



Winter Wellbeing Toolkit



Solent Mind opening times over the festive season

Solent Mind Info Line

We can provide information and signpost you to local services:

Mon 23rd & Tues 24th: 9am - 4.30pm
Fri 27th: 9am - 4.30pm
Mon 30th & Tues 31st: 9am - 4.30pm
Thurs 2nd: 9am - 4.30pm
Fri 3rd: 9am - 4.30pm

Please remember that the Info line is not suitable for those in need of urgent help. For suitable contacts, please take a look at the 'Help in a Crisis' page.

Peer Support

All scheduled peer support groups will run as normal until Friday 20th December. Groups will resume Monday 6th January.

Advocacy

Our Hampshire-wide Advocates will take telephone or email enquires on the following dates:

Mon 23rd & Tues 24th: 9am - 5pm
Fri 27th: 9am - 4.30pm
Mon 30th & Tues 31st: 9am - 5pm
Thurs 2nd: 9am - 5pm
Fri 3rd: 9am - 4.30pm

Italk

Outside of scheduled appointments, italk will take telephone or email enquires :

Mon 23rd: 8am - 6pm
Tues 24th: 8am - 4.30pm
Fri 27th: 8am - 4.30pm
Mon 30th & Tues 31st: 8am - 6pm
Thurs 2nd: 8am - 6pm
Fri 3rd: 8am - 4.30pm

Remind

Mon 23rd & Tues 24th: 9am - 5pm
Fri 27th: 9am - 5pm
Mon 30th & Tues 31st: 9am - 5pm
Thurs 27th: 9am - 5pm
Normal working hours resume from Thursday 2nd Jan

Mayfield Nurseries

Mayfield is open to the public for Christmas trees, wreaths and festive gifts:

Mon 23rd: 9.30am - 3.30pm
Tues 24th: 9.30am - 3.30pm
Thurs 2nd: 8.30am - 4pm
Fri 3rd: 8.30am - 4pm

PositiveMinds

Mon 23rd: 9am - 5pm
Tue 24th: 9am - 4pm
Fri 27th: 9am - 5pm
Mon 30th: 9am - 5pm
Tue 31st: 9am - 4pm
Thurs 2nd: 12.30pm - 7.30pm

Wellbeing Centres

New Forest: Marcella House

Sat 21st & Sun 22nd: 10am - 3pm
Mon 23rd: 9am - 5pm
Tue 24th: 9am - 2pm
Fri 27th: 9am - 5pm
Mon 30th: 9am - 5pm
Tue 31st: 9am - 2pm
Thurs 2nd: 9am - 5pm
Fri 3rd: 9am - 5pm

New Forest: The Hollies

Sat 21st & Sun 22nd: 10am - 3pm
Mon 23rd: 9am - 5pm
Tue 24th: 9am - 2pm
Fri 27th: Closed
Mon 30th: 9am - 5pm
Tue 31st: 9am - 2pm
Thurs 2nd: 9am - 5pm
Fri 3rd: Closed



Fareham & Gosport

Tues 24th: 10am - 12pm
Fri 27th: 10am - 12pm
Mon 30th & Tues 31st: 10am - 12pm

Eastleigh

Mon 23rd: 9am - 5pm
Tue 24th: 9am - 3pm
Fri 27th: 9am - 5pm
Mon 30th: 9am - 5pm
Tue 31st: 9am - 3pm
Thurs 2nd: 9am - 5pm
Fri 3rd: 9am - 5pm

Winchester

Mon 23rd: 9am - 5pm
Tue 24th: 9am - 3pm
Fri 27th: 9am - 4.30pm
Mon 30th: 9am - 5pm
Tue 31st: 9am - 3pm
Thurs 2nd: 9am - 5pm
Fri 3rd: 9am - 4.30pm

Portsmouth Support & Recovery Service

Employment Support

Mon 23rd & Tues 24th: 9am - 5pm
Fri 27th: 9am - 5pm
Mon 30th & Tues 31st: 9am - 5pm
Thurs 27th: 9am - 5pm
Normal working hours resume from Thursday 2nd Jan

Community Peer Recovery

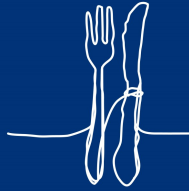
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Normal working hours resume from Thursday 2nd Jan

Solent Recovery College

Solent Recovery College will be closed over the Christmas period and return Monday 6th January. If you'd like information about the college or would like to enrol in the new year, have a look at our website or email SRC@solentmind.org.uk.

