

Published July 2013

Sunderland 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'



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

Contact **0191 417 8043** for more information or go to www.wellbeing.org and click Wellbeing Networks.



Sunderland Men's Health Network is a local initiative which brings organisations and members of the public together to improve men's health in the city by raising awareness, providing information on issues, services & activities and encouraging men to make healthy choices. Regular meetings and events are hosted by the Network, which are free and open to all. Further information can be found on www.wellbeinginfo.org and go to the Wellbeing Networks page.





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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?

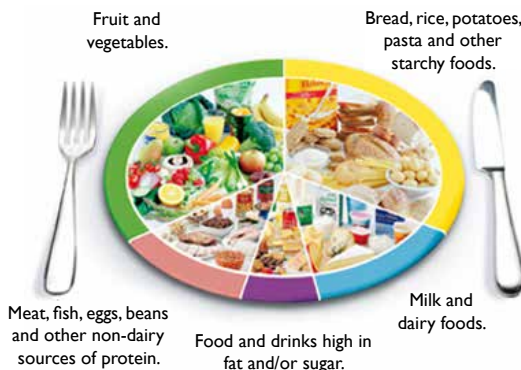
Science says the answer is yes. Food isn't just fuel for the body; it feeds the mind and changes our moods. Try these five mood-boosting snacks.

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
----------	-------	---------	-------------------	----------	---------	----------	--------	----------	-----------------------

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



Stress Test

Complete this stress test today to check out your level of stress!
Add both the scores together to get your total.

A: Never B: Once or less every 6 months C: More than once a month D: Once a week E: Almost daily

Psychological stress

Do you find it difficult to choose between things or make your mind up?	<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"/>
Do you get irritated?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you lack interest in life?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you find it hard to concentrate?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel angry?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel yourself rushing from one thing to another?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you find it difficult to relax?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do your thoughts race from one thing to another?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel others let you down?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel isolated with no-one to turn to?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you worry about what the future holds for you?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you feel as if you let others down?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Do you find it difficult to laugh?	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Total

Physical stress

<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
A 1	B 2	C 3	D 4	E 5	

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.



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

	Self Referral	Drop-In	Taking Therapies	Group Work	Hoistic Therapies	Independent Advocacy	Volunteering Opportunities	Training	Service User Led Groups	Social Support
Access To Housing Tel: 0191 520 5551 www.sunderland.gov.uk										
Age UK Sunderland Tel: 0191 514 1131 www.ageuksunderland.org.uk										
Citizens Advice Sunderland Tel: 0191 416 6848 www.citizensadviceunderland.co.uk										
Get a Community Care Assessment Tel: 0191 520 5552 www.sunderland.gov.uk										
Fiscus Tel: 0191 567 0581 www.fushia.org.uk										
Fushia Tel: 0191 567 0581 www.fushia.org.uk										
Find a GP Tel: 0191 275 4200 www.nhs.uk/choices										
Headlight Tel: 0191 510 1494 www.headlight.org.uk										
Health Trainers Tel: 0191 502 7163 www.wellbeingto www.healthandwellbeing										
Healthwatch Sunderland Tel: 0191 565 9045 www.healthwatchsunderland.com										

Additional Services and Other Information

Homelessness & Temporary accommodation. To make an on-line application go to the website and click on Advice and Benefits.

Products and services for people aged 50+. Appointments made for Advice Service.

Specialist advice in debt, welfare benefits & housing. Gateway service available. Ring back facility available.

The easiest way to contact social care staff to get an assessment. You can also complete your own assessment online.

Provide help with debt and benefits when returning to work or becoming self employed. Provide full money MCT's and 'better off' calculations to social housing and private tenants.

Providing direct support to families of substance misusers. Offer respite for carers, arts and crafts. One to one support available.

Health.

Service User led resource centre. Young people's out of hours service. Confidence building activities.

Provided free by the NHS to people over 16 years of age. Offers 12 week individual health plans to support lifestyle changes which improve health, ie. stop smoking, diet and nutrition, increasing fitness and general wellbeing. Also supports community-based projects and activities and national health campaigns.

To get the views, experiences and concerns about health and social care services in Sunderland. Have your say!

