

Support your **Mental Health** by using

5 ways to Wellbeing



Connect - Reach out to your local community, neighbourhood, colleagues, family and friends.



Learn - Learning new things can be fun and can improve your confidence. Set a challenge you will enjoy achieving. Share what you have done with others.



be Active - Exercising makes us feel good. If you can get outside, try and go for a walk everyday. Discover a physical activity you enjoy and that suits your level of mobility and fitness.



take Notice - Look out as well as in. Notice your senses and what's around you. Pay attention to the present moment. Some people call this awareness "mindfulness".



Give - Acts of giving and kindness can help improve your wellbeing by creating positive feelings and a sense of reward, purpose and self-worth. They also help you connect with other people.

Be kind to yourself, and enjoy using the **5 ways**

Think **CLANG** for good wellbeing

Think of the phrase CLANG as a way to remember what the 5 ways are: **Connect**, **Learn**, be **Active**, take **Notice** and **Give**.



How have you used the 5 ways today?

For more ways to support your mental wellbeing have a look at:

Every Mind Matters www.nhs.uk/oneyou/every-mind-matters

YMCA Online digital wellbeing <https://e-wellbeing.co.uk/>

In need of immediate support? Call the **Sussex Mental Healthline** provides direct support for mental wellbeing and signposting to other services. 24/7 **0300 5000 101**.

In an emergency? Call **Mental Health Rapid Response Service** (MHRRS) provides support for adults (18+) experiencing a mental health crisis. Anyone can refer, **0300 304 0078** - if the line is busy, an advice message will be given.

Suicidal? Need someone to talk to? Call **Samaritans** on **116 123** and look at Preventing Suicide in Sussex www.preventingsuicideinsussex.org

The Grassroots Suicide Prevention App has lots of ideas about how to keep safe from suicide: www.prevent-suicide.org.uk/find-help-now/stay-alive-app

Community Roots provide prevention, wellbeing and recovery support for people with a range of mental health issues. Open Monday to Friday 9-5pm. **0808 196 1768** www.communityroots.org.uk

Brighton and Hove Wellbeing Service supports people with mild to moderate mental health difficulties. Children and Young People's service provides a range of treatment for young people from 4-25 yrs.

0300 002 0060

Email: spnt.brightonwellbeing@nhs.net

Remember your General Practitioner (GP) and the team at your local surgery can always be contacted if you need help with your mental health, contact them in the usual way by phone or e-mail.

One-to-one support from the **Healthy Lifestyles Team** can help you make small, achievable changes to your lifestyle to improve your health and wellbeing.

www.brighton-hove.gov.uk/healthylifestyles

01273 294589

  **@BHhealthylife**

Youtube: Brighton & Hove Healthy Lifestyles Team