avoid using alcohol
- Regular physical exercise will help
- Make a plan to solve problems and take action
- Change the way you think.

Remember you can learn to think more realistically and this will make a huge difference in your life. Use the 3 Step Approach (see Managing Depression).

Worry and negative thinking is a habit and it takes time to change.

Helpful Tips

Taking action may make you feel more anxious at first. Just keep going at your own pace and remember how much better you feel when you are able to take control and lead a fuller life.

When to seek help

If your anxiety is severe it is important to seek help. Talking therapies can help you feel more positive and in control. Prescribed drug treatment can provide short-term help.

Ask your GP for advice or contact one of the organisations listed at the back of the book.

Relaxation exercise

- Choose a quiet place where you will not be interrupted
- Before you start, do a few gentle stretching exercises to relieve muscular tension
- Make yourself comfortable, whether sitting or lying down

- Start to breath slowly and deeply, in a calm, effortless way
- Gently tense, then relax, each part of your body, starting with your feet and working your way up to your face and head
- As you focus on each area, think of warmth, heaviness and relaxation
- Allow any distracting thoughts to go to the back of your mind; imagine them floating away
- Don't try to relax; simply let go of the tension in your muscles and allow them to become relaxed
- Let your mind go empty. Some people find it helpful to visualise a calm, beautiful place like a garden or meadow.

Stay like this for about 20 minutes. Then take some deep breaths and open you eyes, but stay sitting or lying for a few moments before you get up.



Slow breathing to reduce anxiety

Anxiety can make you feel breathless. The natural response to this is to breathe in more or to “over breathe”. However, this makes the problem worse. The best solution is to slow down your breathing which will stop the unpleasant feelings of anxiety.

Remember to breathe in using your abdomen (not your chest). This is sometimes called stomach breathing, because the abdomen should gently rise and fall rather than your upper chest.

- Breathe in slowly through your nose to the count of 3 seconds
- Then slowly breathe out to the count of 3 seconds
- Pause for 3 seconds before breathing in again
- Continue this exercise for 5 minutes or so.
- Practice twice a day for 10 minutes (5 minutes is better than nothing)
- Try to check and slow down your breathing during the day
- Use the slow breathing technique whenever you get anxious.

Helpful Tips

Remember the technique of slow breathing sounds very simple, will take practice to master but is very effective.

Panic attacks

Panic attacks feel very frightening because they seem to come out of the blue. Most people describe a sudden, overwhelming sense of anxiety, including:

- Feelings of absolute terror
- Very rapid breathing and heartbeat
- Dizziness or faintness
- Sweating and hot or cold flushes
- Feelings of unreality.

Helpful Tips

The important thing to remember is that feelings of panic will never cause you any harm. Your body is simply gearing itself up for a non-existent danger.

Coping with a panic attack

- Slow your breathing
- Stay where you are
- Remind yourself that you are safe and that the feeling will pass
- Try to distract yourself by looking hard at something nearby
- Face the situation again later.

Anger

Anger needs to be expressed, because if it gets bottled up inside it can cause harm or boil over into rage. Anger has to be expressed calmly not aggressively. Remember that losing your temper is never a good solution. It may provide temporary relief, but later on you will feel bad, which can lead to more anger.

First aid for anger

- Breathe slowly and deeply
- Slow down. Don't rush into words or actions you may regret
- Count to 10
- Walk away if possible

- Do something physical like a vigorous walk or housework
- Take some exercise such as running, walking, cycling or swimming – but not a competitive sport as this can increase feelings of aggression.

Helpful Tips

If you want to deal with your anger STOP blaming others and START to change yourself.

How to tackle deeper, long-term feelings of anger

- Talk to someone about the way you feel
- Ask your GP for help in tackling your feelings
- If it is yourself you are angry with, think whether you are blaming yourself unfairly
- Try to think about the bigger picture
- Express your feelings in writing or painting
- Practice techniques to make yourself more relaxed and stress-free
- Don't take things personally
- Recognise your own early warning signs.

Professional Help

If you are experiencing mental distress there are many treatments available to help.

Medical treatment

Sometimes when a person's distress is acute, their GP may prescribe medication. Some people dislike the idea of taking medication, believing they should be able to manage without, but there are times when it is the best solution.

Taking medication on its own is beneficial but it can also help you help yourself through other treatments. Some medication may have side effects – usually minor but it is very important to not stop taking medication without consulting your doctor.

Talking treatment

You may choose to see a therapist, counsellor, nurse or other mental health worker to discuss your problems. Usually this is available through the NHS via a referral from your GP if the problems are severe. Therapy is also available privately and some non-statutory agencies provide free or low cost counselling.