Winter Wellbeing Tips

Food & Drink



A healthy diet helps you maintain a stable mood, think more clearly and gives you more energy. When our normal routine is broken by Christmas, these healthy habits can often turn to over-indulgence.

You are still entitled to treat yourself: it's all down to finding the right balance.

Don't skip breakfast! It will get your day off to a good start and prevent you eating larger portions later that make you drowsy and uncomfortable.

Drinking 6-8 glasses of water a day will help you concentrate and think clearly. Tea, coffee, juices and smoothies all count towards your intake, but be aware that these may also contain caffeine or sugar. Just like alcohol, there are now some great sugar or caffeine free versions of your favourite drinks.

Sleep



Over the festive period, lots of us find that our sleep patterns become disrupted. We often stay up later than usual, and don't always catch up on the sleep that we've missed. If possible, do try and head to bed at your usual time every night.

If you're a light sleeper and staying in a busy household, you can always get a head start by going to bed first and see if ear plugs help.

It's also worth remembering that drinking alcohol can have an effect on the quality of your sleep.

Alcohol

Although alcohol may initially make you feel more relaxed, it's important to remember that it's a depressant and drinking too much may make you feel anxious, aggressive or low.

If you are already feeling low, alcohol may also enhance these feelings and make you feel even worse. Have a think about other activities you could channel your feelings into, such as exercise, writing or drawing.

You should never feel pressured into drinking, and it's perfectly acceptable to turn down a drink. If you still want to feel involved in festive celebrations, check out one of the many alcohol-free beers, champagne and wines now available.

If you are taking medication and plan to have a drink, talk to your GP first about the effects or risks.

Exercise



It can be really difficult to motivate yourself to exercise in winter, but it can make a real difference to your mental health and wellbeing.

Wrap up warm and go for a winter walk. It will help you connect with nature, metabolise the sugary treats and improve the quality of your sleep. If you're looking for activities that are not costly, you could even collect colourful leaves and stones for a creative project.

When it comes to exercise, what ultimately matters is whether it works for you. If you feel that exercise is beyond you right now, please don't feel guilty. You can only do what you can do.

5 Great Apps for Sleep



Relax Melodies

Free on iPhone & Android

Select from relaxing sounds and melodies to make your own sleepy, mindfulness mix.



Sleep Cycle

Free on iPhone & Android

Analyses your sleep and allows you to set alarms that will gently wake you up feeling rested and refreshed.



Sleepo

Free on iPhone & Android

Pays white noise or nature sounds like rain, crackling fires or ocean waves.

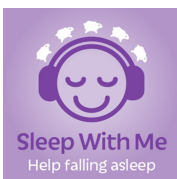


HEADSPACE®

Headspace

Free on iPhone & Android with in-app purchases

Relaxing, guided meditations that will make you feel ready for bed in just a few minutes.



Sleep with me

Free podcast found on Spotify and the Podcast app

Bed time stories that refocus stressful thoughts into storytelling that will help you drift off to sleep.



Money & Mental Health

Looking after our finances sometimes causes an endless cycle: poor mental health can make managing money harder, and worrying about money can make your mental health worse.

The festive period can put extra pressure on us to find happiness through spending money, sometimes even pushing us to spend beyond our means. We asked money and mental health expert Ann Carver to share her top tips.

Recognise that spending can be addictive

If you feel like you're spending too much time in the shops, it can be helpful to take a step back and figure out the reason why. "I wish shopping bags had warning signs because when I was feeling depressed, I went shopping to cheer myself up!" says Ann. "The feel good buzz of shopping wore off quickly, but the happiness of finally addressing my behaviour lasted a lot longer."

What you can do now: If you're worried about controlling your spending, tell someone you trust so they can support you throughout the winter break.

What you can plan: Talk to friends and family about your triggers and warning signs so they can help you.

You don't need to spend money to enjoy Christmas

"Spend time looking to see what's going on and make a plan. In my area there's a local school offering local residents a free Christmas dinner!" says Ann.

What you can do now: Use your postcode to search for local community meals and town get-togethers on www.communitychristmas.org.uk.

What you can plan: When out and about, use your Christmas leftovers to make a packed lunch and find somewhere nice to sit and enjoy it. This will reduce the temptation to buy expensive snacks and fast food on the go.

