



# Heads Up

Please contact us if you would like to invite us to your school, college or university:

 023 8202 7810

 [headsup@solentmind.org.uk](mailto:headsup@solentmind.org.uk)

 Solent Mind, 15-16 The Avenue, Southampton SO17 1XF

If you're passionate about mental health, are over 16 and would like to get involved, why not volunteer with us? Please get in touch.

We're Solent Mind, the leading mental health charity across Hampshire. We're here to make sure that anyone with a mental health problem has someone to turn to for advice and support.

Find out more at [www.solentmind.org.uk](http://www.solentmind.org.uk)

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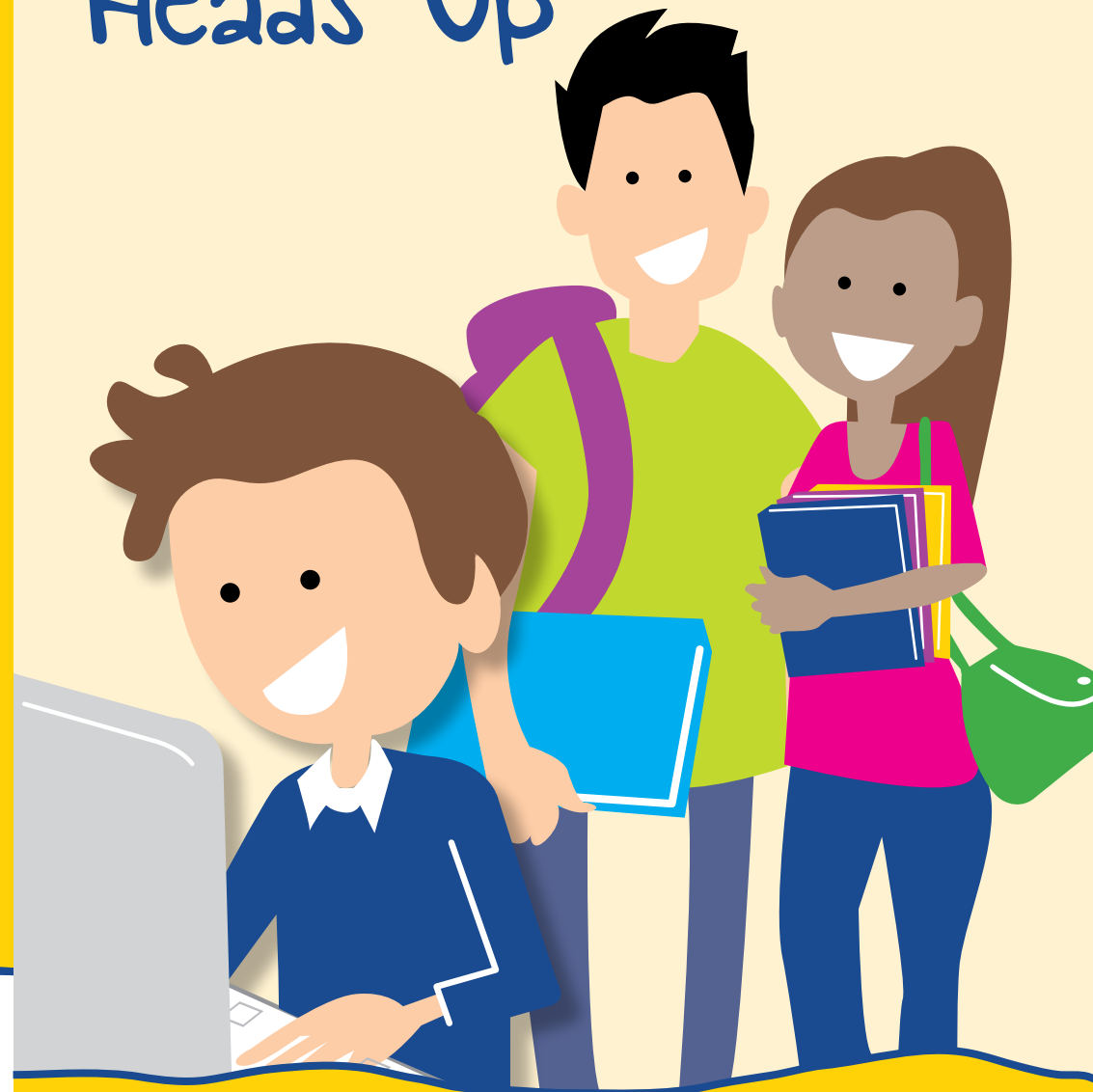


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for better mental health  
**Solent**

# Heads Up



We're here to help you understand more about your mental health and wellbeing

  
for better mental health  
**Solent**

# About Heads Up

We'd like to help you find out all you need to know about your mental health and wellbeing. We all want to feel good, but sometimes life's not great, so why not try our top tips?

## 1 Eat

It's ok to have treats, but it's important to have a balanced diet to give you energy throughout the day.



## 2 Drink

Drinking water helps your body work well and helps you maintain concentration.



## 3 Exercise

Do something you enjoy and get moving for 30 minutes everyday. Why not join in with friends and family?



Very important!



## 5 Talk

If you're not feeling great, don't keep it to yourself. Friends, family and even pets are all there to lend a listening ear.

Want to get involved?



## 4 Sleep

Getting enough quality sleep helps us feel good. So switch off those phones and catch some ZZZs...