There may also be NHS services available in your area which you can access through self-referral such as psycho- educational groups.

If you are working and your employer has an occupational health department they may provide counselling, especially if your problems are centred around work.

Steps you make want to take in managing your problems are as follows:

Self Help

There is a lot you can do to help yourself. Take a look at the suggested reading list in this book. You can also be helped by support from family, friends, teachers, or work colleagues. However, there may come a time when you feel you might benefit from additional help. Help can be found via your local authority, and private voluntary organisations. The agencies listed in this book are there to help you.

Helpful Tips

For more self-help options see the recommended reading list and the list of useful organisations at the back of this book.

GP surgery

There are many sources of help to be found via your surgery. A GP is many people's first point of contact when seeking help. A sizeable proportion of most GPs' work is related to emotional problems. GPs can:

- talk through your problems with you
- prescribe short-term medication such as anti-depressants and tablets to reduce anxiety
- refer you to a mental health worker at your surgery
- refer you to specialist mental health services
- talk with you about other sources of help in your community.

Your Practice Nurse, Health Visitor or District Nurse may also be able to help you manage your mental health difficulties and discuss options available in your surgery and community.

Herefordshire and Worcestershire Health and Care NHS Trust is committed to ensuring that people who receive our mental health services have good experiences, feel empowered and work in partnership with staff about their treatment, care and support.

Cognitive Behavioural Therapy (CBT), Counselling & Psychology

The mental health worker may also recommend group or one to one psycho-education or psychological therapy which are also provided by NHS Talking Therapies. These include cognitive behavioural therapy (CBT), counselling or therapy with a primary care psychologist.

CBT looks at the ways our thoughts shape the way we feel and behave. It has a proven record of success in helping people manage a range of mental health problems. It helps you examine your beliefs about yourself and to view your situation differently. Building up your coping skills can improve your mood and enable you to face feared situations.

Counselling

Counselling can provide a supportive and non judgemental atmosphere for you to talk over your problems and explore a more satisfactory way of living. It is often helpful in dealing with depression.

Try the different exercises in this booklet.



Specialist mental health services

Sometimes when problems become severe or people are at risk your GP will talk to you about referral to your specialist mental health service. This is a team of mental health staff including a Psychiatrist, Community Psychiatric Nurses (CPN), Clinical Psychologist, Social Worker, and other support staff. They are skilled and experienced in managing complex problems in a professional, confidential and sensitive manner. There are some mental health problems that require early access to specialist services, these include psychosis, dementia, and some eating disorders. If you are at all concerned that this may apply to you make an appointment to discuss with your GP.

If someone close to you is experiencing emotional problems, encourage them to talk about their feelings and, if necessary, get advice from their GP.



You can help by listening. Be reassuring and encouraging but try not to tell them how they should feel or what they should do. Show appreciation, small successes should be recognised and celebrated. Anything that may help the person feel more light-hearted and forget their problems for a while is beneficial. Practical help may be needed short term with everyday tasks. You may need to stand up for the person's rights about anything that concerns them.

It can be very upsetting when a friend or relative is distressed, and you may well find yourself in a caring role that you did not choose. If so, you will need support in coping with your own feelings. Ask friends and relatives for help. Outside support may also be helpful. Remember your emotional well-being is important too!



Support Services in Herefordshire & Worcestershire

24/7 NHS Urgent Mental Health Helpline (all ages)

Offers advice, support and assessment for anyone experiencing a mental health crisis. Mental health advisors will be able to listen to your concerns and make appropriate plans with you. They will transfer your call to a trained mental health clinician if needed.

Tel: **111**

Web: **111.nhs.uk**

Age UK Wyvern

Tel: **01905 724294**

Web: **www.ageuk.org.uk/wyvern**

Age UK North Worcestershire

Tel: **01527 570490**

Web: **www.ageuk.org.uk/northworcs**

Children, young people and families website

Access support and information on NHS services supporting children and young people up to the age of 19, including Wellbeing and Emotional Support Teams (WEST) in Schools and child and adolescent mental health services (CAMHS).

Web: www.cypf.hwhct.nhs.uk/

NHS Herefordshire and Worcestershire Talking Therapies

Talking Therapies provides a range of free, confidential support to people aged 16 and over across Herefordshire and Worcestershire. You can access a range of wellbeing resources and self-refer into the service from their website.

Web: www.talkingtherapies.hwhct.nhs.uk/

Tel: [0300 013 57 27](tel:03000135727)



Herefordshire and Worcestershire Wellbeing and Recovery College

They offer a wide range of courses and workshops designed to take each individual on a journey, however short or long, to find not only new skills, but the knowledge and understanding of what health and wellbeing and recovery means to them.

