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Gateshead Wellbeing Guide



...making the most of yourself



www.wellbeinginfo.org

Scan me



Wellbeing

Wellbeing is defined as 'a positive state of body and mind, feeling safe and able to cope with a sense of connection with people, communities and the wider environment'.

'a sense of balance'

'feeling able to cope'

'feeling mentally and physically well'



Be Resilient, Be Well

Local Mind Associates offer a variety of preventative, resilience and wellbeing projects.

Washington Mind hosts wellbeinginfo.org and offers a variety of training.

Tyneside Mind offer personal development groups, one to one support, peer support groups and meaningful lifestyle activities in a friendly, supportive environment.

For more information contact Tyneside Mind by calling (0191) 477 4545, by emailing admin@tynesidemind.org.uk or by going to the website www.tynesidemind.org.uk





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Five-a-day for health & happiness



Connect



Be Active



Take Notice



Keep Learning



Give

There are two aspects of wellbeing; feeling good and functioning well, both of these are an important part of being healthy.

This Wellbeing Guide was designed to give advice and information about how to keep your mind and body healthy and where to find help if you have a problem. It offers self-help tips, general information and a quick guide to local services.

Whether you have a health concern yourself, are helping a friend or simply curious about emotional health and wellbeing we hope that you find the guide useful.



Five a Day for Health and Happiness

Building small actions into your daily life can make you feel good, and feeling good is an important part of being healthy. There are five ways to wellbeing that are proven to make a real difference to your life ...



Connect... with the people around you, family, friends, colleagues and neighbours, at home, work, school or in your local community. Building these connections will support and enrich you every day.



Be active... Go for a walk or run, step outside, cycle, play a game, garden or dance - exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.



Take notice... Be curious, catch sight of the beautiful, remark on the unusual, notice the changing seasons, savour the moment and be aware of the world around you and what you are feeling.



Keep learning... Try something new, rediscover an old interest, sign up for that course, take on a different responsibility at work, set a challenge you enjoy achieving - Learning new things will make you more confident as well as being fun.



Give... Do something nice for a friend or a stranger, thank someone, smile, volunteer your time, join a community group - Seeing yourself and your happiness, as linked to the wider community can be incredibly rewarding and creates connections with the people around you.

Research from the Foresight Project shows that building these actions into your daily life can add 7.5 years to your life!



Add your own 5 a day story by going to www.wellbeinginfo.org

Exercise

Physical activity can boost mental wellbeing and change your outlook on life. It can help people with anxiety and depression and might even prevent such problems from developing in the first place. Whatever activities you choose and whether you do it in a group or on your own, indoors or out, you're likely to benefit psychologically.

What counts as physically active?

Simple, everyday activities, such as gardening and walking

Exercise, such as cycling, swimming or working out

Sports, such as playing football, golf, or netball

Joining a gym or exercise class

Regular physical activity can lift your mood, help you deal with negative emotions (such as anger) and bring you a general sense of mental wellbeing. It can help you sleep better, reduce tension levels, feelings of stress or fatigue, and give you more energy.

Some people develop a much more positive self-image, through changes to their body shape, as they begin to lose weight or feel their muscle tone get better. This, in itself, improves mental wellbeing.

'Green' Exercise

Research has shown that doing physical activity outside can boost the impact of exercise on your psychological wellbeing. Research shows outdoor activity can reduce symptoms of depression, improve self esteem, reducing fatigue, frustration and tension.



Outdoor activity can be as effective as an antidepressant in treating mild to moderate depression.



Good Mood Food

You are what you eat



A checklist to help improve your wellbeing...

- Keep hydrated - drink 6 to 8 glasses of water per day
- Eat regularly - don't skip breakfast
- Try to find foods that release energy slowly such as wholegrains, oats and seeds
- Avoid refined sugary foods
- Reduce caffeine and alcohol intake

Change your diet, change your mood?

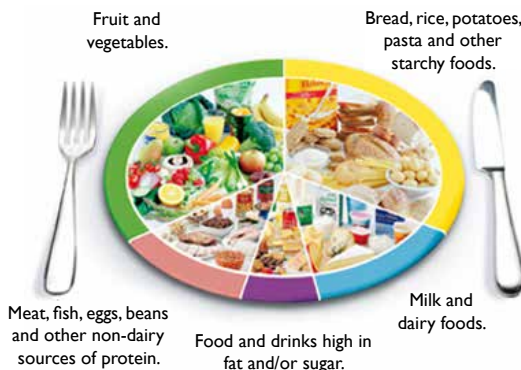
Science says the answer is yes. Food isn't just fuel for the body; it feeds the mind and changes our moods. Try these five mood-boosting snacks.

1. Bananas
2. Nuts
3. Sunflower Seeds
4. Dark Chocolate
5. Eggs

Eat Well Plate

The eatwell plate highlights the different types of food that make up our diet, and shows the proportions we should eat them in to have a well balanced and healthy diet.

It's a good idea to try to get this balance right every day, but you don't need to do it at every meal and you might find it easier to get the balance right over a longer period, say a week.



"Let medicine be thy food and food be thy medicine." Hippocrates



For more info go to www.wellbeinginfo.org and search for Healthy Eating

Alcohol - Know Your Limits



Mental health problems are not only the consequences of too much drinking, mental health problems can also cause people to drink too much. At the simplest level, we often drink because we wish to alter our mood - or change our mental state. Growing evidence suggests that alcohol - or too much of it - can have a negative effect on our mental health as well as physical health.

Drinking causes damage you can't see!

1) How often do you have a drink that contains units of alcohol?

0 Points	Never	1 Point	Monthly or less	2 Points	Once a week	3 Points	2-3 times a week	4 Points	4+ times a week
----------	-------	---------	-----------------	----------	-------------	----------	------------------	----------	-----------------

2) How many units of alcohol do you consume on a typical day when you are drinking alcohol?

