



Choose well for your mental health and wellbeing – a guide for adults

It's important that we look after our mental health and wellbeing the same way we do with our physical health.

If you hurt yourself physically, there would be things you could do to make yourself feel better. Say you sprained your ankle – you can rest it and take weight off it. The same is true for your mental health. If you notice changes to your mental health and wellbeing, there are things you can do to improve how you feel.

The earlier you recognise changes to how you're feeling or behaving, and begin to take steps to improve things, the less likely these will get worse.

This guide has been created to help you to choose well to support your mental health and wellbeing. Carers, friends and families can also use this guide to look out for those close to them and direct them to the right support. It's a good idea to familiarise yourself with this so you know what to do in different situations.

Self care

Things you can do to proactively look after your mental health and wellbeing.

Mental health helpline

Someone to listen and signpost you to help or support.

Talking Therapies

One-to-one or group therapies.

GP Practice

Your GP practice can refer you to secondary mental health services or prescribe medication.

Specialist mental health services

Offer education and treatment on certain mental health illnesses.

Crisis or emergencies

It's important you know what to do in a crisis or emergency situation.

Self care

How I might be feeling...

- Not feeling quite right
- Feeling stressed
- Feeling 'out of sorts'
- Not sleeping well
- Feeling isolated or lonely
- Dealing with bereavement
- Managing anger
- Struggling with low self-esteem
- Loss of interest in things you normally enjoy doing
- Avoiding contact with others
- Drinking more alcohol on a regular basis

What can I do?

Discover the five steps to mental wellbeing:

- Connect with other people
- Be physically active
- Learn new skills
- Give to others
- Pay attention to the present moment (mindfulness)

Read up on the five steps to mental wellbeing at:

www.nhs.uk/conditions/stress-anxietydepression/improve-mental-wellbeing

[Attend FREE health and wellbeing courses at the Trust's Recovery College.](#)

Recovery College courses range from half day workshops to 8-week courses in weekly bite size sessions and relate to mental health, employment and volunteering, life skills, the arts and well-being, delivered digitally and face to face in the community.

Visit www.therecoverycollege.co.uk

Telephone: 0121 543 4061

Email: info@therecoverycollege.co.uk



Mental Health Helpline

How you/someone might be feeling...

- Like you're at risk of developing mental health problems
- That you are finding it difficult to manage a diagnosed common mental health problem
- That you need support for your mental health but don't know where best to go
- Experiencing mental health distress
- That you need information, advice and support from a trusted source

What can you/someone do?

There is a 24-hour mental health helpline, operating seven days a week and is available to Black Country residents of all ages.

If you are experiencing increased distress or anxiety during these uncertain times, please don't suffer in silence, pick up the phone and speak to one of our specialist mental health professionals who will be able to support you.

Contact our 24-7 mental health support line by calling

0800 008 6516

You can also text the service if you aren't a fan of calling on

07860 025 281



Talking Therapies

How you/someone might be feeling...

- Low mood and tearfulness
- Feeling down
- Feeling anxious, including;
 - Panic attacks
 - Obsessive and compulsive thoughts and behaviour (OCD)
 - Phobias
 - Social anxiety
 - Health anxiety
 - Dealing with trauma such as post-traumatic stress disorder (PTSD)
- Struggling with every-day tasks
- Feeling very stressed/unable to relax
- Hoarding
- Insomnia and problems with sleep

What can you/someone do?

You can refer yourself into your local talking therapies service, also known as psychological therapies or IAPT or Healthy Minds, without seeing your GP.

Talking therapies provide one-to-one appointments alongside group workshops.

You can find your nearest talking therapies at:
www.nhs.uk/talk

Not online? Contact the Black Country 24/7 mental health helpline on 0800 008 6516 or your GP practice for information.

More can be found about our Talking Therapy services at Black Country Healthcare NHS Foundation by visiting www.blackcountryhealthcare.nhs.uk and searching 'Talking Therapies'





GP Practice

How you/someone might be feeling...

- Feeling depressed for most of the day, every day for over two weeks
- Anxiety which is affecting your daily life and causing you distress
- Self-harming - intentionally damaging or injuring yourself
- Uncontrollable worrying
- Frequent obsessive thoughts and compulsive behaviours
- Eating or problems with food and exercise (binge eating, deliberately being sick, exercising too much)
- Memory problems that are affecting your life (or a relative or person you care for)
- That you've tried other support which hasn't helped

What can you/someone do?

Book an appointment with your GP practice – you could be seen by a mental health practitioner.

A discussion and support from your GP or nurse might be all the help you need, but if not they can refer you to secondary mental health services or can prescribe medication that may help you.





Specialist mental health services

How you/someone might be feeling...

- Hearing voices or seeing, feeling, tasting or smelling things that aren't there (hallucinations)
- Erratic and distressing behaviour, including impulsive actions and not being able to control your emotions
- Extreme fluctuations in mood, including:
 - Extreme high and low moods
 - Suicidal thoughts that come and go
- Difficulty concentrating or thinking, sometimes due to being preoccupied with unusual experiences, beliefs or fears
- Risky, challenging or violent behaviour including high risk of criminal activity

What can you/someone do?

To be able to get support from secondary mental health services, you will most likely need a referral from your GP, or another health, care or public sector professional who may be supporting you with your mental health and wellbeing. This includes; hospital, GP staff, police, courts, housing associations and staff from your local council.

Secondary mental health services, also known as specialist services, can offer education and treatment on certain mental health illnesses. They can help you find ways of coping and managing your mental health and wellbeing so that you can be supported to live well in your home or community.

Black Country Healthcare NHS Foundation Trust provide secondary mental health services across the Black Country (Dudley, Sandwell, Walsall and Wolverhampton).



Crisis or emergencies

How you/someone might be feeling...

- Feeling like you may seriously harm or injure yourself or other people
- Feeling suicidal or like you want to die
- No longer feeling able to cope or be in control of your situation
- Extreme distress or extreme changes in behaviour
- Seriously harmed or injured yourself

What can you/someone do?

If you or someone else has seriously harmed or injured yourself/themselves, always call 999 or go to your nearest Accident and Emergency.

If you already get mental health support from a health or care organisation, please contact the team that provides you with treatment. You may have a care or safety plan already. This will help with your treatment and will tell you who to contact in a crisis

You can also get support in a mental health crisis by:

- Calling NHS 111, a 24-hour helpline
- Booking an emergency appointment with your GP practice. Outside of normal surgery hours you can still phone your GP, but you will usually be directed to an out-of-hours service
- Contacting the Black Country 24-hour mental health helpline for anyone who is a resident in the Black Country. You can call 0800 008 6516 or text message 07860 025 281.