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South Tyneside 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'



South Tyneside Happiness and Wellbeing Network

A forum for sharing and developing ideas in order to contribute to the improvement of mental health, happiness and wellbeing is provided through the South Tyneside Happiness and Wellbeing network. Meetings are open, informal and free.



Contact info@happiness-wellbeing.org for more information.





Contents

Five a Day... 4

Five-a-day for health and happiness ... 4-5

1 . Self Help... 6

Exercise ... 6

Good Mood Food... 7

Alcohol: Know Your Limits... 8

Stop Smoking... 9

Money and Mental Wellbeing... 10

Relaxation... 11

Sleep... 12-13

Men's Health... 14

A Guide to Women's Wellbeing... 15

Children and Young People... 16

2 . What is... 17

Stress... 17-19

Did you know... 20

Improving Access to Psychological Therapies (IAPT)...21

Common Mental Health Problems... 22-23

What is... 24-27

3 . Local Services... 28

Support Services... 28-30

Young People and Family Services... 31

Volunteering, Employment, Education and Training... 32

What to do in a Crisis... 33

Increase your Knowledge... 34

Further Help and Information... 35

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?

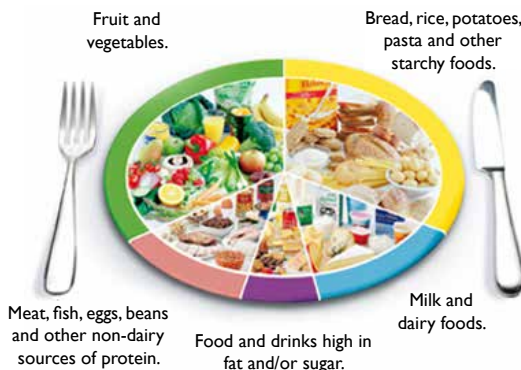
Science says the answer is yes. Food isn't just fuel for the body; it feeds the mind and changes our moods. Try these five mood-boosting snacks.

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.



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	Kaifuic Therapies	Independent Advocacy	Volunteering Opportunities	Service User Led Groups	Social Support	Additional Services and Other Information
Age UK South Tyneside Tel: 0191 456 6903 www.ageuk.southtyneside.org.uk											For individuals aged 50 plus. Arts and crafts, cultural, benefits advice, health and social care, information and advice. Home from hospital service, Handy person, Befriending service. Health trainer. Digital inclusion project. End of life support.
Hospital Alcohol Team Tel: 0191 404 1029 www.turning-point.co.uk											This service is available to out-patients admitted to South Tyneside District Hospital with alcohol problems. Sign posting service.
Alzheimer's Society - South of Tyne Tel: 0191 427 5443 www.alzheimers.org.uk											Day centres. Dementia cafe. Peer support and learning networks.
BLISS = Ability Tel: 0191 427 1666 www.blissability.co.uk											We provide a single point of call to assist people who are most vulnerable. We offer a transcription service and host South Tyneside Healthnet.
Bridges Your Community Bank Tel: 0191 454 7677 www.bridgescommunitybank.org											We provide low cost effective loans. You can save with us.
Cancer Connections Tel: 0191 456 5081 www.cancerconnections.org.uk											Loss and bereavement, mentoring (befriending). Can offer advice on benefits. Support parents of bereaved children and support children who have been bereaved.
Carers Association in South Tyneside (CAST) Tel: 0191 4543346 www.stcarers.org.uk											Information and support services for carers aged 5+.
Find a GP Tel: 0191 275 4200 www.nhs.uk/choices											Health.
Headway Tel: 0191 283 4623 www.headwaygatesheadstynesie.org											Supporting people affected by brain injury.
Health Watch South Tyneside Tel: 0191 489 2638 Freephone: 0800 801 0381 www.healthwatchsouthtyneside.co.uk											To get the views, experiences and concerns about health and social care services in South Tyneside. Have your say!
Horizons 0191 427 6824 Email: horizons@heca.co.uk											For 18yrs and over living in South Tyneside and currently in recovery from drugs or alcohol. Then you are welcome to access the service.