0 Points	1-2	1 Point	3-4	2 Points	5-6	3 Points	7-8	4 Points	10+
----------	-----	---------	-----	----------	-----	----------	-----	----------	-----

3) How often do you consume six or more units of alcohol on one occasion?

0 Points	Never	1 Point	Less than monthly	2 Points	Monthly	3 Points	Weekly	4 Points	Daily or almost daily
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How did you do?

0-4

Congratulations! You are a lower risk drinker and are less likely to develop alcohol-related problems.

5-8

Watch out! You could be increasing your risk of developing alcohol-related problems.

9-12

You could be a high risk drinker. Act now to reduce your alcohol intake!

Are you surprised to find yourself in the increased or higher risk category?

You may wish to reduce your alcohol intake by following the NHS 6 step plan:

1. **Think** of your reasons for change - There are plenty of good reasons but make yours personal to you.
2. **Establish** what you currently drink and set a goal - Make the goals short and realistic, break bigger goals into smaller ones.
3. **Think** of when you might struggle - Even the most committed person may struggle to stick to goals due to external factors such as stress or special occasions.
4. **Plan** for times when you might struggle - Work out what you will do and how you will cope.
5. **Find** support if you need it - Choose someone you feel comfortable with and be honest.
6. **Stick** to your goals - Review your progress, maybe set new goals and keep with what works and change what doesn't.

Drinkline is the national alcohol helpline call **0800 917 8282**



Stop Smoking

Smoking is sometimes used to cope with the stress of having a mental health problem, to cope with being isolated and bored, to create a feeling of being in control, or to deal with financial difficulties.

For people wanting to enjoy the health benefits of giving up, a range of Stop Smoking Services are available locally, offering specialist support, either one-to-one or in a group, for those who need it. Exercise and healthy eating has also been linked to enhancing your chances of quitting. You can speak to your GP, pharmacist or visit the NHS Choices website for more information.

The top ten health benefits for quitting are as follows:

- Better fertility
- Better sex
- Improved breathing
- Reduced stress
- More energy
- Better teeth
- Younger looking skin
- Longer life expectancy
- Improved senses
- Healthier loved ones

Most smokers giving up will experience some temporary withdrawal symptoms. These are a result of the body ridding itself of toxins.

Get local support today that really works by calling freephone 0800 531 6317
For details of your nearest advisor text Smokefree and your postcode to 80800



For more info go to www.wellbeinginfo.org and search for Smoking

Money and Mental Wellbeing

Managing personal finances and good mental health go hand in hand. Financial Capability means being able to manage your money, keep track of your finances, plan ahead, make informed decisions about financial products and stay up to date with financial matters.

If you are struggling to keep control of your income and expenditure, you may find that your mental health is affected. Likewise if you find that you cannot cope with your feelings or behaviour, your finances may be neglected.



1 in 2 adults with debts has a mental health problem. 1 in 3 people with a serious mental health problem are in debt. They are three times more likely to be in debt compared to people without similar conditions.

How to help

If you are worried about your own or someone else's debts it is essential to act sooner rather than later. Time spent helping people address their debt problems could improve their overall health and wellbeing and reduce future service use. Follow these four simple steps to help -

C.A.R.E

Consider debt as an underlying cause in stress-related illness, both mental and physical.

Ask simple questions about debt; emphasise the value of money advice - early intervention can prevent a crisis.

Refer to an appropriate debt agency (telephone, on-line or face-to-face). Use this guide to find free and independent advice services.

Engage with advisers - a referral to a money adviser is the first step.

Financial problems can be solved. There are many organisations that can help.

Mind have developed a booklet 'Keeping on top of your finances' and there is further information on the mind website www.mind.org.uk.

The Money Advice (MA) service helpline is **0300 500 5000**



'The time to relax is when you don't have time for it.'
J. Goodwin / S. J. Harris

Relaxation

Planned relaxation calms anxiety and helps your body and mind recover from everyday rush and stress. Music, a long soak in the bath, or a walk in the park do the trick for some people, but for others it's not so easy. If you feel you need help with learning to relax, try a CD or relaxation or meditation class.

A basic relaxation exercise to try yourself is:

- Choose a quiet place where you won't be interrupted.
- Do a few gentle stretching exercises to relieve muscular tension.
- Make yourself comfortable, either sitting or lying down.
- Start to breathe slowly and deeply, in a calm and effortless way.
- Gently tense, then relax each part of your body, starting with your feet and working your way up to your face and head.
- As you focus on each area, think of warmth, heaviness and relaxation.
- Push any distracting thoughts to the back of your mind, imagine them floating away.
- Don't try to relax, simply let go of the tension in your muscles and allow them to become relaxed.

Some people find it helpful to visualise a calm, beautiful place such as a garden or meadow.

Stay like this for about 20 minutes, then take some deep breaths and open your eyes, but stay sitting or lying for a few moments before you get up.

Relaxation is one of the most effective self-help activities for good mental health. It can be a useful addition to any other form of treatment as well as being an effective measure to prevent the development of stress and anxiety.



To listen to relaxation techniques go to www.wellbeinginfo.org and search for Relaxation

Sleep

People may worry about not getting enough sleep, but worrying often makes it worse. It's easy to overestimate how much sleep you need, or not to realise it's normal to wake briefly each night. The occasional bad patch is harmless and usually rights itself. It is only of concern if it's been going on longer than a month.