Web: hwwellbeingandrecoverycollege.org.uk

Email:

HW_WellbeingRecoveryCollege@comfirst.org.uk

Kooth

Free, anonymous online mental health and wellbeing support and counselling is available for young people of Herefordshire & Worcestershire aged 11-18

Web: www.kooth.com

Lumi Nova

Get instant access to a fun digital therapy app to help your child self-manage their worries. Lumi Nova is free to access for families in Herefordshire & Worcestershire.

Web: luminova.app/handw

Melo

Melo service, is delivered by Onside and is for children and young people up to 25 years old and offers individual support and specialist support. It aims to build emotional resilience, promote wellbeing and address early mental health issues.

Web: www.onside-advocacy.org.uk/melo

RABI The famers charity

They offer one-to-one, expert support, advice and guidance to address the needs of farming people.

Tel: [0800 188 4444](tel:08001884444)

Email: help@rabi.org.uk

Web: rabi.org.uk/how-we-can-help

West Mercia Rape & Sexual Abuse Support Centre

Tel: [0345 646 1188](tel:03456461188)

Web: www.wmrsasc.org.uk

Support Services in Worcestershire

Behind the Smile

Behind the Smile provides peer support for those with poor mental health and those bereaved by suicide.

Tel: [07999027313](tel:07999027313)

Email: info@behindthesmile.care

Web: behindthesmile.care

Bereavement Support Worcestershire – St Richard’s Hospice

Tel: [01905 763963](tel:01905763963)

Web:

www.strichards.org.uk/our-care/support-services/for-families-and-carers/bereavement-support/

Best Start Worcestershire

The Best Start Worcestershire pages bring together the wide-ranging support, information and resources that Worcestershire has to offer for expectant parents and families with babies and young children

Web: www.worcestershire.gov.uk/council-services/childrens-social-care/virtual-family-hub/best-start-worcestershire

Citizens Advice

Worcester & South Worcestershire, Wyre Forest CA

Tel: **0808 278 7891**

Web: **citizensadviceworcester.org.uk**

Bromsgrove & Redditch Citizens Advice

Tel: **0808 278 7890**

Web: **www.citizensadvice.org.uk**

Carers and Communities

Tel: **01905 751340**

Web: **www.carersandcommunities.org.uk**



Community Services Directory

The Community Services Directory helps Worcestershire residents find local health and wellbeing groups, services, and activities.

Web: www.worcestershire.gov.uk/council-services/communities/community-services-directory

Cranstoun Worcestershire - Adult alcohol & drug recovery service

Tel: [0300 303 8200](tel:03003038200)

Web: www.cranstoun.org/services/substance-misuse/cranstoun-worcestershire/

Cruse Bereavement Care Worcestershire

Offer face to face support to help bereaved people, along with training for those who may encounter people who are affected by bereavement in the course of their work.

Tel: [01905 22223](tel:0190522223)

Web: www.cruse.org.uk/postcode-lookup

Healthy Worcestershire

The Healthy Worcestershire Programme offers free community sessions which help build social connections closer to where people are living. It promotes healthy hearts and minds by combining strength, balance and mobility sessions with community services and information for healthy living. Find out more about the programme and where your local session is by contacting:

Tel: **0800 772 0307/ 01905 928185**

Web: **www.worcestershire.gov.uk/council-services/health-and-wellbeing/healthy-adults/healthy-worcestershire**

Here4YOUth - young person's alcohol and drug service

Tel: **0300 303 8200**

Web: **www.cranstoun.org/services/young-people/here4youth-worcestershire**

Kemp Hospice Family Support and Bereavement Service

Tel: [01562 756060](tel:01562756060)

Web: www.kemphospice.org.uk/familysupport

Men's Advice Helpline:

Tel: [0808 801 0327](tel:08088010327)

Web: www.worcestershire.gov.uk/domestic-abuse-resources-men

Mentor Link

Mentor Link provides one to one mentoring to children facing social or emotional difficulties in school.

Tel: [01299 822336](tel:01299822336)

Email: enquiries@mentorlink.org.uk

Web: www.mentorlink.org.uk



Mind Coventry, Warwickshire & Worcestershire

Provide support and a range of programmes to help maintain good mental health.