Don't give into parenting pressure

Christmas can be difficult for parents who feel pressured to give their children everything. Ann says, "Get in the habit of taking back control of what you want to buy for your children, and resist having to keep up with the trend."

It's important to remember that the size of a present does not represent how much we care about someone. We can show our love and support through the time we spend with them and the memories we make.

Stick to a routine

Ann advises "Stick to a routine with your Christmas spending to make sure you don't get carried away." This is especially important if you experience periods of mania or hypomania that lead you to make impulsive decisions.

What you can do now: Try giving your bank cards to someone else or putting them somewhere difficult to access.

What you can plan: Plan and display a simple budget that ensures you still have enough money to spend on essentials that keep you well like food, heating or medication.

"The feel good buzz of shopping wore off quickly, but the happiness of finally addressing my behaviour lasted a lot longer."

Lighten Up!

Instead of looking for opportunities to spend on the high street, take some time to look around and connect with the beauty of the season.

Ann says: "The more I 'lighten up', the more I enjoy the Christmas. When you see Christmas tree lights and the decorations around the town, take time to stop, look, smile and be mindful."

There's no need to panic

"Try to go shopping calmly and take your time," advises Ann. "If you shop when you're tired, stressed or in a rush, it's easy to overspend."

Instead of panic buying, Ann recommends that we properly plan our outgoings. "Decide how much you're going to spend and keep this money separate. You will feel in greater control and you will enjoy Christmas so much more."

Don't ignore debt

If you are experiencing issues with money, facing Christmas can make us feel anxious and low. Instead of letting your worries take over, it's important to open up, talk about your concerns and get support and start the new year in a positive way.

If you are finding it hard to address a money problem:

- Find a bank that has online banking and web chat services if you feel uncomfortable visiting a branch or talking on the phone.
- If you get too anxious to read letters or listen to voicemails, ask someone you trust to check them out first and calmly discuss what to do next.



Ann Carver is a motivational speaker who shares her lived experiences across the country.

"Don't feel compelled to have the same Christmas you see on the telly. Do what you want, not what is expected of you."

- Have a confidential chat with a professional. Citizens Advice Service, Money Advice Service and the Debt Support Trust can help you move forward.
- Talk to your GP or another health professional: they may be able to provide information that ensures that creditors take your mental health problems into account.

It's okay not to like Christmas!

Finally, a simple reminder: it's perfectly fine to not take part in the festivities and costly activities if it's better for your mental health.

"It's okay to keep your head down" says Ann. "Don't feel compelled to have the same Christmas you see on the telly. Do what you want, not what is expected of you."

Citizens Adviceline (03444 111444) and www.connecttosupporthampshire.org.uk can give you immediate debt advice and direct you to resources such as food banks.

You can read more in Ann's book: 'Hey Big Spender 'get an emotional grip' on Amazon Library.



Loneliness

Feeling lonely isn't in itself a mental health problem, but the two can be linked. Having a mental health problem may increase your chances of feeling lonely, and feeling lonely may have a negative impact on your mental health.

Although most people need some kind of social contact to maintain good mental health, everyone has different social needs. You may be someone who is content with a few close friends, or you may need a large group of varied acquaintances to feel comfortable.

People usually describe feeling lonely for one of two reasons:

- they simply don't see or talk to anyone very often
- even though they are surrounded by people, they don't feel understood or cared for.

Deciding which reason you relate to the most may help you find a way of feeling better. Have a look at these tips:

Make new connections

It can be helpful to think of feeling lonely like feeling hungry. Just as your body uses hunger to tell your body you need food, loneliness is a way of your body telling you that you need more social contact.

That means the simplest way to ease feelings of loneliness can be to try to meet more, or different, people.

Contact friends, family and loved ones to see if they'd like to meet up. This tip might sound obvious, but sometimes our feelings of loneliness affects our ability to be assertive and make the first move.

Connect with your community through volunteering. Helping others can often make us feel better and allows us to find others who have the same passions and interests.



Take it slow

If you've felt lonely for a long time, or even if you're surrounded by people, it can be terrifying to think of trying to meet new people, or opening up to people for the first time.

But you don't need to rush into anything.

Start off by going somewhere like a cafe, the cinema or a sports event where you can be around people, but you're not expected to talk to them.

If you're going to a group or class, see if someone will go along with you, or ask whoever runs the class or group if you can just go along and watch at first.

You can also build your confidence by chatting online. Look for fan pages and discussion boards of your favourite books, TV shows or movies and chat about a shared passion.