Ten tips to help you sleep

- 1) Establish a regular routine. Go to bed only when you're tired and get up at the same time each day. Avoid napping during the day.
- 2) Check your sleeping arrangements. Think about comfort, temperature, light and noise levels.
- 3) Learn to de-stress before bed. Dismiss nagging thoughts by writing them down. Have a warm bath, practise a relaxation technique, or listen to a relaxation tape (but don't read or watch television in bed).
- 4) Don't eat late. Avoid rich, spicy or sugar-rich foods, red meat and cheese. Choosing wholemeal, low-fat, magnesium-rich foods (green salads, broccoli, nuts and seeds) may encourage sleep, as may drinking hot milk and honey.
- 5) Get enough exercise. Fit people sleep better.
- 6) Don't stay in bed. If you can't sleep, get up after 20 minutes and go through your relaxation routine again.
- 7) Try out complementary remedies. Yoga, meditation, homeopathy or herbal remedies, such as lavender or valerian, may help.
- 8) Keep a sleep diary. This helps you identify potential causes for your sleeplessness.
- 9) Use strategies. Try some reverse psychology: keep your eyes open and tell yourself to resist sleep. Interrupt unwanted thoughts: repeat a soothing word to yourself. Visualise a scene or landscape that has pleasant memories for you.
- 10) Talk to your GP. Sleeping pills present problems, but a brief course is sometimes appropriate. Ask about talking treatments, such as Cognitive Behavioural Therapy or referral to a sleep laboratory.



Night - time relaxation routine

Breathe deeply, counting slowly up to four as you breathe in, hold for another four seconds and then breathe out slowly. Consciously tense and relax your muscles, in turn, starting at your toes and working up your body.



Men's Health

Lots of men are victims to early deaths that can be prevented. This can be through making lifestyle changes such as losing weight, doing more exercise or stopping smoking - or simply being more aware of symptoms of certain conditions and not putting off going to see the doctor. Awareness of services that promote health and wellbeing enable men to be more informed about their own health. Although men may not always like to access health services and activities, other people in their lives like partners, family etc. listen to health promotion messages and pass them on to men and encourage them to take part.

Men are more affected by cardiovascular disease and cancers with levels of smoking, alcohol use and obesity contributing to this significantly. Their emotional health and wellbeing is a concern; men are known to be more likely than women to undertake self-harming behaviours such as excessive alcohol intake, inadequate/inappropriate diet and more likely than women to complete suicide. Going to the doctors is generally delayed and reliant upon someone else eventually "making them go".

Make a **START** to improve your wellbeing:



Stop smoking.



Take 30 minutes exercise a day.



Ask for help, speak to your doctor or seek advice about the things that worry you.



Reduce alcohol – drink no more than 3-4 units a day and aim for at least 2 alcohol free days a week.



Try eating a healthy diet high in fibre, fruit and veg. Avoid high fat and high sugar foods.





A Guide to Women's Wellbeing

1. Take care of yourself

Don't feel bad about putting yourself first. Women often take responsibility for everyone else's health and put their own needs last. Try to consider your own health needs. If you improve your wellbeing the rest of the family will benefit from a healthy you.

2. Recognise the link between physical and emotional wellbeing

Physical and emotional wellbeing are closely linked. If you are struggling with a physical health issue it can negatively affect your mental health. Similarly anxiety, depression and low mood can lead to physical complaints. Taking care of your whole self is the way forward. Physical exercise and improved nutrition have a positive impact on your energy levels, emotional health and overall wellbeing.

3. Women's health issues

At various stages in women's lives there are health issues that only affect us. Menstruation, pregnancy, motherhood and menopause are natural life stages that impact on our well being in mental, emotional and physical ways. Women's health projects exist to give you support during difficult times and complement statutory services offered by GP's and the NHS. Try to talk and get advice rather than thinking this is something you have to suffer through.

4. Domestic Violence and Abuse

1 in 4 women experience domestic violence at some point in their lifetime. This has a huge impact on women's physical health but also on their confidence and self esteem. At the core of domestic violence is power and control. If you think that your partner or children may be controlling you and that you want to talk to someone in confidence there will be a local domestic violence agency near you who will give you support. There will be no pressure to make changes, just information to help you make informed choices when you are ready.

5. Low confidence and self esteem

Difficult life experiences such as living with abuse, financial difficulties, poor housing, relationship difficulties, bereavement, etc. can lead to a drop in confidence. Women can sometimes feel that they don't matter and do not have a voice. Getting support to build your confidence through assertive behaviour can help us change difficult circumstances. There are Assertiveness and Confidence Building courses at many adult education venues in your area.



*Contributed by staff and volunteers of Women's Health in South Tyneside (WHiST)

Go to www.wellbeinginfo.org and search for Health and Wellbeing

Children and YOUNG PEOPLE

You're never too young to **START** looking after yourself!

Top tips to boost your wellbeing:

Socialising with friends and family

It's great to use social media to keep in touch with your mates, but it's better for your wellbeing to balance this with face to face contact with them.

Eating healthy, feel health

Good food is not only good for your body, it's also good for your mind. At the same time things like unhealthy diet, alcohol and cigarettes are known to be harmful to both your body and your mind.

Get physical

Physical activity can boost your general wellbeing and self esteem. Do something you enjoy, like having a 'kick about' with your mates or get your dancing shoes on - exercise does not have to be boring!

Take time out

Make sure you keep an eye on your stress levels, if you need some time out from stressful situations and/or activities. Ensure you find time to talk things through with someone you trust, if you think things are getting too much. Sleep well!

Get involved

Explore new ways you can meet people with similar interests/lifestyles to you, also helping others can make you feel good about yourself. Try joining local groups and community activities as this can really help you feel part of something positive.

Believe in yourself

Boosting your self esteem will improve your emotional health. By following these Top Tips you can improve your self esteem and feel better about yourself.

Did you know?

Even if you are under 16, you can see your GP or Practice nurse on your own!