Additional Services and Other Information

Additional Services and Other Information

	Self Referral	Drop-in	Talking Therapies	Group Work	Holistic Therapies	Independent Advocacy	Volunteering Opportunities	Training	Service User Led Groups	Social Support
Mental Health Concern Carer Support Service Tel: 0191 493 6917 www.mentalhealthconcern.org										
Mental Health Matters Tel: 0191 493 6913 / 0191 493 6914 www.mentalhealthmatters.com										
Mesmac North East Tel: 0191 233 1333 www.mesmacnortheast.com										
Moving Forward South Tyneside Tel: 0191 427 0011 www.mentalhealthconcern.org										
North East Counselling Services Tel: 0191 440 8127 www.necounselling.org.uk										
Northern Engagement into Recovery From Addiction Foundation (NERAF) Tel: 0191 497 4600 www.neraf.org										
North of England Refugee Service Tel: 0191 510 8685 www.refugee.org.uk										
Northern Sign Interpreting Ltd 0191 499 8122 www.northern-sign.co.uk										
Places for People (South Tyneside Women's Aid) Tel: 0191 454 8257										
Reach Tel: 0191 221 9222 www.reachcentres.co.uk										
Relate Northumberland & Tyneside Tel: 0191 232 9109 www.relate-nt.org.uk										
Sanctuary Care Housing Tel: 0191 456 4617 www.sanctuary-housing.co.uk										

Drop in surgery at Bede Ward, South Shields Hospital. We offer support to access the Carers Fund. Signposting service.

Supported Housing. Self referral for advocacy service only. Service User Voice

Information and advice, interpreters and crisis appointments. We also offer 1 hour HIV testing by appointment only for over 16 year olds.

Provide healthy living courses, education and social activities, training for employment, opportunities for people with mental health problems and carers support service on site. Includes mental health advocacy.

Strong focus upon community counselling.

Addictions support. Signposting service.

Information and advice. Signposting service. Housing provider referral service.

Provide British Sign Language interpreters.

Referrals accepted from women 16+, suffering domestic abuse from partner; ex-partner or from someone in the same household. Support and accommodation provided.

Can provide advice on sexual health issues and can signpost to relevant counselling agencies. Contact the office direct via telephone. Sexual violence advisor. Emotional support and practical help based on individual needs.

Offer relationship counselling, counselling for families and young people, sex therapy and workshops.

Providing quality affordable housing and effective social care services and facilities.

	Self Referral	Drop-In	Talking Therapies	Group Work	Holistic Therapies	Independent Advocacy	Volunteering Opportunities	Training	Service User Led Groups	Social Support	Additional Services and Other Information
South Tyneside DIP Project Tel: 0191 497 4600 www.turning-point.co.uk											This service is available to anyone in the criminal justice system, who are experiencing drug or alcohol problems. Signposting service to both talking and holistic therapies. Employment and substance misuse services.
Sight Service Tel: 0191 456 0546 www.sightservice.co.uk											Welfare rights, assessment, vision rehabilitation and specialist equipment. Signposting service.
SSAFA Forces Help Tel: 0845 130 0975 www.ssafo.org.uk											Financial assistance.
South Tyneside Health Trainers Tel: 0787 2061097											Do you want to improve your health? A Health Trainer could be just what you need!
South Tyne NECA Tel: 0191 456 9999 www.neca.co.uk											Provides information about substance misuse, gambling, dependency and other social needs.
South Tyneside Welfare Rights Tel: 0191 424 6040 www.southtyneside.gov.uk											Debt advice, telephone advice line, home visits for older people. Most services are available by appointment only. Representation at Social Security appeals.
Tyneside Mind Tel: 0191 477 4545 www.tynesidemind.org.uk											Counselling, wellbeing service, safe space service.
Tyneside Rape Crisis Centre Tel: 0191 232 9858 Helpline: 0800 035 2794 www.tynesiderccc.org.uk											We offer a Supporters Scheme.
Victim Support Tel: 0191 477 8395 www.victimsupport.org.uk											National Victim Support helpline. Tel: 0845 30 30 900.
Your Voice Counts Tel: 0191 478 6472 www.yvc.org.uk											Provide case, citizen and self advocacy services for people who have a learning disability. Also provide Independent Mental Capacity Advocacy. OCN accredited training, provides an introduction to advocacy.
Womens Health in South Tyneside (WHIST) Tel: 0191 454 6959 www.whist.org.uk											We provide services for women aged 16 + to improve physical (exercise classes available) and emotional wellbeing. A creche is available for children under 5 yrs.