Additional Services and Other Information

	Self Referral	Professional Referral	Drop In	Talking Therapies	Group Work	Holistic Therapies	Independent Therapies	Volunteering Opportunities	Training	Service User Led Groups	Social Support
Find a local advice service with Libra www.librasunderland.co.uk											Libra is a network of advice organisations across the City of Sunderland.
Mental Health Matters Tel: 0191 516 3500 www.mentalhealthmatters.com											24 hr helpline 0800 0130626 (self referral accepted) Housing services. Service User Development.
Mesmac North East Tel: 0191 516 3500 www.mesmacnortheast.com											Information and advice, interpreters and crisis appointments. One hour HIV testing. Support groups. Chlamydia screening for 16-25 year olds.
MS Society Tel: 0191 526 5427 www.ms-society.org.uk											
NECA Tel: 0191 567 2678 www.neca.co.uk											Employment service. Treatments for drug & alcohol issues. Recovery Centre.
Northern Engagement into Recovery from Addiction Foundation (Nerraf) Tel: 0191 514 8520 www.nerraf.org											One-to-one open ended coaching service. Open 7 days a week.
North of England Refugee Service Tel: 0191 510 8685 www.refugee.org.uk											Also offer a housing provider referral service. Information and advice.
Primary Care and Sunderland Psychological Wellbeing Service Tel: 0191 566 5454 www.nrw.nhs.uk/pic											We provide brief, evidence based treatments for anyone experiencing common, mild to moderate anxiety disorders (e.g. panic, phobias, obsessive-compulsive disorder, posttraumatic stress disorder, stress and anxiety) and depression.
Rethink Tel: 0191 510 5051 - www.rethink.org National Advice & Info line: 0845 456 0455											Offering advocacy services to those with mental ill health, learning or physical disabilities, sensory impairment, drug or alcohol users, 65+ or going through the safeguarding adults process. Also provide an IMCA Service.
Samaritans Tel: 08457 90 90 www.samaritans.org/sunderland											Listening service. 24hr telephone service, 7 days a week. Call back service. Face to face appointments are available on request.

	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
SHARP (Shiney Advice and Resource Project) Tel: 0191 385 6687 www.shineyadvice.org.uk											Advocacy service, community café, creché, room hire, community development. Support local community groups, apprenticeships, employment support and vocational activities.
Sunderland Carers' Centre Tel: 0191 549 3768 www.sunderlandcarers.co.uk											Listening ear service. Information and advice. Newsletter.
Sunderland Counselling Services Tel: 0191 514 7007 www.sunderlandcounselling.org.uk											MacMillan service. Women's service - sexual abuse. Palliative care. IAPT Service. Bereavement Support Group.
Sunderland Families Information Service Tel: 0191 520 5553 www.familiesinfoservice.com											We offer information for families of children and young people aged birth to 19, and birth to 25 if the young person has a disability.
Sunderland Mind Tel: 0191 565 7218 www.sunderlandmind.co.uk											Independent charity providing locally based. Mental Health services. After cluster prison mentoring service.
Sunderland Welfare Rights Service Tel: 0191 520 5551 www.sunderland.gov.uk/wrs											Specialist advice about benefits, debt, housing and employment rights. Ring-back facility available on website.
Victim Support Tel: 0191 567 2896 www.victimsupport.org.uk											Signposting service. mediation and interpretation services.
Washington Mind Tel: 0191 417 8043 www.washingtonmind.org.uk											Independent charity providing locally based Mental Health services. IAPT Service. Development and delivery of training. Young People's Project (16-25). City-wide remit. Development and editing of www.wellbeinginfo.org.
Wearside Women in Need 24hr Domestic Violence Helpline 0800 066 5555 Tel: 0191 415 1506											Work with perpetrators of domestic violence, homelessness (Male & Female). Accommodation for women with mental ill health.

Additional Services and Other Information

	Self-referral	Professional Referral	Group Work	Family Support	Education Opportunities	Training Opportunities	Volunteering Opportunities	Mentoring	Employment Support	Info and Advice	Taking Therapies	Social Support
Community CAMHS Sunderland Tel: 0191 514 1622 www.sunderlandcommunitycamhs.nhs.uk												
Connexions Sunderland Tel: 0191 561 7333 Houghton Tel: 0191 561 6311 Washington Tel: 0191 561 7986 www.citizensadvice.sunderland.co.uk												
If U Care Share 0191 387 5661 www.ifucareshare.co.uk												
Princes Trust Tel: 0191 497 3210 www.princes-trust.org.uk												
Sexual Health Services Tel: 0800 42 20 700 or 0191 569 9021 www.wellbeinginfo.org (search for sexual health)												
South of Tyne Children and Young People Service Tel: 0191 566 55 00 cyps-sot@ntw.nhs.uk												
Sunderland Carers' Centre - young carers Tel: 0191 549 3768 www.sunderlandcarers.co.uk												
Sunderland Children's Centres Tel: 0191 520 5553 www.sunderlandchildrenscentres.co.uk												
Sunderland YMCA Foyer Tel: 0191 567 6160 www.sunderlandymca.org.uk												
Sungate Parenting Project (Barnardos) Tel: 0191 417 9329 www.barnardos.org.uk												
Washington Mind Young Peoples Service Tel: 0191 417 8043 www.washingmind.org.uk												
Youth Drug & Alcohol Project Tel: 0191 561 2852 www.yourhealthsunderland.com/ydap												

A team of practitioners who offer a range of talking therapies for children and young people who are experiencing moderately severe mental health problems. Our focus is on early intervention and prevention. We also offer advice, training and support to professionals. Offering advice, guidance and support to young people aged 13 - 19 years, increasing to 25 in cases of special need. Signpost to apprenticeships, training and education.