Go to www.wellbeinginfo.org and go to the Children, Young People and Family section and watch a young person's experience within a GP surgery.



Recognising Stress :

Are you...

- Tense?
- Irritable?
- Can't cope?
- Can't be bothered?
- Tearful? Can't sleep?
- No time? No energy?
- Drinking or smoking more?

Then you may be experiencing stress.

A certain amount of stress is useful to us – it keeps us going, providing us with the stamina to get through stressful situations. But prolonged exposure to stress can be bad for us. Stress is our body preparing to cope with a particular situation.

Some of the things that can cause us stress (stressors) are; job demands, relationship difficulties, exams, interviews, daily hassles or simply being too busy. A physical injury or illness can create stress on top of other emotional difficulties.

Turn over to complete the stress test...

“Tension is who you think you should be.
Relaxation is who you are.”
Chinese proverb



Do you feel tight chested or breathless when not exercising?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have headaches?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have sleeping difficulties?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you smoke to calm your nerves?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you drink to help you unwind?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you get indigestion or heartburn?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel sickly?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel unusually tired?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you find it difficult to sit still?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you have unexplained neckache or backache?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you grind your teeth?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you sweat for no apparent reason?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel dizzy/light headed for no apparent reason?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you crave food or nibbles between meals?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you lack appetite at meal times?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Score results:

Total

Between 62 and 98

Your stress levels are too high. You need to reduce your stress levels immediately. Already your body is beginning to adapt to stress so you must recognise the need to take care of yourself.

Between 40 and 61

Your stress levels are ok but don't be complacent. If you do not practice relaxation and other ways of keeping stress to a minimum, you could find them rising steadily.

Below 40

You appear unaffected by stress which is great. Remember though like all scores they only reflect how you are feeling at the moment.

"You can't expect to discover new horizons if you're not prepared to lose sight of the shore" Anon

Did you know?

Although there is a lot you can do to keep yourself well, there are times when a bit more help is needed..

Myth - Mental health problems are very rare

Fact - Mental health problems affect 1 in 4 people

One in four of us will have a mental health problem at some point in our lives and last year alone nearly 40 million antidepressant prescriptions were issued in the UK.

The term, 'mental health problem' covers a wide range of issues; some of the more common ones are sleep problems, stress, anxiety and depression. Anxiety and depression often occur together.

Mental health issues can affect anyone, of any age and background, as well as having an impact on the people around them such as their family, friends and carers.

Long-term problems can lead to considerable disruption and difficulty in people's lives, and many of the people affected find ways of managing their problems and are able to lead active lives.

Emotional symptoms are common but do not necessarily mean that the sufferer has a mental disorder.

Many mood disorders are a short lived response to stress in people's lives such as bereavement.

Potentially half of mental health problems are preventable



Improving Access to Psychological Therapies (IAPT)

The Improving Access to Psychological Therapies Service is a national initiative but it is sometimes delivered in slightly different ways in different areas of the country. In a lot of areas the IAPT services are integrated with the Primary Care Mental Health teams.

IAPT Teams work with people over the age of 16 who are experiencing mild to moderate common mental health problems including:

- Depression
- Stress Control
- Pre-menstrual Tension (PMS)
- Sleep
- Other emotional issues
- Trauma
- Panic
- Anger
- Relaxation
- Post-Natal Depression
- Anxiety

All IAPT staff are trained in NHS approved therapies and offer a range of therapies to suit individual needs.

To find out what services your local team provide contact:



Gateshead
If you live in Gateshead contact Gateshead Primary Care Mental Health Service on **0191 283 2541** 



South Tyneside
If you live in South Tyneside contact The South Tyneside IAPT Service on **0191 283 2937** 



Sunderland
If you live in Sunderland contact Sunderland Psychological Wellbeing Service **0191 566 5454** 



To listen to relaxation techniques go to www.wellbeinginfo.org and search for Primary Care

Recognising Depression :

While each person will be affected by depression in their own individual way, many depressed people experience some of the same symptoms which can include, among others:

- Losing interest in life
- Finding it harder to make decisions
- Not coping with things that used to be manageable
- Exhaustion
- Feeling restless and agitated
- Loss of appetite and weight
- Difficulties getting to sleep or sleeping too much

If you are experiencing some of these symptoms for two weeks or more and to such an extent that you feel very distressed or unable to cope, it is important to get help. The earlier depression is diagnosed, the more quickly it can be treated.

Self Help:

Exercise

Seek support, speak to someone

Eat a healthy diet

Plan meaningful activities

Be kind to yourself

If you feel unsafe, want to harm yourself or are feeling suicidal, seek professional help immediately.

"To wish to be well is part of becoming well." Seneca



Recognising Anxiety :

Although there is no precise definition of anxiety, most people recognise they are feeling anxious because they experience a number of physical, emotional and mental changes. These will vary from person to person but may include:

- Feeling worried all the time
- Tiredness
- Irritability
- Inability to sleep
- Difficulty concentrating
- Racing heartbeat
- Sweating
- Muscle tension and pains
- Shaking
- Breathing heavily
- Feeling dizzy or faint
- Indigestion or diarrhoea

Self help:

Exercise

Eat a healthy diet

Promote good sleep

Practice breathing and relaxation techniques

Seek support, speak to someone

“Love looks forward, hate looks back,
anxiety has eyes all over its head.”

Mignon McLaughlin



What is ?

A Drop-in/Social Support

A place to meet new people who may have had similar experiences, get support and information. Some services provide additional social support through social activities and trips.

Group-work

Therapeutic groups enable individuals to share experiences, learn and develop coping strategies and access support e.g. bereavement, depression, anxiety groups etc. Alternative groups enable people to share interests in a safe, supportive environment e.g. arts and crafts, walking, book and film clubs.

