



# Guide to Mental Health



Coventry & Warwickshire  
Chamber of Commerce  
Training  
Training | Skills | Growth

# What is Good Mental Health?

Mental health refers to your overall psychological well-being. It encompasses the way you feel about yourself, the quality of your relationships, and your ability to manage your feelings and deal with difficulties.

Good mental health is characterised by a person's ability to fulfil a number of key functions and activities, including:

- the ability to learn
- the ability to feel, express and manage a range of positive and negative emotions
- the ability to form and maintain good relationships with others
- the ability to cope with and manage change and uncertainty.

These positive characteristics also help you cope when faced with life's challenges and stresses.

Having solid mental health doesn't mean that you never go through bad times or experience emotional problems. We all go through disappointments, loss, and change, and while these are normal parts of life, they can still cause sadness, anxiety, and stress.

This ability is called resilience. People who are emotionally and mentally resilient have the tools for coping with difficult situations and maintaining a positive outlook. They remain focused, flexible, and productive, in bad times as well as good.

Good mental health doesn't just mean you don't have a mental illness. It means you are in a state of wellbeing where you feel good and function well in the world.

The word "Wellbeing" is written in a large, bold, sans-serif font. Each letter is a different color: 'W' is pink, 'e' is red, 'l' is orange, 'l' is yellow, 'b' is light green, 'e' is green, 'i' is teal, 'n' is blue, and 'g' is purple. The letters have a slight 3D effect with shadows.

# What is Mental Health?

We all go through times when we feel worried, confused or down. But when it starts to feel difficult to do everyday things it could mean we have a problem with our mental health and may need to seek professional support.

Most of us will struggle with our mental health at some point in our lives, just like we all get sick once in a while. If you notice a negative change in how you're feeling, or you find yourself doing things that worry you, speak to someone you trust.

Trust your instincts – you know if something is up. Don't wait for things to get really bad before reaching out. The earlier you get help, the more likely it is that you can stop your problem getting worse.

Here are some signs to look out for:

- feeling hopeless – struggling to see the positives in life, or wishing you didn't exist
- getting into lots of arguments or fights
- feeling sad all the time
- feeling angry all the time
- feeling anxious all the time
- numbness – not feeling any emotions at all
- extreme highs and lows, or mood swings
- feeling worthless
- changes to your eating patterns – starving yourself, over-eating, making yourself sick
- hearing voices or seeing things that aren't there
- hurting yourself on purpose
- keeping away from friends and family
- relying heavily on alcohol, drugs or sex
- obsessive behaviour or thoughts – feeling there is something you have to do/think about all the time or something bad will happen
- experiencing nightmares, flashbacks or upsetting thoughts
- obsessing about how you look
- constant unwanted thoughts

If you recognise any of these signs, or anything else that seems out of the ordinary, or not 'normal' for you, then it is important to reach out for help. This doesn't mean that you necessarily have a mental health problem, but it's likely that some support will help you on your journey to feeling your best.

# Tips To Develop Good Mental Health

- Make sure you get enough sleep
- Eat healthy food and drink healthy drinks
- Learn how to relax and switch off
- Connect with friends and family
- Learn new things every day
- Exercise each day
- Talk about your feelings
- Be mindful and take notice what is happening around you
- Be thankful for all the things you have
- Set goals for yourself and embrace your wishes and dreams
- Challenge any negative thoughts
- Ask for help if you have a problem
- Have fun and laugh!
- Don't be afraid to seek help

**Now that you have read our top tips for good Mental Health**

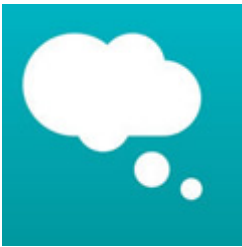
Answer 5 quick questions to get your free plan with tips to help you deal with stress and anxiety, improve your sleep, boost your mood and feel more in control

**<https://www.nhs.uk/oneyou/every-mind-matters/>**



# Accessing Support

There are several apps that can provide support with your mental health and wellbeing:



Learn how to manage feelings like anxiety and depression with Catch It. The app will teach you how to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing.



Learn to relax, manage your worries and improve your wellbeing with Chill Panda. The app measures your heart rate and suggests tasks to suit your state of mind. Tasks include simple breathing techniques and light exercises to take your mind off your worries.



Take control of your thoughts, feelings and behaviour with the My Possible Self mental health app. Use the simple learning modules to manage fear, anxiety and stress and tackle unhelpful thinking. Record your experiences and track symptoms to better understand your mental health.



The Own It app gives you advice when you need, in real-time as you type! Helping you to make smart choices, feel more confident, and live your best life online.



Togetherall is an online community for people who are stressed, anxious or feeling low. The service has an active forum with round-the-clock support from trained professionals. You can talk anonymously to other members and take part in group or 1-to-1 therapy with therapists.

# Children and Young People

## **ChatHealth**

ChatHealth is a confidential text messaging service that enables children and young people (aged 11-18) to contact their local public health nursing (school nursing) team and health visiting.

**This service is provided by Coventry Family Health and Lifestyles Service:**

**Parent text 07507 329114**

**Young People text 07507 331949**

## **Rise**

Rise provides emotional wellbeing and mental health services for children and young people

**[cwrise.com](http://cwrise.com)**

## **Every Mind Matters**

There is advice about how to look after your mental wellbeing while staying at home from Every Mind Matters, including practical information that may be relevant to your situation

**[www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters)**

## **NHS Choices**

Your complete guide to conditions, symptoms and treatments, including what to do and when to get help

**[www.nhs.uk](http://www.nhs.uk)**

## **Coventry and Warwickshire Partnership Trust Rise Mental Health and Emotional Wellbeing Service**

**Telephone: 024 7641799**

## **Coventry Crisis Team**

**Telephone: 024 76938000**

## **Positive Choices**

**Telephone: 07741 900 799**

**[www.changegrowlive.org/positive-choices-coventry](http://www.changegrowlive.org/positive-choices-coventry)**

**You can visit the following websites for more information and support about mental health and wellbeing:**

## **Young Minds**

**[www.youngminds.org.uk](http://www.youngminds.org.uk)**

## **Rethink Mental Illness**

**[www.rethink.org/s](http://www.rethink.org/s)**

# Adults

**Mental Health Matters**

Telephone: 0800 616 171

[www.mhm.org.uk/coventry-warwickshire-helpline](http://www.mhm.org.uk/coventry-warwickshire-helpline)

**Safe Haven**

Telephone: 07921 876 065

**Samaritans**

Telephone: 116 123 Free from any phone or telephone 0330 094 5717

[www.samaritans.org](http://www.samaritans.org)

**Mind**

[www.mind.org.uk](http://www.mind.org.uk)

**Additional Support Websites:**

<https://www.acas.org.uk/coronavirus-mental-health/mental-health-resources>

<https://www.mind.org.uk/workplace/mental-health-at-work/taking-care-of-your-staff/useful-resources/>

<https://mentalhealth-uk.org/help-and-information/downloadable-resources/>

<https://www.mindingyourhead.info/resources>

<https://the-waitingroom.org>