Tel: **01789 298615**

Email: **enquiries@swwmind.org.uk**

Web: **cwwmind.org.uk**

Primrose Bereavement Support

Tel: **01527 889799**

Web: **primrosehospice.org** and search 'family support'



Reading Well

Reading Well is a dedicated collection of books that provides information and support for managing mental health and wellbeing for children, young people and adults. Books within the Reading Well collections are recommended and endorsed by health experts, as well as by people living with the conditions, and the relatives and carers supporting them. These books are available for anyone to borrow free of charge from any Worcestershire Library. For a list of recommended books about mental health available at your local library visit:

www.worcestershire.gov.uk/council-services/libraries/read-and-discover/reading-well

Relate Worcestershire

Tel: [01905 28051](tel:0190528051)

Web: www.relate.org.uk/relate.org.uk/centre/herford-gloucester-and-worcester/relationship-counselling

Suicide Bereavement Worcestershire

Suicide can affect any of us. If you have been affected by suicide, you can access support and signposting.

Web: www.worcestershire.gov.uk/council-services/health-and-wellbeing/mental-health-and-emotional-wellbeing/suicide-prevention-and-support/ive-lost-someone-suicide

Worcestershire County Council

For mental health support and local services visit:

Web: www.worcestershire.gov.uk/council-services/health-and-wellbeing

Worcestershire County Council Libraries and Learning service - Adult & Family Learning Courses

Web: Visit www.worcestershire.gov.uk and search 'adult and family learning courses'

Worcestershire Domestic Abuse & Sexual Violence West Mercia Women's Aid Helpline:

Tel: [0800 980 331](tel:0800980331)

Worcestershire Health Walks

Worcestershire Health Walks aim to improve the county's health and well-being by encouraging more people to become active through the simplest form of exercise, walking. They are free, accessible, sociable and welcoming to all.

Web: www.worcestershire.gov.uk/council-services/travel-and-highways/walking-wheeling-and-cycling/worcestershire-health-walks

Worcestershire Safe Haven

Provides telephone support and face to face appointments to Worcestershire residents who are experiencing mental health crisis. Offering a listening ear, support and signposting information we help individuals manage the difficult times.

Tel: [01905 600 400](tel:01905600400) (6pm-1am, last calls 12.20am)

Worcestershire Young Carers

Web: www.yss.org.uk/worcestershire-young-carers

YMCA Worcestershire

Tel: [01527 61643](tel:0152761643)

Web: www.ymcaworcestershire.org.uk

Support Services in Herefordshire

Books on Prescription Herefordshire

Web: www.herefordshire.gov.uk/bop

Carers Support – Herefordshire

Web: www.herefordshire.gov.uk/social-care-and-support/support-for-carers

Crossroads Together - CarerLinks Herefordshire

Web: www.crossroadstogether.org.uk/our-services/carerlinks/carerlinks-herefordshire

Tel: [01432 663057](tel:01432663057)

Cruse Bereavement Care Herefordshire

Offer face to face support to help bereaved people, along with training for those who may encounter people who are affected by bereavement in the course of their work.

Tel: [01432 359469](tel:01432359469)

Email: herefordshire@cruse.org.uk

Herefordshire Council

The Mental Wellbeing page on Herefordshire Council's website offers practical advice and the 'Five Ways to Wellbeing' to help residents look after their mental health.

Web: www.herefordshire.gov.uk/family-support/eating-healthy/mental-wellbeing

Herefordshire Health Walks

Herefordshire's Wellbeing Walks provide free and friendly short group walks across the county. Our walks are organised by trained volunteer walk leaders, and they are a great way to meet new people and get active.

Web: www.ramblers.org.uk/go-walking/wellbeing-walks-groups/ramblers-wellbeing-walks-herefordshire



Herefordshire Mind

Provide a range of services including residential and community support

Tel: **01432 271 643**

Web: **herefordshire-mind.org.uk**

Email: **info@herefordshire-mind.org.uk**

Herefordshire Mind Safe Haven

A warm and welcoming evening space that provides empathy, support, and safety to anyone aged 18 and above experiencing high emotional distress and/or suicidal thoughts.

Web: **herefordshire-mind.org.uk/herefordshire-mind-safe-haven**

Tel: **01432 372407**

Email: **safehaven@herefordshire-mind.org.uk**

Face to face, telephone and email support service available every evening, 7 days a week, from 5pm to 10pm

Hereford Veterans Support Centre

Provide a one stop shop of support and a friendly listening ear for anyone in the Armed Forces community in Herefordshire that may be experiencing issues or requiring support in other areas of life or work.

Tel: **01432 260656**

Web: **<https://herefordshire-vsc.org/>**

Marches Counselling Service

Offer affordable, professional counselling and psychotherapy services, both in person and remotely, for adults aged 18 and over, who experience longer term emotional complications following a bereavement.

Tel: **01432 279906**

Email: **marches.counselling@gmail.com**

Web: **www.marchescounselling.org**

Phoenix Bereavement Support

Support children, young people and their families when someone close to them dies.

