

# 5 Ways to Wellbeing

Connect, Be active, Take notice, Keep learning, Give



**NHS**  
**Brighton and Hove**  
**Clinical Commissioning Group**

  
**Brighton & Hove**  
**City Council**

The 'Five Ways to Wellbeing' are simple actions you can build into your daily life. They can help you to feel better and cope with challenges. They are based on research evidence.

## 1 Connect



### Connect...

With the people around you. With family, friends, colleagues and neighbours. At home, work, school or in your local community. Think of these as the cornerstones of your life and invest time in developing them. Building these connections will support and enrich you every day.

## 2 Be active



### Be active...

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

## 3 Take notice



### Take notice...

Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Savour the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

## 4 Keep learning



### Keep learning...

Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

## 5 Give



### Give...

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

To find out about local opportunities to build the 'Five Ways' into your life, go to [www.brighton-hove.gov.uk/thefiveways](http://www.brighton-hove.gov.uk/thefiveways)

For more advice see: [bit.ly/nhsmanagewellbeing](http://bit.ly/nhsmanagewellbeing)

If you want help with making small changes to your daily life, you may find a Health Trainer helpful. For more information, go to [www.brighton-hove.gov.uk/health-trainers](http://www.brighton-hove.gov.uk/health-trainers) email [healthtrainers@brighton-hove.gov.uk](mailto:healthtrainers@brighton-hove.gov.uk) or phone **01273 296877**.

## More information

- If you feel anxious, stressed or low, or have any concerns about your mental wellbeing, the **Wellbeing Service** can offer support. Phone **0300 002 0060**  
[www.brightonandhovewellbeing.org](http://www.brightonandhovewellbeing.org)
- **Mind** in Brighton & Hove offers an information and advice service about local mental health services, wellbeing support, and how to access practical help ie benefits, housing or employment. Phone **01273 666950** or go to [www.mindcharity.co.uk/info](http://www.mindcharity.co.uk/info)
- **Samaritans** offer 24 hour confidential emotional support. If something's troubling you, phone **116 123** (this number is free to call from all phones) or **01273 772277** (local charges), email [jo@samaritans.org](mailto:jo@samaritans.org) or drop in 10am to 10pm at Dubarry House, Newton Road (near Hove Park Villas), Hove BN3 6AE.
- You can contact your **GP** or call the **NHS 111** number to help you access specialist mental health telephone or face-to-face support.
- The **Sussex Mental Healthline** offers support and information for anyone experiencing mental health problems and their carers. It is open 24 hours at weekends and bank holidays, and from 5pm to 9am Monday to Friday. Phone **0300 500 0101**.
- The **Mental Health Rapid Response Service** provides crisis support for anyone with a mental health problem who may not be able to keep themselves safe, or who is considering attending A&E. Phone **0300 304 0078**; the line is open 24 hours a day and seven days a week.
- **Saneline** is a national mental health helpline offering support and information to anyone affected by mental illness, open every day from 4.30pm to 10.30pm. Phone **0300 304 7000** (local charges).
- If you are having thoughts of suicide or are concerned about someone else, download the free **Stay Alive app** at [www.prevent-suicide.org.uk](http://www.prevent-suicide.org.uk)