'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).

We work with 13 to 30-year-olds who have struggled at school, have been in care, are long-term unemployed or have been in

Anyone aged 13+ needing contraceptive or sexual health advice.

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

Providing support and activities to young carers aged 4 - 25 years old.

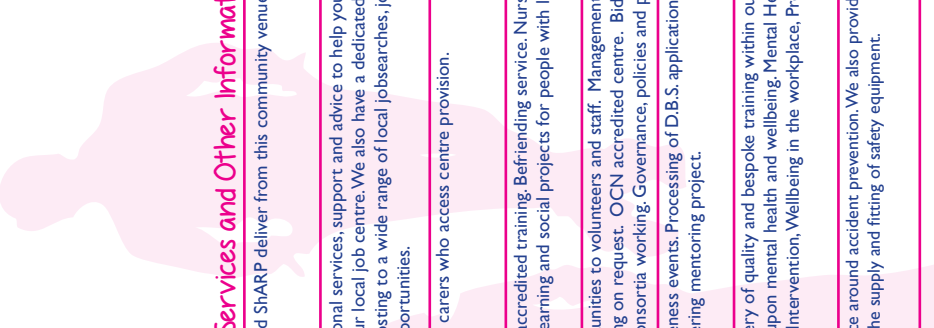
There are a number of Children's Centres across the city providing activities and services for families with children aged from birth to 5 years. Centres also offer a variety of training courses and volunteering opportunities for parents and carers.

Home to 50 young homeless people doing training, supporting each other, and moving on in life. Many other young people use training facilities, media equipment, and our activities. To refer please contact Sunderland Gateway on 0191 561 7988.

Supports families whose child is at risk of offending or has offended. It runs parenting programmes - either in groups or individually - designed to offer parents support, guidance and training.

Providing a range of mental health and wellbeing services for young people aged 16 to 25.

Service for under 18s.



Additional Services and Other Information

- Self Referral
- Professional Referral
- Training
- Support to get back into work
- Aged 16-18
- 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	Volunteering Opportunities	Careers Advice	Support with CV Applications	Listening Service	Supporting Service	Additional Services and Other Information
Easington Lane Community Access Point Tel: 0191 526 1071 www.easingtonlanecap.com											Lifeline, Counted For and SHARP deliver from this community venue.
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. We also have a dedicated Young Person's Advisor. Sign posting to a wide range of local jobsearches, job hunting support and training opportunities.
Sunderland Women's Centre Tel: 0191 567 7495 www.sunderlandwomenscentre.co.uk											Childcare available to all carers who access centre provision.
Sunderland North Family Zone Tel: 0191 549 5037 www.sunderland-north-family-zone.org											IT suite, Vocational and accredited training, Befriending service, Nursery, Lunch club, Catering service. Learning and social projects for people with learning difficulties.
VCAS (Voluntary & Community Action Sunderland) Tel: 0191 565 1566 www.vcasunderland.org.uk											Offering training opportunities to volunteers and staff. Management Board training. Bespoke training on request. OCN accredited centre. Bid writing and funding advice given. Consortia working. Governance, policies and procedures.
Volunteer Centre Sunderland Tel: 0191 567 8902 www.volunteersunderland.org.uk											Regular volunteer awareness events. Processing of D.B.S. applications, Good practice advice. Volunteering mentoring project.
Washington Mind Tel: 0191 417 8043 www.washingtonmind.org.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.
Whoops Child Care Service Tel: 0191 477 7366 www.whoopschildsafety.co.uk											Provide training and advice around accident prevention. We also provide home assessments, advice and the supply and fitting of safety equipment.

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



Health Champions Training Programme is a community led project to reduce health differences in local areas. Volunteers, community workers and frontline staff across the City of Sunderland have been invited to take part in an innovative new project called health champions.



To become a fully-fledged champion, people have to undergo three days of free training over a 10-month period. The modules include: Understanding Health Improvement, Alcohol Brief Intervention, Tobacco Brief Intervention, Emotional Health and Resilience and Healthy Money - Healthy You.

For more information email healthchampions@sunderland.gov.uk or telephone 0191 561 2427

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

City Hospitals Sunderland

www.chsft.nhs.uk

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

Sunderland City Council

www.sunderland.gov.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.



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 . . .



Design and print by
Imagine Creative Solutions
(0191) 447 1016