Tel: **01432 264555**

Email: **info@phoenixbereavement.org**

St Michaels Hospice

Offer practical and emotional support to those affected by a terminal illness, either as a patient, a family member, or a carer.

Tel: [01432 852 080](tel:01432852080)

Web: www.st-michaels-hospice.org.uk/our-care/bereavement-support/

Strong Young Minds Project

The SYM programme is for young people (10 - 26 yrs) who are disenfranchised, distressed, unemployed, at risk of social isolation, poor achievement and ill health, due to poor mental health and wellbeing.

Website: strongyoungminds.org

Tel: [01432 808717](tel:01432808717)

Email: symproject@onside-advocacy.org.uk

Talk Community

Connecting people to services, groups, information and events in Herefordshire.

Website: www.talkcommunity.co.uk/keeping-well-staying-healthy/mental-health-and-emotional-wellbeing

Turning Point - Drug and Alcohol Services

The Herefordshire Recovery Service provides free and confidential support for adults and young people around their use of alcohol and other drugs. They also offer support to families and carers affected by the alcohol or drug use of someone else.

Web: www.turning-point.co.uk/services/herefordshire

Tel: 0300 555 0747

Email: Herefordshire@turning-point.co.uk

We Are Farming Minds

Offer free confidential mental health and wellbeing support to farmers.

Website: www.wearefarmingminds.co.uk

Helpline: 0808 802 0070 24 hours

Text: 07786 203 130



National Support Services

2WISH

2wish support anyone affected by the sudden and unexpected death of a child or young person aged 25 and under.

Web: 2wish.org.uk/get-support

Autism West Midlands

The AWM Information Line provides information, advice, and guidance over the telephone and via email to autistic people, family, carers and professionals in the West Midlands. We also offer this to people who may think they are autistic or going through the process of being diagnosed.

Web: www.autismwestmidlands.org.uk/what-we-do/awm-information-line

Alcoholics Anonymous

Tel: [0800 917 7650](tel:08009177650)

Web: www.alcoholics-anonymous.org.uk

Alzheimer's Society

Tel: **0333 150 3456**

Web: **www.alzheimers.org.uk**

Anxiety UK

Tel: **03444 775 774**

Text: **07537 416905**

Web: **www.anxietyuk.org.uk**

Beating Eating Disorders

Helpline: **0808 8010677**

Youthline: **0808 8010711**

Web: **www.beateatingdisorders.org.uk**

Bipolar UK

Email: **info@bipolaruk.org**

Web: **www.bipolaruk.org.uk**



British Association for Behavioural & Cognitive Psychotherapies

Tel: **0330 320 0851**

Web: **www.babcp.com**

British Association for Counselling and Psychotherapy

Tel: **01455 883300**

Web: **www.bacp.co.uk**

British Psychological Society

Tel: **0116 2549 568**

Web: **www.bps.org.uk**

CALM – Campaign Against Living Miserably

Helpline for people in the UK who are down or have hit a wall for any reason, who need to talk or find information and support

Website: **www.thecalmzone.net/help/get-help**

Webchat: 365 days a year 5pm until midnight

Tel: **0800 58 58 58** - Evening helpline 5 until midnight
365 days a year

Child Bereavement UK

Tel: [0800 02 888 40](tel:08000288840)

Web: www.childbereavementuk.org

Child Death Help Line

Tel: [0808 800 6019](tel:08088006019)

Web: www.childdeathhelpline.org.uk

Childline

Tel: [0800 1111](tel:08001111)

Web: www.childline.org.uk

Cruse Bereavement Services

Tel: [0808 808 1677](tel:08088081677)

Web: www.cruse.org.uk



Every Mind Matters

Web: www.nhs.uk/every-mind-matters

Domestic Violence Advice Line

Tel: [0808 2000 247](tel:08082000247)

Web: www.nationaldahelpline.org.uk

Family Lives - support to families who are struggling.

Tel: [0808 800 2222](tel:08088002222)

Web: www.familylives.org.uk

Gamblers Anonymous

Tel: [0330 094 0322](tel:03300940322)

Web: www.gamblersanonymous.org.uk

Harmless

Harmless is the national centre of excellence for self harm and suicide prevention. They save lives by providing support, information, training and consultancy about self harm to individuals who self harm, their friends, families and professionals.

Web: harmless.org.uk

Help For Heroes – Hidden Wounds Service

Web: www.helpforheroes.org.uk/get-support/mental-health-and-wellbeing/hidden-wounds-service

Miscarriage Association

Tel: [01924 200 799](tel:01924200799)

Web: www.miscarriageassociation.org.uk

Men's Health Forum

Web: www.menshealthforum.org.uk

Mental Health Foundation

Web: www.mentalhealth.org.uk

Mental Health Support Network provided by Chasing the Stigma, Hub of hope

The UK's largest mental health support directory. Whether you want to find a service to help you feel better or you want to support someone who is struggling, they can help.

