

It's okay to ask for help



Your mental health matters

Worried about employment, debt, housing, relationships and your mental health?

The Mental Health, Employment Need and Debt advice outreach project ('Mhend')

Anyone experiencing problems with finances, debt, housing and mental wellbeing can access support and receive advice and guidance from The Mental Health, Employment Need and Debt advice outreach project ('Mhend').

Mhend is a partnership between Pentreath Mental Health Advisers and Citizens Advice Cornwall (CAC) caseworkers. They can provide specialist financial, employment and mental health support to vulnerable individuals adversely affected by Covid-19 across Cornwall and the Isles of Scilly.

For example, individuals will be offered a plan for the debt management as well as supporting their mental health with wellbeing activities and signposting to services that can help them move forward in their recovery through health and vocational pathways.

Due to the impacts of Covid-19, this support will be offered in alternative formats (via face to face, telephone and digital channels including web chat).

You can refer yourself by contacting Pentreath (01726 862727) or by completing the referral form available on their website www.pentreath.co.uk. Please specify the referral is for the Mhend Project.

Additional Help and Support: Wellbeing Offers

Anyone over 16 years of age can self-refer and access Outlook South West online support and talking therapies. Register [online](#) or call **01208 871905**.

SilverCloud offers free online programmes to help with anxiety, stress or depression.

Many GP surgeries offer a **social prescribing service** that helps you access a range of activities to support your wellbeing.

Check out **Every Mind Matters** and the **Cornwall Council Psychological Wellbeing Guide** for additional support offers, including **NHS free apps and self - help therapies**.

Startnowcornwall offers mental wellbeing information for children and young people.

Stress Bucket

Stress is a part of everyday life and can be beneficial. But if our Stress Bucket becomes full, it can overwhelm us and impact our mental health.

Sometimes our stress bucket might be getting fuller – and our normal ways of coping might be unavailable. We might need to rethink how we cope with stress. You might find some ideas below.

5 ways to wellbeing:

Connect

It's important to stay in touch with friends and family. Pick up the phone, send an email, create a group chat or set up a video call to connect with the people you trust.

Be Active

It's important to keep active to maintain your physical and mental wellbeing.

Keep Learning

Trying a new hobby is a good way to keep your mind active. Take some time away from the news and do something you enjoy.

Give

Supporting others in the community who are in need of help, or volunteering can help you make new friends, keep active and gain new skills.

Take notice

Try to be mindful of the environment in and around your home. Make time to get as much sunlight, fresh air and nature as you can.



Mental wellbeing guidance

In addition to these five ways to wellbeing, there are simple things that help improve mental wellbeing.

These include taking time to relax, eating well, staying hydrated and maintaining a healthy lifestyle with a good quality of sleep. More information can be found on the [Every Mind Matters web page](#).

There are additional [help and support pages](#) on the Cornwall Council website that may help you manage your mental wellbeing.

These include [tailored mental health and wellbeing guidance](#). We have developed a range of information to meet the needs of different groups of people, including carers, young adults, those with existing mental health problems and key workers.

The psychological wellbeing guide is available in easy read, large print and a range of different languages.

If you're struggling with your mental health or need crisis support, contact:

NHS 24/7 Helpline – (all age) **0800 038 5300**

Samaritans – aren't just here for people in crisis and are free to call **116 123**

CALM - (Campaign Against Living Miserably, specifically for men) **0800 585858**

Papyrus - (for people under 35) **0800 068 4141**

Childline - (for anyone under 19) **0800 1111**

SHOUT - 24/7 crisis text service. Text **85258**

Valued Lives - **0800 2606759**

National Domestic Abuse Helpline – **0808 2000 247**

Are you or someone else struggling to cope?

Are you, or someone you know struggling to cope? Here are some of the signs:

- Changes in appetite and sleeping patterns
- Extreme mood swings
- Withdrawing from friends and family
- Struggling to make decisions
- Losing interest in things, such as usual hobbies, work and appearance
- Lower energy, lethargy and tiredness

Giving someone time, approaching them without judgement, acknowledging their feelings and not offering solutions are key listening tips for talking about mental health with someone struggling.



Mental Health First Aid Training

Mental health awareness training is being delivered by Healthy Cornwall, who are accredited by Mental Health First Aid England.

There are half day, full day, two day and youth version sessions which can be accessed by anyone who lives and/or works in Cornwall. The sessions are delivered via a digital classroom and explore what mental health is, how stigma occurs and outlines some basic mental health issues.

To book, please click [here](#).

Safety Plan



It can help to have a safety plan to manage your mental wellbeing and help navigate suicidal feelings. More information can be found on the [Cornwall Council Website](#).

A safety plan is a document that guides and supports someone when they are experiencing thoughts of suicide, to help them avoid a state of crisis.

When creating their plan, the person who has experienced thoughts of suicide identifies:

- their personal warning signs,
- coping strategies that have worked for them in the past, and/or strategies they think may work in the future,
- people who are sources of support in their lives (friends, family, professionals, crisis supports),
- how means of suicide can be removed from their environment,
- their personal reasons for living, or what has helped them stay alive.

Anyone in a trusting relationship with the person at risk can help draft the plan; they do not need to be a professional.

Feeling Suicidal?

Someone having thoughts of suicide might:

- Talk about wanting to die, being a burden to others or having no reason to live
- Have recently had a major change or loss in their life
- Show unexpected mood swings, such as calmness after a period of despair

If you are worried that someone is thinking about taking their life, ask directly **“Are you thinking about suicide?”**

This won't give them ideas but will help them feel less alone and more supported.

Remember to **call 999** if you are worried about someone's immediate safety. It is a free number.

My mental health safety plan

Healthy Cornwall

My name: _____

My reasons for living/hope are: For example, people, pets, hobbies, special interests, hopes and beliefs.

1. What are my warning signs that I'm heading for a suicidal/mental health crisis? For example, thoughts, behaviours or situations - isolating myself, arguing with a loved one, feelings of hopelessness, sleeping excessively or being unable to sleep.

2. What works to help me cope with how I feel? For example, distraction or relaxation - exercise, watching TV/YouTube, breathing exercise.

3. Which people and places help to distract me from the way I feel? For example, friend (name and phone number), library, coffee shop, park. Be specific about what and where.

4. Who can help me when I feel I'm in a crisis? For example, if I was to say how I feel, who would I want to help - mum/partner/friend. Be specific and add numbers.

5. Which professionals and agencies can help me when I feel I'm in a crisis? For example, any healthcare professionals involved in my care, Samaritans, crisis text or phone line. List names and numbers.

6. How can I make my environment safer? For example, give my medication/tablets to a friend for safekeeping, remove things I might use to harm myself from my home.

My GP phone number: _____

Others: _____

If I am concerned about how I feel, I will keep myself safe by: _____

For more information and support go to: www.cornwall.gov.uk/health-and-so

Support services listed on the form include: Switchboard LGBT+ Helpline, Silverline, Valued Lives, Samaritans, Crisis Text Line, and The Calm Zone.