

It's okay to ask for help



Your mental health matters

Worried about Employment or Debt?

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 'Mhend'.

Mhend is a partnership between Pentreath Mental Health Advisers and Citizens Advice Cornwall (CAC) caseworkers. They can provide specialist financial, employment, housing 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.

Wellbeing Offers:

- **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** for mental wellbeing information for children and young people.

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**

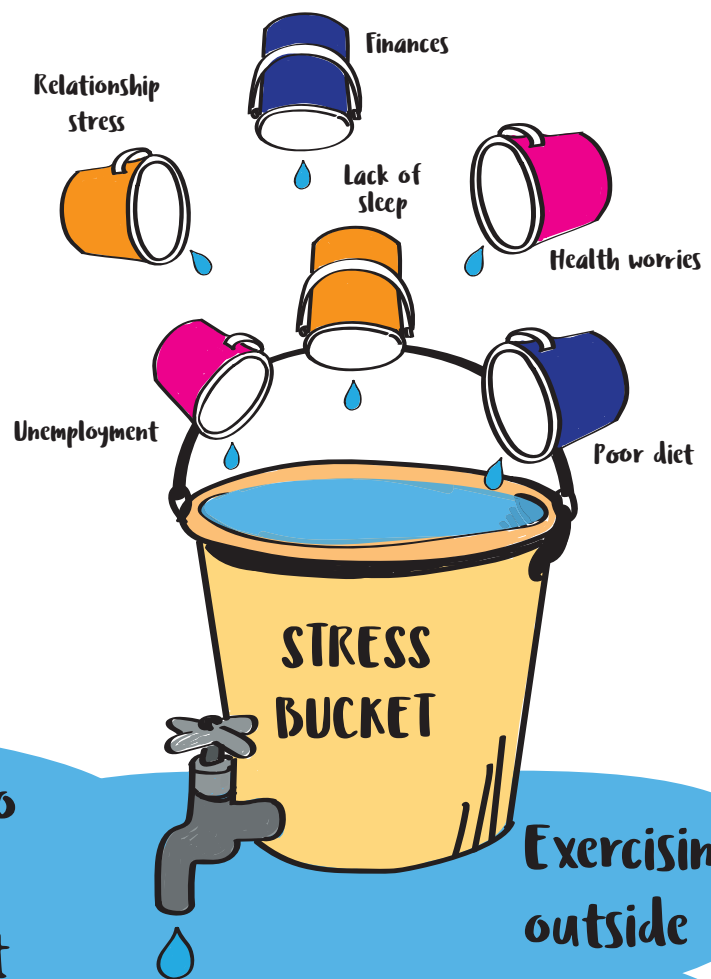
Valued Lives - **0800 2606759**

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

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. Our normal ways of coping might be unavailable. We might need to rethink how we cope with stress. You might find some ideas from the **5 ways to wellbeing**:

**Connect, Be Active,
Give, Take Notice and
Keep Learning**



Volunteering

Talking to
someone
you trust

Exercising
outside

Doing something you enjoy

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 some key listening tips for talking about mental health with someone struggling.

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.

Safety planning

It can help to have a safety plan to help manage your mental wellbeing and navigate suicidal feelings.

More information can be found on the [Cornwall Council Website](#).