MENTAL HEALTH AND WELLBEING – you don’t have to be an expert

Help to lighten up that elephant in the room. Here are some resources you may find helpful, either for yourself or to help a friend or colleague.

Starting a conversation about mental health

Time to Change (Twitter #TimeToTalk) highlighting simple, everyday ways you can support someone who has a mental health problem: http://www.time-to-change.org.uk/talking-about-mental-health. Some men can find this a particularly difficult topic, and TTC have produced a dedicated leaflet (mostly) just for the boys: http://www.time-to-change.org.uk/resources/materials-downloads.

Stress at work

Mindful Employer downloadable booklets, including Keeping Well at Work (for all staff) and Line Managers’ Resource: http://www.mindfulemployer.net/support/publications (Click on the title in the grey hyperlink box. You would need to pay only for the pre-printed version.)

UoS Enabling Services: student-oriented but with universal advice about, for example, looking after yourself, and common mental health problems.

UoS HR website: Mental Health

Local support

Your GP. If you are not currently registered with a practice, you can find out more through NHS choices: http://www.nhs.uk/Service-Search

Improving Access to Psychological Therapies (IAPT) and similar ‘talking therapy’ services can usually respond quickly to anyone suffering from mild to moderate depression and anxiety, phobias and other common mental health problems.

- Southampton, also Dorset: Steps to Wellbeing (http://www.steps2wellbeing.co.uk/)
- Portsmouth: Talking Change (http://www.solent.nhs.uk/page-service.asp?fldArea=23&fldMenu=0&fldSubMenu=0&fldKey=327)
- Other parts of Hampshire including Winchester: iTalk (http://www.italk.org.uk/)

Most services are self-referral. However, to be eligible you need to be registered with a GP within the area. If your GP is elsewhere, it is likely you will have equivalent services.

Accessing mental health services http://www.nhs.uk/nhsengland/aboutnhsservices/mental-health-services-explained/pages/accessing%20services.aspx

Advice on understanding mental health conditions

Many of these organisations have local offices and/or can offer telephone or online support.

- Mental Health Foundation: http://www.mentalhealth.org.uk/help-information/mental-health-a-z/
- Mind: http://www.mind.org.uk/
- Rethink: http://www.rethink.org/
- Samaritans: http://www.samaritans.org/
- Young Minds (for young people and their parents): http://www.youngminds.org.uk/