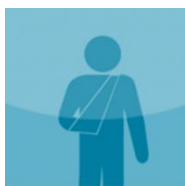


Mental Health – It's Good to Talk initiatives

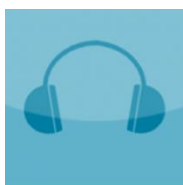


Sharing

Having a problem which is troubling you going round and round in your head like the washing in a machine tends to make it become bigger and much bigger than it actually is. This can impact on your whole emotional wellbeing, affect your sleep, mood, work, relationships and so on. Avoidance is not the solution – the sooner it is dealt with the better for your mental health.

Everyone at some point will have a problem bothering them and it is not a weakness to admit you have issues. The earlier you speak with someone the earlier there will be a resolution/support or the help that you require.

If you have a close friend, colleague or relative you can trust let them know you have an issue and you want to confide in them. Your doctor or Practice Nurse is equally a good port of call especially if you need medication or referring on to psychological support services. Both your GP and Practice Nurse will have heard whatever your problem is in a similar form before so no need to be embarrassed to admit you are not coping. It is important if you have a work related issue you speak with your manager or HR department – if you do not tell them you have an issue how can it be expected to be resolved?



Talking Therapies/Counselling

Counselling is the general term used for talking therapies and there are a variety of types of therapy available. Therapy has a variety of benefits to offer including helping improving the following:-

- feelings of loneliness
- sleep disruption
- appetite
- positivity
- security
- thought processes
- dealing with issues that have been avoided
- relating to others
- acceptance of who you are
- acceptance of the past and moving on from long term issues that have been plaguing you.

A short term course of six weeks of counselling is usually enough to assist in general but sometimes longer therapy may be needed dependent on how deep-rooted the psychological issue is. The type of therapy used to treat an individual will depend on their own individual problem and needs. A common therapy used at the current time is CBT – Cognitive Behavioural Therapy. This type of therapy looks at how situations are interpreted and the behavioural response. It explores changing negative thoughts into positive ones. Therapy is also available on line if you do not wish to have face to face counselling.



Group Therapy

This type of therapy is useful for bereavement or grief. The advantage of this type of therapy is that you will meet with people in a similar situation who are able to empathize with your situation. Group meetings are often used for other reasons such as Alcohol related problems and a buddy system is use.

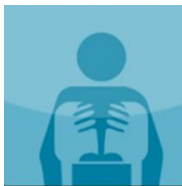
Bereavement – everyone reacts differently to a bereavement there is no right or wrong way. If you have been bereaved or living with someone who is bereaved and struggling to come to terms with your loss referral to a specialist bereavement counsellor may help. It is important not to be afraid to talk about the person who has died – those close to you or others you see every day may not mention it due to feeling they may cause upset. This in turn can lead to isolation.

Relationship Therapy

If you have marriage/relationship issues which cannot be resolved between you therapy is available via Relate. <https://www.relate.org.uk/relationship-help> which will help mediate and, possibly, help save your relationship.

Stress

Everyday life and events can be stressful and challenging both at work and home. Take the opportunity to discuss any troubling thoughts regarding with your line supervisor/HR department before they escalate out of control impacting on your health.



There is the saying “A problem shared is a problem halved”

Don't bottle things up – ***it is good to talk***

Details for further information/help

https://www.mind.org.uk/information-support/drugs-and-treatments/talking-therapy-and-counselling/types-of-talking-therapy/#.XPp_ynnsaU

<https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-bereavement/>
Alcoholics Anonymous - Tel: 0800 9177 650 email: help@aamail.org

Samaritans - <https://www.samaritans.org/how-we-can-help/contact-samaritan/>
Tel: 116 123 - email jo@samaritans.org

Mind - <https://www.mind.org.uk/>
Tel: 0300 123 3393 text 86463

Cruse - (Bereavement) helpline on 0808 808 1677

Calm - 0800 585858 www.thecalmzone.net - Campaign Against Living Miserably - help and support for young men aged 15-35 mental health issues

HopeLine UK - Tel: 0800 068 4141 www.papyrus-uk.org - practical advice on suicide prevention