Holistic/Alternative/Complementary Therapies

A range of evidence-based holistic therapies including Clinical Aromatherapy, Indian Head Massage, Reiki, Reflexology, Life Coaching, Relaxation and Hypnotherapy.

Independent Advocacy

Advocacy enables the individual to have their voice heard, identify their issues/concerns whilst allowing the advocate to explore realistic options.

Information/Advice & Signposting

Offer information either about services or particular issues (e.g. mental health). Not all will give advice and some may 'signpost' or direct you to other services that may better suit your needs.

Listening Services

Trained listeners do not provide therapy or advisory services but use active listening skills to offer support.

Mentoring

Mentoring is where knowledge, skills and experience is offered in a supportive and challenging environment (much like coaching/befriending).

Self/Professional Referral

When a person is 'referred' to a particular service we call this a 'referral' Some services accept referrals from the person themselves (self), others accept referrals only from professionals (e.g. GPs).

Service User Led Groups

Led by people with similar issues who use the services themselves. Service user driven services are where people are actively engaged and involved in developing services. Peer support groups are where people with similar issues support one another.

Talking Therapy

A regular time and space for people to talk about their issues, explore difficult feelings and coping strategies with a professional.



Jargon Buster

One of the difficulties for people using any type of service are the words used by those of us who work in them. We often use acronyms - words formed from initial letters - and terms that only make sense to those of us in the know. The following lists are a sample of some of the letters and job roles you might hear us talk about.



What is ...



For more info go to www.wellbeinginfo.org and go to... What Is?

QUESTIONS?

Jargon Buster

CAMHS

Child and Adolescent Mental Health Services
Promotes the mental health and psychological wellbeing of children and young people.

CBT

Cognitive Behaviour Therapy
A talking therapy which involves working with people to help them change their thoughts, emotions and behaviour.

CCBT

Computerised Cognitive Behaviour Therapy
Training delivered via a computer.

CMHT

Community Mental Health Team
Help people with mental health issues to live in the community with support.

CPA -

Care Programme Approach
A plan that involves the person who uses certain mental health services to be involved in planning their care and support.

DBS

Disclosure and Barring Service
Helps organisations to provide safe services by identifying people applying for certain positions who may not be suitable to work with children or other vulnerable members of society.

DLA

Disability Living Allowance
A benefit which may help with the extra costs of looking after an eligible child who is under 16, has difficulties walking, and/or, needs more looking after than a child of the same age.

ESA

Employment and Support Allowance
A type of benefit claimed by people who cannot work because of an illness or disability.

IAPT

Improving Access to Psychological Therapies
These are talking treatments that the government is funding so that people get the appropriate support they need when they need it.

NICE

National Institute for Clinical Excellence
Does research and evaluations about treatments available, also publishes guidance and advice about these treatments.

PIP

Personal Independence Payment
From 8 April 2013 for people aged 16 to 64 with a long-term health condition or disability. PIP helps with some of the extra costs caused by long-term ill-health or a disability.





What people do....

Art Therapist... helps people express difficult emotions and explore problems through using art.

Care Co-ordinator... ensures that the care plan is functioning well, by acting as a link between the patient and the others involved in their care.

Carer... someone who provides regular and substantial care to someone but is not a paid care worker.

Clinical Psychologist... work with people with a wide range of mental health difficulties. They carry out assessments and work out treatment plans.

Cognitive Behavioural Therapist... are trained to offer therapy that aims to help you manage your problems by changing how you think and act.

Complementary Therapist... are practitioners of various complementary, alternative or holistic treatments which do not fall under conventional medicine (e.g. hypnotherapists).

Counsellor... provide talking therapies; helping people explore their thoughts, feelings and options in a safe setting by listening carefully in a non-judgemental manner.

Educational Psychologist... help young people overcome difficulties and social or emotional problems, which are affecting them in an educational setting and preventing them from learning.

Family Therapist... work with the family as a group. They help family members resolve difficulties by improving the way they communicate with each other.

General Practitioner (GP)... is the family doctor, who provides medical care for patients in the community.

Independent Advocate... can help you speak up so that your views are heard, your rights are met and your problems resolved.

Mental Health Nurse (CPN / RMN)... specialise in the care of people with mental ill health. Registered Mental Nurses (RMNs) work in hospitals and Community Psychiatric Nurses (CPNs) work in the community.

Psychiatrist... care for patients who have mental health problems.

Psychotherapist... help people overcome psychological difficulties and distress through a process of in-depth reflection on their inner thoughts, feelings and past experience.

Psychological Wellbeing Practitioner (PWP)... work within the Improving Access to Psychological Therapies (IAPT) service. Providing low intensity interventions to clients experiencing mild to moderate depression or anxiety using a CBT model.

Service User... People who use health services. Other common terms are patient, user, survivor and client. Different people prefer different terms.

Social Worker... support people who are facing difficulties in their lives, helping them to find solutions to their health and social care issues.



	Self Referral	Professional Referral	Drop-in	Talking Therapies	Group Work	Holistic Therapies	Independent Advocacy	Volunteering Opportunities	Training	Service User-Led Groups	Social Support
Age UK Tel:0191 477 3559 www.ageukgateshead.org.uk											
Alzheimer's Society Tel:0191 477 7490 www.alzheimers.org.uk											
Crossroads Care Gateshead Tel:01207 549 780 www.gatesheadcrossroads.org.uk											
Dementia Care Partnership Tel:0191 217 1323 www.dementiacare.org.uk											
Find A GP Tel:0191 565 7605 www.nhs.uk/choices											
Gateshead Advice Centre Tel:0191 478 5100 Advice line: 0844 245 1288 www.gatesheadcab.org.uk											
Gateshead Carers Association Tel:0191 490 0121 www.gatesheadcarers.com											
Gateshead Health Watch Tel:0191 491 1668 or 0800 801 0382 www.healthwatchgateshead.co.uk											
Gateshead Volunteer Centre Tel:0191 478 4103 www.gvoc.org.uk											

Additional Services and Other Information

For individuals aged 50 plus. Health & Social Care and Benefits advice.

