

HEALTH AND WELLBEING

Mental Health Support

If you or someone you know is experiencing mental health issues, it is sometimes difficult to know where to turn. Below are details of some of the most common conditions.

Anxiety

This can be triggered by a number of factors. This could be something distressing which happened to you in the past, which you were unable to deal with emotionally.

Depression

In its mildest form, depression can mean just being in low spirits, but when these feelings begin to affect you on a daily basis and you find it hard to overcome them, it could be a sign that you are medically depressed. At its most severe (clinical depression), it can be life threatening, making the person suicidal.

Obsessive Compulsive Disorder (OCD)

Obsessive thoughts and urges are those that are repeated, but unwanted, such as thinking you have been contaminated by germs or that other people are going to come to harm. A compulsion is a repetitive activity which you feel you have to do.

Post Traumatic Stress Disorder (PTSD)

This may emerge months or years after a traumatic experience and may affect the way you live your life. This can include vivid flashbacks, intrusive thoughts and nightmares.

Self Harm

This can be a way of expressing very deep distress. A way to release feelings such as intense anger or frustration. People often feel that after an episode of self harm, they are able to cope with the world again for a while. This can include, cutting, burning, hitting or even an eating disorder such as anorexia or bulimia.

If you are worried about your own mental health, make an appointment to see your GP as soon as possible.

Below are details of some organisations which may be able to help:

MIND - MIND help people take control of their mental health by providing information and advice. www.mind.org.uk E-mail: info@mind.org.uk Helpline: 0300 123 3393

Rethink - Work to help everyone affected by severe mental illness providing a range of services. www.rethink.org Advice and Information: 0845 456 0455

NHS Choices - NHS choices provides a range of information on mental health issues and where to find support. www.nhs.uk

Samaritans

Confidential, non judgemental emotional support 24 hours a day for people who are experiencing feelings of distress and despair, including those which could lead to suicide. www.samaritans.org
Telephone: 08457 90 90 90

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ACCESS OUR SERVICES:
0800 389 8820

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Legal Helpline

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