Stop comparing yourself to others

If you often compare yourself to others, it can help to just be aware that things are not always what they seem from the outside.

Social media, and the fact that we often only see what other people want to share about their lives, can make us feel like we are the only ones feeling lonely. Remember that everyone is only sharing the good bits and that we don't know what is going on behind the scenes.

Don't measure your own happiness against the things you see around you. Festive movies, adverts and jingles may seem to describe a picture perfect Christmas, but it's important to recognise that these are not always realistic.



Resources

If you live with a mental health problem and live close to one of our mental health services, we can help you make new friends and ensure you don't need to cope alone.

Head to www.solentmind.org.uk to find out more about our network of wellbeing centres, peer support groups and talking therapies.

www.meetup.com

Meet groups of people in your area with similar hobbies and interests.

www.elefriends.org

An online peer support forum for those with lived experience of a mental health problem.

www.doittrust.org

Nationwide Volunteer Database.

Mind Infoline: 0300 123 3393

Mental health advice and support.

9am - 6pm, Monday to Friday
(except for bank holidays).

The Mix: 0800 808 4994

Wellbeing support for 13-25 year olds. Open every day including bank holidays, 4pm - 11pm.

The Silver Line: 0800 470 8090

Friendship and support for older people. 24 hours a day, every day.



www.solentmind.org.uk Registered Charity No. 1081116

Useful Exercises

I'm feeling
overwhelmed,
stressed or
angry

I'm not feeling
confident about
myself.

I'm feeling
nervous about
the future.

I'm feeling
anxious,
panicky or
frightened.

Stop!

Take a step back and just pause for a moment.

Take a breath

Notice your breathing as you breathe in and out. In through the nose, out through the mouth.

Observe

What thoughts are going through your mind right now?

Where is your focus of attention?

What are you reacting to?

What sensations do you notice in your body?

Pull back

Put the situation in perspective:

What's the bigger picture?

What advice would I give a friend?

Is this thought a fact or opinion?

What is a more reasonable explanation?

How important is this? How important will it be in 6 months time?

Practise what works

What is the best thing to do right now?

What is the most helpful thing for me, for others, for the situation?

Sometimes the pressure of Christmas can lead us to unhelpful thinking habits, and make us think negatively about ourselves and situations.

Using positive self-statements can help us develop a new attitude to ourselves and these situations. Choose a statement that means something to you, and repeat it to yourself when you feel negative thoughts creep in.

You may even want to make or print out a card with your affirmation, and carry it with you in your pocket. These also make a lovely Christmas gift for a loved one who may be feeling low.

Use a statement that starts with "I" and use the present tense. Make it something broadly realistic, even if you don't believe it right now.

Here's some good examples:

I am strong.

I am determined.

I am a good and worthwhile person.

All is well, right here, right now.

I am a unique and special person.

I hold my head up high.

I care about others, I am needed and worthwhile.

I have a lot to be proud of.

I am calm and in control.

I can achieve anything I want to achieve.

Everything is getting better every day.

New Years Resolutions can be unhelpful and overwhelming if we're feeling unsure about the year ahead.

It's important to remember that not everyone will find resolutions and target setting useful: it's okay to just take every day as it comes.

If you'd like to set a goal, have a think about the following:

Specific

Be very clear in what you want to achieve.

Measurable

How will you know when you have achieved your goal? What will others notice you doing? What will be different?

Achievable

Ensure your goals are not too high. Consider setting smaller goals on your way to the big one. Celebrate all of your successes.

Realistic and resourced

Is this achievable with the resources you have? Do you need to reach out to anyone to help you achieve your goal?

Time limited

Set a reasonable time limit to achieve your goal. 1 week, 1 month, 6 months or 1 year? Remember that your timings are simply a guide and it's okay if it takes you a little longer than planned.

Try this technique to distract your mind from overwhelming thoughts or panic and allow you to take control.

As soon as you notice yourself starting to panic, think about or say out loud:

- 5 things you can see right now
- 4 things you can hear right now
- 3 things you can touch, and reach out and touch them, right now
- 2 things you can smell or like the smell of
- 1 slow, deep breath. Focus on your breathing, and shift your focus of attention onto something different.

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for better mental health

www.solentmind.org.uk Registered Charity No. 1081115

The Worry Tree

We often have worries that seem to pull focus away from our day to day life. You may feel out of control, or feel like you need to keep worrying because it feels useful – or that bad things might happen if you stop.

