



+44 (0) 1822 819 786 <https://www.hub-4.co.uk/mental-health-awareness-training-course/>

Help to improve poor mental health

It is not always easy to describe how you are feeling - If you can't think of one word, use lots of words to tell someone, who really wants to know and may be able to support you. Just let the conversation develop naturally and describe what it feels like inside your head - what it makes you feel like doing.

There are organisations who want to help and are great at listening – for example:

- Telephone 111 to ask for advice and get immediate help if in crisis
- Crisis team and community Mental Health Teams at your local NHS
- MQ – Transforming Mental Health 2016 (www.mqmentalhealth.org)
- [SANE](#) runs a national, out-of-hours mental health helpline offering specialist emotional support and information to anyone affected by mental illness, including family, friends and carers. The helpline is open every day of the year from 6pm to 11pm. The helpline can be reached on 0300 304 7000.
- [Mind](#) offer advice, legal information, and support across a range of mental health conditions. The line is open from 9am-6pm, Monday to Friday (except for bank holidays). The infoline can be reached on 0300 123 3393. You can also text Mind at 86463.
- *Rethink Mental Illness*
[Rethink Mental Illness](#) offers practical advice and support to those experiencing severe mental illnesses, such as schizophrenia, and to their carers and relatives. The Rethink Advice Line can be reached on 0300 5000 927.

If you would like to talk to others

There are a range of mental health forums where you can talk to others about your experiences and hear their stories too. Below are a few popular support forums:

- **Elefriends**
A community support forum hosted by the charity Mind, where individuals can talk about any aspect of their mental health.
- **The Mix**
Open forums for under-25s to discuss mental health and other topics.
- **Bipolar UK community**
A support forum for everyone affected by bipolar disorder.

These organisations and many more in your local area will support you however you need to reach out to them first or get a friend, counsellor or family member to help you access this network of support.

These organisations and your friends and family may encourage you to become active and take part in activities with others. This has a beneficial effect on your wellbeing:

Exercise – even just walking – stimulates ‘feel good factor’ chemicals like serotonin, oxytocin and dopamine. Changing your exercise also helps to improve your mood and stimulate different muscles.

Stretching - Yoga has been practiced around the world for hundreds of years, so find a local class and experience the benefits



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Pilates - was created in the 1920s by the physical trainer Joseph Pilates to aid rehabilitation. Some of the first people treated by Pilates were soldiers returning from war and dancers, to strengthen their bodies and heal their aches and pains. It has also been found to aid positive mental health.