Information and Advice. Befriending service. Carers support group.
Dementia cafe. Dementia care support, luncheon club.

Signpost to other agencies.

Monthly wellbeing cafe, domiciliary care workers, day centres, independent living.

Health.

Benefits advice, information and advice, young peoples service (up to age 24).
Debt, employment and housing advice.

Support info and represent carers. Advocacy available.
Email: enquiries@gatesheadcarers.com

Shaping health and social care services in Gateshead. Providing signposting and information services to health and social care providers in Gateshead.

Buddying scheme through Gateshead supported volunteers project.
Promoting volunteering in Gateshead.

Additional Services and Other Information

- Social Support
- Service User Led Groups
- Training
- Volunteering Opportunities
- Independent Advocacy
- Individual Therapies
- Kid's Talk
- Group Work
- Talking Therapies
- Drop-in
- Professional Referral
- Self-referral

Gateshead Women's Service 0191 477 9309																			Housing / accommodation, health promotion, individual support, information and advice. Move on and resettlement program, freedom program, independent domestic violence advocate.
Headway 0191 4892638 or freephone 080088010381 www.headwaygatesheadtyne.org																			Supporting people affected by brain injury.
Mental Health Matters Tel:0191 4900579 www.mentalhealthmatters.com																			MHM provide advice and information, advocacy and user involvement for adults residing in Gateshead and/or receiving mental health services in the area.
Mesmac North East Tel:0191 233 1333 www.mesmacnortheast.com																			Information and advice, interpreters and crisis appointments. One hour HIV testing. Support groups. Chlamydia screening for 16-25 year olds
North East Council on Addictions (NECA) Tel:0191 565 7605 www.neca.co.uk																			Now have Saturday drop ins.
Northern Engagement into Recovery from Addiction Foundation (NERAF) Gateshead Tel:0191 478 5422 www.neraf.org																			Addiction support and family support.
North East Counselling Services Tel:0191 440 8127 www.necounselling.org.uk																			Free services. Providing emotional support and one to one counselling to carers and families. New support service for war veterans and their families. Support to young carers and children aged 11-19.
North of England Refugee Service Tel:0191 510 8685 www.refugee.org.uk																			Interpreters. Information and advice.
Pathway Advice and Information Service Tel:0191 232 9109 www.mentalhealthmatters.com																			Telephone advice available for people with regard to mental health and practical help around money matters.
Relate Northumberland and Tyne-side Tel:0191 232 9109 www.relate-nt.org.uk																			Offers relationship counselling, counselling for families and young people, sex therapy and workshops.

	Self Referral	Drop-in	Talking Therapies	Group Work	Holistic Therapies	Independent Therapies	Volunteering/Advocacy	Training Opportunities	Service User Led Groups	Social Support	Additional Services and Other Information
Reach Tel: 0191 221 9222 - 0191 295 7721 www.reachsarac.co.uk											Sexual Violence Advisor; practical and emotional support, sign posting to relevant agencies, provide advice on sexual health issues.
Sight Service Bradbury Centre Tel: 0191 549 3768 www.sunderlandcarers.co.uk											Provide services for visually impaired people. Low vision service, welfare rights service, vision rehabilitation including independent living skills training and orientation and mobility training, communication training and low vision therapies. Specialist equipment
Soldiers, Sailors, Airmen and Families Association (SSAFA) Tel: 0191 232 6218 www.ssafo.org.uk											Financial assistance with household goods, accommodation costs, holidays, disability equipment, clothing, house repairs, signposting to debt counselling.
Turning Point Gateshead Tel: 0191 490 4495 www.turning-point.co.uk											Criminal Justice Intervention Team, Alcohol Team Queen Elizabeth Hospital, Community Integration Team. Also offer L2 peer mentor training and placements
The Cyrenians Tel: 0191 478 3931 www.thecyrenians.org											Benefits advice, Crisis Mentoring (Befriending), accommodation support for young people (age 16-24), drug and alcohol service, employability, outreach support.
Tyneside Mind Tel: 0191 477 4545 www.tynesidemind.org.uk											Counselling, wellbeing services, safe space service, bipolar group, women's only personality disorder group, various other groups. Courses.
Tyneside Womens Health Tel: 0191 477 7898 www.tynesidewomenshealth.org.uk											Help women to improve their mental health and emotional wellbeing, mental health courses, therapeutic activities.
Victim Support Tel: 0191 477 8395 www.victimsupport.com											National Victim Support Helpline : 0845 30 30 900 Emotional and practical support.
Your Voice Counts Tel: 0191 478 6472 www.yvc.org.uk											Provide case, citizen and self advocacy services for people who have learning disability. Travel buddy service.

Additional Services and Other Information

	Self Referral	Professional Referral	Individual Support	Group Work	Family Support	Education Support	Training Opportunities	Volunteering Opportunities	Mentoring	Employment Support	Info and Advice	Talking Therapies	Social Support
Balance It Tel: 0191 445 2074													
Gateshead Young Carers Tel: 01207 549 780 www.gatesheadcrossroads.org.uk													
Gateshead Children and Young Peoples Centres Tel: 0191 433 3000 www.gateshead.gov.uk													
Gateshead Emotional Wellbeing Team Tel: 0191 283 4560													
Gateshead Parent Partnership Service Tel: 0191 478 4667 www.barnardos.org.uk/gatesheadpps.htm													
If U Care Share Tel: 0191 387 5661 www.ifucareshare.co.uk													
Sexual Health Services Tel: 0800 42 20 20 or 0191 283 1586 www.wellbeinginfo.org and search sexual health													
South of Tyne Children and Young People Service Tel: 0191 566 55 00 cyps-sot@ntrw.nhs.uk													
Smart Tel: 0191 499 8110 or 0800 694 0277													

To help children aged 5-18 years to achieve and then maintain a healthy weight by balancing food, fun and fitness.