Additional Services and Other Information

	Self-referral	Professional Referral	Group Work	Family Support	Education Support	Training Opportunities	Volunteering Opportunities	Mentoring	Employment Support	Info and Advice	Talking Therapies	Social Support
Barnardos Street Level Family Services Tel: 0191 455 3027												
Children's Centres Tel: 0191 424 6554 www.southtyneside.info/article/8037/Childrens-centres												
Escape Intervention Services Ltd Tel: 0191 427 6353												
Families and Parenting Tel: 0191 272 7824 www.children-ne.org.uk												
If U Care Share Tel: 0191 387 5661 www.ifucareshare.co.uk												
Matrix Tel: 0800 328 1898 www.yppmatrix.org												
Mesmac North East - GAP Group Tel: 0800 328 1898 / 0191 233 1333 www.mesmacnortheast.com												
Services for Young People Tel: 0191 424 7400 or Tel: 0191 424 6423 For drop in support contact 0191 424 6630 Email: CYP-SYP@southtyneside.gov.uk www.southtyneside.info												
Sexual Health Services Tel: 0800 42 20 200 or 0191 283 1586 www.wellbeinginfo.org (search for sexual health)												
South of Tyne Children and Young People Service Tel: 0191 566 55 00 cyps-sot@ntrw.nhs.uk												

Advice, Information, Complementary Therapies.

There are 12 children's centres in South Tyneside. All offer services to under 5's. 9 centres offer daycare.

Complementary therapies, anger management, stress management and family mediation.

Designed to support children, young people and their families. To support vulnerable people through difficult times. Encompasses Families Plus and Fathers plus.

'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 (YMHFA) and Emotional and mental health training (EAMH).

The Matrix is a multi-agency young people's substance misuse service providing treatment, support, and advice to those whose lives have been affected by drug and alcohol use or those who are at risk of developing drug and alcohol problems. Matrix works with under 18's in South Tyneside, with support for their families and carers. Out of hours appointments can be made.

A fun and friendly safe place to make friends, socialise and be yourself. Open to all young men aged 13-19 years who are gay or bi-sexual. Weekly groups.

Services for young people within the 4 - 19 age group and up to 25 in certain circumstances. The service offers support and advice about careers, school attendance issues and activities for young people in their area.

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

Delivery of mental health and ADHD services to those aged 0 - 18 years. 24 hour service

Additional Services and Other Information

	Self Referral	Training Referral	Support to get back into work	Aged 16-18	Aged 18+	Volunteering Opportunities	Career's Advice	Support with CV Applications	Learning Service	Supporting Service
Angel Eyes Tel: 0191 478 5959 Option 8 www.angeleyesenterprise.co.uk										
Job Centre Plus Tel: 0191 451 4352 www.dwp.gov.uk										
Northern Learning Trust Tel: 0191 271 0131 www.northernlearningtrust.org.uk										
South Tyneside Council for Voluntary Service Tel: 0191 456 9551 Email: enquiries@stynsidecvcs.org.uk										
South Tyneside Training & Enterprise Network Tel: 0191 455 7778 www.southtynsidedeten.com										
Washington Mind Tel: 0191 4178043 www.washingtonmind.org.uk										
WHOOPS Child Safety Project Tel: 0191 477 7366 www.whoopshildsafety.co.uk										

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

BLISS=Ability provide accessible information on all aspects of disability.

They provide courses on Self Care, Be Healthy & Prepared, Beginners and Intermediate IT.



For more information go to www.blissability.co.uk or call 0191 427 1666



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

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

Sainsbury Centre for Mental Health

www.scmh.org.uk

Samaritans

www.samaritans.org

Tel: 08457 90 90 90

SouthTyneside Council

www.southtyneside.info

SouthTyneside NHS Foundation Trust

www.sthct.nhs.uk

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.



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Email : admin@wellbeinginfo.org

www.washingtonmind.org.uk

Registered Charity: 515037

Seeing people - not problems . . .



South Tyneside Council



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