There are always practical steps we can take that will make us feel more in control of our worries. This worry tree may help you get to the bottom of those intrusive thoughts that pull focus away from day to day life.

When using the tree, it's helpful to think about the kind of worry you have. Worries can often be separated into two categories: hypothetical situations and current problems.

Hypothetical situations are those "what if...?" thoughts about some terrible event that might happen. "My partner is late home from work - what if they've had an accident?" or "The ozone layer has holes - what if the end of the world happens soon?".

These thoughts are usually followed by imagining what would happen in those worst-case scenarios. These kind of worries can cause us a lot of anxiety, when there is perhaps little or nothing we can do about that situation.

Current problems are those worries that relate to a real situation, that we CAN do something about. In which case, we can decide what to do, when and how - which will be much more helpful than just continually worrying about it.

After using the tree, try writing down the worry and its outcome. If you feel the worry creeping back in, you can remind yourself of the decision you made, and bring your focus back to the present.



Coping with Grief

The emotions you feel after losing someone important can leave us with the same anxiety, loneliness, anger or depression associated with many mental health problems.

Christmas can be a painful time whether it's your first year without someone, or you were bereaved long ago. It may help to spend some time working out which arrangements will best suit your needs and the needs of others who share your loss.

Different Ways of Mourning

We know that people remember and mourn in different ways. Conflict within a family can sometimes arise when we have expectations of how others should grieve, so try to be sensitive to others' needs, and to talk openly about what will be best for you.



Whether to celebrate

Some bereaved people find that they do not wish to celebrate Christmas at all, whilst some find that simply maintaining their routine and celebrating as normal is the best tribute they can pay their loved one.

It may feel important to make a special effort to remember the person who has died. This can be as simple as 'speaking' to the person, silently or out loud, or it may involve visiting their grave, or a place that was special to them.

These can be things that we do alone, or with friends or family. You may have photos or particular memories which you treasure; sharing these with others may be something that brings you together.



Routine and self-care

The Christmas period may mean that your normal routine is disrupted, and this can make it easier to forget to look after yourself. Trying to keep to regular patterns of sleeping and eating can make a difference. It's also important to remember that using alcohol to escape the pain of loss provides only very temporary relief.



Information provided by Cruse Bereavement Care. For further support, visit www.cruse.org.uk

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Living with Seasonal Affective Disorder

Seasonal affective disorder (SAD) is a form of depression that people experience at a particular time of year, particularly in the winter months.

If you experience SAD, you may find that the changing seasons have an effect on your mood and energy levels, which can have a significant impact on your day-to-day life.

Kim from Southampton shares her experience of SAD and how she manages her symptoms through the winter months.



"I've always suffered with winter blues and struggled as days got shorter, but a few years ago I found it was worse than before. I struggled to get out of bed but also found it hard to sleep, and I had no motivation or energy to do anything. I felt like I was disconnected... simply "meh" all the time.

My family encouraged me to visit my GP, who told me about SADs. For some people, these symptoms can be severe, and have a significant impact on their day-to-day activities. For me it's like an endless grey, not just in the weather but also emotionally, and sometimes it's hard to remember what an easy day feels like.

Although medication helps many people to manage the symptoms of SAD, I found that talking it through really helped. I self-referred to italk, Solent Mind and Southern Health's free talking therapy service, and started chatting through their online service Silvercloud soon after.

I also developed some self-help strategies to help me manage how I felt. I stuck to a daily routine where possible and wrote down daily to-do lists which allowed me to organise my time.

This meant I could sleep better knowing what was coming up and prioritise tasks for the mornings when I had the most energy.

For me, SAD isn't going to simply 'go away', but I am always eager to find and try out new ways to help me cope.

Here's some things I've found useful:

- I'm gentle with myself. I don't expect to complete my to do list and I know I can adapt my routine as needed.
- I keep my curtains closed on gloomy day and **use lights** (I love fairy lights!) to help distract me from the weather outside.
- I've built a **good support network** of people that I know I can go to and they'll help me as much as they can. I also value some quality time with my pets!
- I **make the most of any sunshine** by opening the curtains and **getting out and about**.
- I open the windows – getting some **fresh air** makes me feel less claustrophobic and weighed down.
- I **try mindful exercises**, like listening to the rain when trying to sleep or relax.
- When everything out of the window looks really dull and colourless, I keep a selection of **cacti and succulents** in my room to add a splash of green all year round."