One to One emotional support, day trips, outings, occasional residential. Age 8-18.

Providing individual and family support for families with children from birth -19 years.

Age 4 - 19. We offer appointments out in the community.

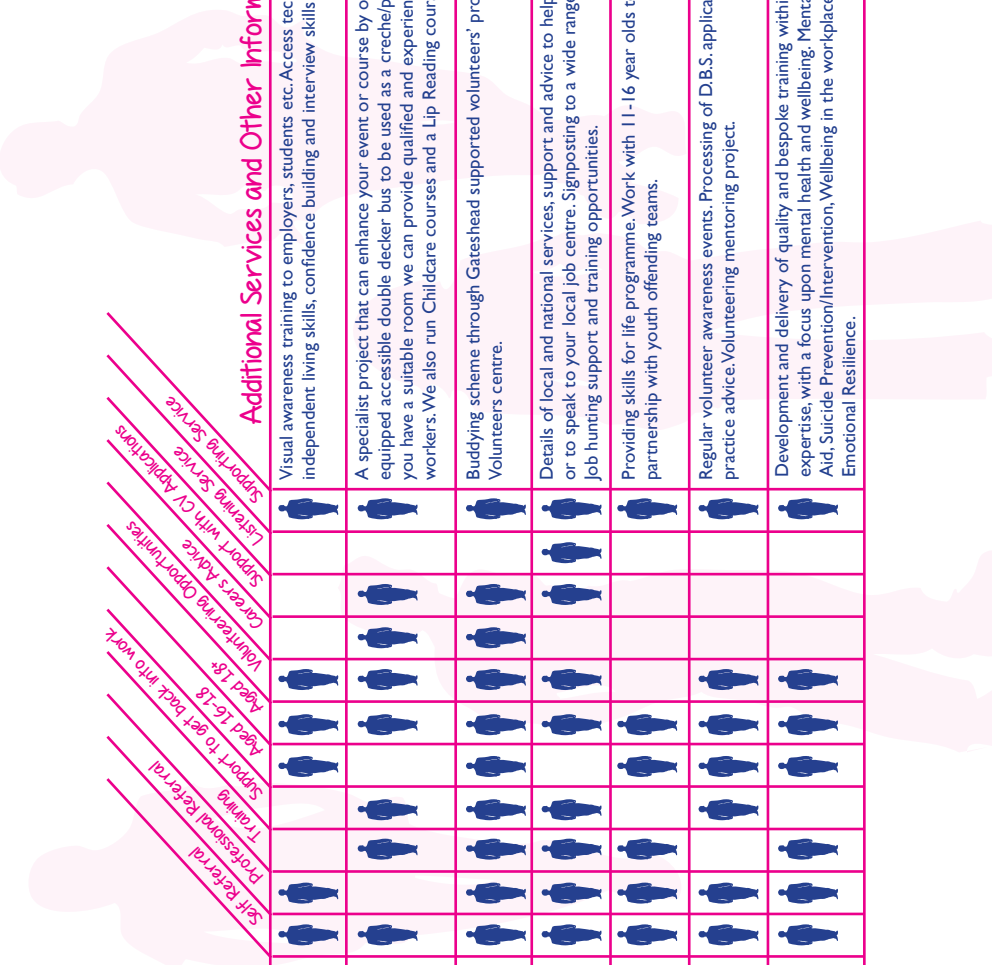
Work with parents and carers of children with special educational needs.

'If U Care Share' is a charity that provides support for those bereaved by suicide. Provision of Assist Training and Youth Mental Health First Aid (YMHA) and Emotional and mental health training (EAMH).

Anyone needing contraceptive or sexual health advice, no age limits.

Delivery of mental health and ADHD services to those aged 0 - 18 years. Available 24 hours a day. Health, ie. stop smoking, diet and nutrition.

SMART in Gateshead - this is a confidential service set up for young people in Gateshead providing information and support around alcohol and substance misuse issues and smoking. We also offer family support.



Additional Services and Other Information

Self Referral
 Professional Referral
 Training
 Support to get back into work
 Aged 16-18
 Aged 18+
 Volunteering Opportunities
 Careers Advice
 Support with CV Applications
 Listening Service
 Supporting Service

	Self Referral	Professional Referral	Training	Support to get back into work	Aged 16-18	Aged 18+	Volunteering Opportunities	Careers Advice	Support with CV Applications	Listening Service	Supporting Service	Additional Services and Other Information
Angel Eyes Tel: 0191 478 5959 (option 8) www.angeleyesenterprise.co.uk												Visual awareness training to employers, students etc. Access technology independent living skills, confidence building and interview skills.
Creche Mobile Project Tel: 0191 477 3699 www.crechemobile.co.uk												A specialist project that can enhance your event or course by offering our fully equipped accessible double decker bus to be used as a creche/play bus or if you have a suitable room we can provide qualified and experienced childcare workers. We also run Childcare courses and a Lip Reading course in Gateshead.
Gateshead Voluntary Organisation Council Tel: 0191 478 4103 www.gvoc.org.uk												Buddying scheme through Gateshead supported volunteers' project. Volunteers centre.
Job Centre Plus Tel: 0845 604 3719 www.dwp.gov.uk												Details of local and national services, support and advice to help you find work or to speak to your local job centre. Signposting to a wide range of jobsearch/job hunting support and training opportunities.
Northern Learning Trust Tel: 0191 271 0131 www.northernlearningtrust.org.uk												Providing skills for life programme. Work with 11-16 year olds too. Work in partnership with youth offending teams.
Washington Mind Tel: 0191 417 8043 www.washingtonmind.org.uk												Regular volunteer awareness events. Processing of D.B.s. applications, Good practice advice. Volunteering mentoring project.
WHOOPS Child Safety Project Tel: 0191 477 7366 www.whoopschildsafety.co.uk												Development and delivery of quality and bespoke training within our field of expertise, with a focus upon mental health and wellbeing. Mental Health First Aid, Suicide Prevention/Intervention, Wellbeing in the workplace, Promoting Emotional Resilience.

