

Taking care of our mental health is not always easy. We might be worried or anxious and not always sure what we can do or who we can talk to.

We have put together a range of flyers for you to download for free from our website. They include well-being tips as well as helpline information.

You can share them on social media, e-mail them or print and display them around your workplace.

Let everyone know it is OK to talk about mental health.

Let's start that conversation.

www.mindinharrow.org.uk

 **mind in Harrow**
for better mental health




CONTACT US

for mental
health support

020 8426 0929





What we eat may
affect how we feel.
A diet that is good
for your physical
health is also good
for your mental
health.

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For better mental health




swish
Support & Wellbeing
Information Service Harrow
#SeekHelpEarly

Call us for
mental
health support



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Regular exercise can
boost your
self-esteem
and can help you
concentrate, sleep, and
look and feel better.

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mental health
support





Strong family ties
and friendships can
help you deal with
the stresses of life
and maintain good
mental health.



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Enjoying yourself can help beat stress. Do an activity you love to improve your mood.



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None of us are
superhuman. If things
are getting too much
for you and you feel
you can't cope, ask
for help.



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A young man and woman are smiling and taking a selfie on their bicycles. The man is wearing a teal t-shirt and the woman is wearing a floral jacket and sunglasses. They are outdoors near water at sunset.

Taking a break is good for us. A change of scene or a change of pace can be good for your mental health.


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support





Talking about your
feelings can help you
stay in good mental
health and deal with
times when you feel
troubled.

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For better mental health



It's okay to ask for professional help if you feel that you are struggling to manage on your own. It is important to get help as soon as possible so you can begin to get better.



for better mental health

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For better mental health



UK helplines for emotional support on weekends and after hours



Samaritans: 116 123

Free day and night
365 days a year

CALM 0800585858

5pm to midnight,
365 days a year

SANEline

0300 304 7000
(4.30pm–10.30pm
every day)

The Mix on
0808 808 4994
(Sun-Fri 2pm–11pm,
for Under 25s)



in Harrow

SHOUT crisis
text line
Text 85258
to get 24/7 help