If you would like to find out more about italk or self-refer to their talking therapies, talk a look at www.italk.org.uk or call 023 8038 3920.

Advice for Parents and Carers

The support of friends, family and carers can play a very important role in helping someone's wellbeing over the festive period, but can also feel overwhelming. Here's some practical things to remember:

Make a plan

Sit down and make a plan before things get busy and clearly communicate the comings, goings and events that may affect your loved one's normal routine.

You may also want to remind them of practical considerations, like ensuring they have picked up prescriptions before the upcoming bank holidays.

Don't let the sun set on arguments

Holding onto the worries and stress of an argument can discourage people from reaching out for help and support when they most need it.

Give them space

Being sociable or active for a long period of time may make people tired or stressed. Allow them time on their own to re-charge and rest when they need it.

Dealing with a panic attack

It's understandable to feel frightened if someone you care about experiences a panic attack – especially if it seems to happen without warning. But it can help if you:

- Try to stay calm
- gently let them know that you think they might be having a panic attack and that you are there for them
- encourage them to breathe slowly and deeply – it can help to count out loud, or ask them to watch while you gently raise your arm up and down
- encourage them to stamp their feet on the spot
- encourage them to sit somewhere quietly until they feel better.

Set boundaries

It's easy to lash out when we're feeling overwhelmed, so be clear on unacceptable behaviour. You don't have to put up with any thing that makes you feel unsafe or seriously affects your own wellbeing.

Find a balance

Although it can be tempting to take care of everything for someone who is struggling, it's important to encourage them to do things for themselves. Support them to make healthy meals, get fresh air and keep on top of errands, but don't take over.

Find time to talk

It's important to let people know that you can offer a supportive and non-judgemental ear whenever they need it. Here's some tips:

No distractions: pick a place which is calm and suitable for a personal conversation.

Let them lead: allow them tell you as little or as much as they need. Don't pressure them.

You're not an expert: and that's fine! Don't try to diagnose their feelings or make assumptions, just listen.

Keep it open-ended: try neutral questions like 'how are you feeling?' rather than 'I can see you are not okay.'

Listen carefully: you can repeat what they have said to ensure you have understood it. You don't have to agree with their feelings, but you do have to respect them.

Seek support: These might be simple such as trying one of the exercises in this leaflet, or maybe accompanying them to visit a GP or care team.

If you feel that a loved one is in immediate danger, you need to take action to make sure they are safe. Take a look at the 'Help in a Crisis' page.



Help in a Crisis

We all need support sometimes. If you are in a mental health crisis, or know someone who is, then here are some ways you can get help.

If you, or someone you know, are at immediate risk of harming themselves or others, please ring 999.

For other crisis situations:

Mental health support is now available 24/7 via the NHS 111 helpline. Specialised mental health nurses will be able to give you support and advice, from arranging GP appointments to interventions from local Community Mental Health teams.

If you, or the person you're concerned about, is already in contact with NHS mental health services, then you should have a care plan which outlines what to do in a crisis. This might be to contact 111, a GP or the Adult Mental Health Team that supports you.

Samaritans

Emotional support and a listening ear
24 hours a day every day of the year
116 123

Elefriends

Online peer support provided by Mind
24 hours a day every day of the year
www.elefriends.org.uk

Alcoholics Anonymous

Confidential support for alcoholism
24 hours a day every day of the year
0845 769 7555

Papyrus

Crisis support for children, young people
and parents
Weekdays 10am–10pm & 2pm–10pm on
weekends and bank holidays.
0800 068 41 41

Refuge

National domestic abuse helpline
24 hours a day every day of the year
0808 2000 247

SANE

Support and advice for mental health problems
4.30pm to 10.30pm every day of the year
0300 304 7000

Men's Health Forum

Stress support for men by text, chat and email
24 hours a day every day of the year
www.menshealthforum.org.uk

BEAT

Support for eating disorders
Weekdays 12pm–8pm & 4pm–8pm on weekends
and bank holidays.
0808 801 0677

No Panic

Support for panic attacks, OCD and phobias
Every day, 10am–10pm
0844 967 4848

For more helplines,
visit www.mind.org.uk

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

Solent Mind
15-16 The Avenue
Southampton
SO17 1XF

t: 023 8202 7810

e: info@solentmind.org.uk

w: www.solentmind.org.uk

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