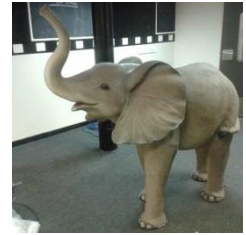


## MENTAL HEALTH AND WELLBEING – you don't have to be an expert

*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/>