Web: hubofhope.co.uk

Mentell - Men, is it time to talk?

Mentell provides circles for men aged 18+ to talk in a safe and confidential space, free from advice and judgement.

Web: www.mentell.org.uk

Molehill Mountain, Autistica

An app to help autistic people understand and self-manage anxiety.

Web: www.autistica.org.uk/molehill-mountain

Money Advice Service

Tel: [0800 011 3797](tel:08000113797)

Web: www.moneyadvice.service.org.uk

MIND

Tel: [0300 123 3393](tel:03001233393)

Web: www.mind.org.uk



Narcotics Anonymous

Tel: **0300 999 1212**

Web: **www.ukna.org**

FRANK - National Drugs Advice

Tel: **0300 123 6600**

Web: **www.talktofrank.com**

NHS

Web: **www.nhs.uk**

No Panic

Tel: **0300 772 9844**

Youthline: **0330 606 1174**

Web: **www.nopanic.org.uk**



OCD (Obsessive Compulsive Disorder) UK

Tel: **01332 588 112**

Web: **www.ocduk.org**

OCD Action

Tel: **0300 636 5478**

Web: **www.ocdaction.org.uk**

OP Courage

A NHS mental health specialist service designed to help serving personnel or veterans. (includes the Op COURAGE urgent care and support service for the Midlands).

Web: **www.nhs.uk/nhs-services/armed-forces-community/mental-health/veterans-reservists**

Tel: **0300 323 0137**

Email: **mevs.mhm@nhs.net**

PANDAS

Tel: **0808 1961 776**

Web: **www.pandasfoundation.org.uk**

PAPYRUS Prevention of Young Suicide

Resources and information for anyone under the age of 35 experiencing thoughts of suicide as well as those supporting. HOPELINE247 lines are open 24 hours every day of the year for children and young people under the age of 35 who are experiencing thoughts of suicide and also for anyone supporting.

Web: www.papyrus-uk.org

Tel: **0800 068 41 41**

Text: **07860 039 967**

Email: pat@papyrus-uk

Rethink Mental Illness

Web: www.rethink.org

Samaritans

Supporting resources and information for anyone experiencing thoughts of suicide as well as those supporting.

Web: www.samaritans.org

Tel: **116 123 - 24** Hour Helpline for anyone struggling or if you are supporting anyone else.

SASP - Support After Suicide

A hub of info for those who have been bereaved, find local support services and resources on how to support someone bereaved by suicide

Web: supportaftersuicide.org.uk

Resources: Help is at Hand – Support after someone has died of suicide booklet supportaftersuicide.org.uk/resource/help-is-at-hand

Finding The Words - Support After Suicide supportaftersuicide.org.uk/resource/finding-the-words

Shout

A free, confidential, 24/7 text messaging support service for anyone who is struggling to cope.

Web: giveusashout.org

Text: texting the word **'SHOUT'** to **85258**

Free, 24/7 mental health text support in the UK

Side by Side – MINDS online community

Web: www.mind.org.uk/information-support/side-by-side-our-online-community

SOBS - Survivors of Bereavement by Suicide

Information for those 18 years and above who have been bereaved by suicide, find local support services and resources on how to support someone bereaved by suicide

Web: uksobs.org

Tel: [0300 111 5065](tel:03001115065) 9am – 9pm 7 days a week

Email: email.support@uksobs.org

Stay Alive App

The Stay Alive App offers help and support to people with thoughts of suicide and to concerned others.

Web: www.stayalive.app

Students against depression

Web: www.studentsagainstdepression.org

Student Minds

Web: www.studentminds.org.uk

The Mix Essential support for the under 25's

Tel: [0808 808 4994](tel:08088084994)

Web: www.themix.org.uk

The Silver Line

Older people can call The Silver Line for free, confidential information, friendship and support.

Website: www.thesilverline.org.uk

Tel: [0800 470 8090](tel:08004708090) The free, 24-hour confidential helpline for older people

UK Council for Psychotherapy

Web: www.psychotherapy.org.uk

Winston's Wish - support for bereaved children

Web: winstonswish.org



YGAM – Young Gamers & Gamblers Education Trust

A charity to inform, educate and safeguard young people against gaming and gambling harms. Provides funded workshops and resources for teachers, youth workers, early help practitioners, parents, universities, faith leaders and health professionals.