What to do in a Crisis



What is a crisis?

What is a crisis? Crisis can mean different things to different people. When we use the term crisis we mean overwhelming thoughts and/or feelings to either hurt yourself, hurt somebody else or you are planning or attempting suicide.

Depending on how severe the situation is for you (or someone you care for) will decide on who it is best to contact. The key aim is to get to the right help at the right time that supports you to deal with situation as safely and as calmly as possible.

Are you having thoughts about suicide that are becoming more regular and more painful? Are you thinking that suicide is a realistic option.

Talk to someone who understands how these thoughts and feelings can effect you. Could you talk to a friend or member of your family who can support you?

If you do not feel you could share with a friend or need further support, look below and identify who you feel would be best for you or the person you care for to speak to at this time.



You could arrange an appointment to speak to your GP, if you have a social worker or a Community Psychiatric Nurse or anyone else involved in your care you could contact them and speak about how you are feeling.



You can always talk to the Samaritans on 08457 90 9090 or Mental Health Matters on 0800 013 0626. These numbers are useful, particularly if thoughts of hurting yourself or ending your life return during the night or if you are on your own.



If you are very worried about your thoughts, your behaviour (or the thoughts and behaviours of someone else) you should contact the Initial Response Team (0303 123 1145) and explain to them what is happening, how you are feeling and tell them of any plans that you may have made.



When you feel your situation is an emergency - when life is at risk go to Accident and Emergency or contact 999.

Increase your knowledge...

Training is available locally from a variety of providers. Courses that may be of interest are:

Mental Health First Aid (MHFA) and Youth MHFA

is the training to enable individuals to offer help to someone experiencing a mental health problem before professional help is obtained. To find out more about this two day course go to

www.mhfaengland.org



Emotional Resilience Workshops train people to promote resilience both in themselves and in the people that they work with. Resilience is a person's capacity to 'bounce back' after a stressful event. The workshop will help you to start to think about how you can build your own resilience in order to cope better and promote a sense of wellbeing and control over your life.

For more information go to www.washingtonmind.org.uk



Suicide Prevention Programme

Equipping our community with the knowledge and skills to reduce the pain for those of us experiencing suicidal thoughts.

The training will enable the participants to develop a more positive attitude to suicide prevention and increase confidence in dealing with people who are potentially suicidal and experiencing suicidal thoughts.

For more information go to www.washingtonmind.org.uk



wellbeinginfo.org



Find further help & information at ...

Wellbeing info Directory
www.wellbeinginfo.org

Alcohol Concern, National Drink Line
Tel: 0800 917 8282
www.alcoholconcern.org.uk

BBC Health
www.bbc.co.uk/health

Carers UK
Advice Line 0808 808 7777
www.carersuk.org

Change for Life
www.nhs.uk/change4life

Eating Distress
Tel: 0191 221 0233
www.niwe.org.uk

Frank: Friendly, Confidential Drugs
Advice
Tel: 0800 77 66 00
www.talktofrank.com

Gateshead Council
www.gateshead.gov.uk

Living Life to the Full
www.livinglifetothefull.co.uk

Mental Health Alliance
www.mentalhealthalliance.org.uk

Mental Health Foundation
www.mentalhealth.org.uk

Mentalhealth Matters Helpline
Tel: 0800 013 0626

Mind
www.mind.org.uk

Mind info line
Tel: 0300 123 3393

National Domestic Violence
Helpline
Tel: 0808 200 0247

National Society for Prevention of
Cruelty to Children (NSPCC)
www.nspcc.org.uk
Tel: 0808 800 5000

NHS 111
www.nhs.uk/111
Tel: 111

Parentline Plus
Tel: 0808 800 2222
www.familylives.org.uk

QE Gateshead
www.qegateshead.nhs.uk

Sainsbury Centre for Mental Health
www.scmh.org.uk

Samaritans
www.samaritans.org
Tel: 08457 90 90 90

Young Minds
www.youngminds.org.uk
Parents helpline 0808 802 5544



This booklet was prepared by Washington Mind to enable people who may have a health concern or are looking for general information about emotional health and wellbeing.

We have worked in partnership with the organisations listed in the guide and we thank them all for their contribution. Over time details may change, should you experience any difficulty contacting any of the services Washington Mind will be happy to assist where we can.

An online version compliments the Sunderland, South Tyneside and Gateshead Wellbeing Guides. There you will find a comprehensive guide to local services as well as additional information on wellbeing.

Go to www.wellbeinginfo.org NOW



Feedback

To enable future publishing of this guide please let us know what you have found useful by contacting Washington Mind using the contact details below.



Washington Mind

The Life House, Grasmere Terrace, Columbia, Washington, NE38 7LP

Tel : 0191 417 8043 Fax : 0191 415 1593

Email : admin@wellbeinginfo.org

www.washingtonmind.org.uk

Registered Charity: 515037

Seeing people - not problems . . .



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