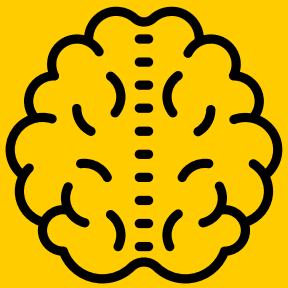


WORLD MENTAL HEALTH DAY

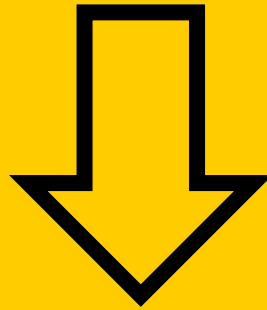


MENTAL HEALTH MATTERS.

After months of lockdown, loss and ongoing uncertainty due to the COVID-19 pandemic, our mental health matters now more than ever. World Mental Health Day looks to remind individuals, families, friends and organisations alike of the small steps we can take to support each other positively in these times.

COVID-19 IMPACT'S ON MENTAL HEALTH.

60% of adults and 68% of children have said their mental health has gotten worse during lockdown. Some people have developed new mental health concerns; for others, existing ones have worsened. The most common issues experienced during this pandemic have been anxiety, loneliness and depression.



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START SMALL - DO ONE THING TODAY.

Practical things do not have to be 'big' to make a difference. For example - taking a walk, giving yourself enough time to enjoy a meal, playing a game, calling a friend or even using an online search engine to find local support for yourself. Commit to one practical step a day – no matter how small.

REACH OUT – TALK & LISTEN.

Normalise talking about your feelings. If you have the emotional space, lend your ear to others - listen to what other people say and take their words seriously.

Need someone to talk to? The IAPT service is free, confidential and can be accessed via GP or self-referral. Click [here](#) for more details.



GETTING HELP.

Check out our local partners supporting mental health in Harrow listed in the red sidebar. Consider sharing what works for you with others e.g. at Thrive LDN's youth-led virtual festival for World Mental Health Day – sign up [here](#).

If you are struggling with thoughts of immediate self-harm and suicide, please seek help at your local GP, walk-in facility or A&E.