Web: www.ygam.org

Young Minds

Parent helpline: [0808 802 5544](tel:08088025544)

Web: www.youngminds.org.uk



Disclaimer:

In producing this booklet Worcestershire County Council has made every effort to provide advice based on up to date evidence for what is effective. It is, however, not intended as a substitute for thorough medical assessment and clinical intervention. If you are concerned about your mental health consult your GP.

Acknowledgements

This booklet is adapted with permission from Everyday Emotional Wellbeing (2001), a BBC Learning Support and Mental Health Foundation publication. Additional material from: The Mental Fitness Guide; Managing Your Mind by Gillian Butler & Tony Hope, Oxford University Press, Oxford, 1995 and World Health Organisation (WHO) Guide to Mental Health in Primary Care 2000, the Royal Society of Medicine Press Ltd.

Five Ways to Well-being

1

Connect

with the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day. Visit: www.worcestershire.gov.uk/council-services/worcestershire-libraries/connect-others-and-boost-your-wellbeing to find out how you can connect more with the people around you.



2

Be active

Step outside. Go for a walk or run. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness. Visit: www.worcestershire.gov.uk/council-services/health-and-wellbeing/healthy-adults/ways-get-active to find out how you be more active.



3

Take notice

Paying more attention to the present moment - to your own thoughts and feelings, and to the world around you - can improve your mental wellbeing. Our NHS Healthy Minds team provide a range of free, confidential support. This includes: Online therapy, groups and courses or more traditional 1:1 support. To find out more visit: www.talkingtherapies.hwhct.nhs.uk/wellbeing.



4

Keep learning

Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun. To find adult courses in Worcestershire go to www.worcestershire.gov.uk and search 'adult learning'.



5

Give

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness linked to the wider community can be incredibly rewarding and creates connections with the people around you. For information on a variety of volunteering opportunities available in Worcestershire visit: www.worcestershire.gov.uk/council-services/communities/volunteering and search 'volunteering'.



Mental health support for children in Herefordshire and Worcestershire



I feel okay - Looking after your wellbeing

Here are some ideas of things you can do to keep feeling happy. They're known as the **5 ways to wellbeing**.

1. Keep active: run, jump or do sports.
2. Take notice: paint what you can see, listen to sounds or play I spy.
3. Connect: talk and make new friends.
4. Keep learning: how you want to.
5. Give: help at home or share with friends.



I feel sad or worried.

Speak to someone you trust, like a parent or carer, a good friend, a teacher or another adult at school.

Visit the **CAMHS website** for helpful tips, fun activities, and support to help you understand your feelings. There are also links to apps and digital tools that you might find useful:

www.camhs.hacw.nhs.uk

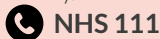


HELP!



I have thoughts of hurting myself or I am in danger

Call the Herefordshire and Worcestershire urgent mental health helpline, open to people of all ages and family/carers 24hrs a day



NHS 111

If you are really hurt, have taken medicines you shouldn't or if you are at risk of immediate harm,



Call 999 or go to

your nearest emergency department.

Other services who can help



Call **116 123** or email: jo@samaritans.org to talk to Samaritans



Text **"SHOUT"** to **85258** to contact the Shout Crisis Text Line

If you're under 19, you can call **0800 1111** to talk to Childline. The number will not appear on your phone bill.



Scan the QR code to access support and information online.

If you're worried about a child's mental health

- Share your concerns with the child's school
- Visit the CAMHS website: www.camhs.hacw.nhs.uk
- If you are a parent or carer speak to your child's GP
- Young Minds parent support: www.youngminds.org.uk/parent

If you need urgent advice, contact the **Herefordshire and Worcestershire urgent mental health helpline via NHS 111** (available 24 hours, 365 days a year).

Mental health support for young people in Herefordshire and Worcestershire

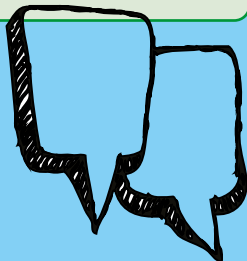


**I feel okay -
Looking after
your wellbeing**

Search '**5 steps to mental wellbeing**' on the **nhs.uk** website for simple tips on looking after your mental wellbeing.

Visit the CAMHS website to access helpful guides to help you manage mental wellbeing. You can also find contact details for local mental health and wellbeing services: **camhs.hacw.nhs.uk/support-online**

Herefordshire - Talk Community, a directory of local support and services in Herefordshire:
www.talkcommunitydirectory.org





I have feelings of stress, anxiety or low mood

Melo supports young people aged 0-25 who need support to address early mental health issues, promote wellbeing and build emotional resilience www.onside-advocacy.org.uk/melo

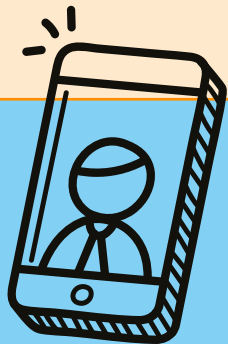
Kooth offers immediate access to an online community of peers and a team of experienced, accredited counsellors.

Visit kooth.com to sign up.

Lumi Nova is digital therapy in the form of a mobile app to help children and young people learn to self-manage, reduce symptoms of anxiety, build resilience and thrive.

<https://luminova.app/handw>

Speak to your GP if you've tried the options above but you're not feeling any better.





**I'm worried I might
hurt myself or
someone else**

Call the Herefordshire and Worcestershire urgent mental health helpline, open to people of all ages and family/carers.



NHS 111

(Available 24 hours, 365 days a year)

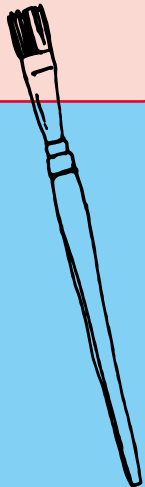
If you are seriously injured, have taken an overdose or if you are at risk of immediate harm



Call 999 or go to your nearest emergency department.


If it's not a life threatening emergency, but you need urgent medical advice visit:

111.nhs.uk



Other services who can help

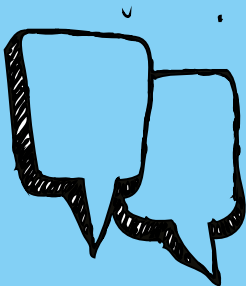
 Call **116 123** or email: jo@samaritans.org
to talk to Samaritans

 Text **"SHOUT"** to **85258** to contact the
Shout Crisis Text Line

If you're under 19, you can call **0800 1111** to talk
to Childline. The number will not appear on your
phone bill.



Scan the QR code to access
support and information online.



Mental health support for adults in Herefordshire and Worcestershire



**I feel okay -
Looking after
your wellbeing**

The Herefordshire and Worcestershire Wellbeing and Recovery College offers a wide range of courses and workshops designed to support your mental wellbeing. They are free and open to everyone living in Herefordshire or Worcestershire:

**[www.wellbeingand
recoverycollege.org.uk](http://www.wellbeingandrecoverycollege.org.uk)**

**Directories of local
community services
and support:**

Herefordshire:
**[www.talkcommunity
directory.org](http://www.talkcommunitydirectory.org)**

Worcestershire:
**[www.worcestershire.gov.
uk/community-services-
directory](http://www.worcestershire.gov.uk/community-services-directory)**



**I have feelings of
stress, anxiety or
low mood.**

**NHS Herefordshire and
Worcestershire Talking
Therapies** provides groups, courses and 1:1 support for people across Herefordshire and Worcestershire. Their website hosts a range of information, signposting and resources for anyone struggling with their mental health:

**[www.talkingtherapies.
hwhct.nhs.uk](http://www.talkingtherapies.hwhct.nhs.uk)**

Text **“SHOUT”** to **85258** to access **Shout**, a confidential, 24/7 text service that offers real-time support to people who are anxious, stressed, depressed, suicidal or overwhelmed.




I'm worried I might hurt myself or someone else

Call the **Herefordshire and Worcestershire urgent mental health helpline.**

NHS 111

This service is open to people of all ages and family/carers and available 24 hours, 365 days a year.

If you are seriously injured, have taken an overdose or if you are at risk of immediate harm,

 **Call 999** or go to your nearest emergency department.

If it's not a life threatening emergency, but you need urgent medical advice visit:

111.nhs.uk

Other services who can help



Call **116 123** or email: **jo@samaritans.org** to talk to Samaritans



Text **"SHOUT"** to **85258** to contact the Shout Crisis Text Line



Visit **www.nhs.uk/every-mind-matters/** or **www.hacw.nhs.uk/urgent-help** for other support.



Scan the QR code to access support and information online.

Orange Button Community Scheme

**Having thoughts of
suicide or worried
about someone
who might be?**



**You can talk to
someone wearing
an orange button.**



**We've had
training to
help you.**

**If you're struggling to
cope then call NHS 111
and select option 2
for urgent mental
health support**

#PreventSuicideTogether



The Little Book of Mental Health

Whether you sometimes experience difficulties yourself or are supporting someone else who struggles with anxiety or depression, this booklet is for you.

It gives you useful tips on managing these problems and advice about when and where to seek help.

Importantly, it looks at things we can all do to avoid mental distress and improve our everyday emotional well-being.

 **Healthy**
Worcestershire



worcestershire
county council