

HOW IS YOUR MENTAL HEALTH?

With 1 in 4 adults and 1 in 10 children likely to have a mental health problem in any given year World Mental Health Day on the 10th October is an opportunity to raise awareness. It also reminds us to take care of our own Mental Health.

I'm often asked what is to good Mental Health. (sometimes called emotional wellbeing).

If you have good mental health you can make the most of yourself and your life.

- coping with every day things life throws at you
- playing a part within your family, with friends and as part of the community
- making the most of every opportunity and your own potential

Good mental health is just as important as your physical health and can change as you go through life and

different experiences. It's your ability to manage these changes which help you develop your own resilience and improved mental health. However sometimes things overwhelm us and that's when we need to either take time out for ourselves or seek help and further advice.

Further support can be sought from a range of places and it depends how you feel you want to access this. Initially you may be affected by a situation it might be bereavement or a change in your own circumstances, or you may feel that you are becoming overwhelmed with day to day things. People will often talk to someone, a friend, a key worker or visit their GP to talk through how they are feeling.

As a Locality Link Worker we work with a range of health and social care professionals. They ask us for information for their patients/ people they are working with on

a range of activities from physical activities to learning something new, to art and crafts or specific groups and clubs, as part of our role is to map what is out there in the community.

I use the Five Ways to Wellbeing to consider how this can support people:

Connecting: How can you connect with people in your community by getting involved? Joining local clubs so you can meet people, looking out for your neighbours.

Being active: There are lots of healthy walks across the Eastbourne area go with a friend or join an organised walk (these happen almost every day), swim in the sea or a local pool, join an activity like walking football or Zumba! There really are lots to choose from.

Taking notice: Living in the moment and having some quiet



time for you to really take in your surroundings, like sitting on the beach listening to the waves and watching the clouds.

Learn something new: Signing up for a free new class, try a new activity, join a club.

Giving: Think about how you might give something back, it may be volunteering, it may be calling in on a neighbour or it could be clearing out your wardrobe and donating to a charity.

Julie Tremlin
Eastbourne's Locality Link Worker



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MENTAL HEALTH SUPPORT

If you are concerned about your mental health, you should visit your doctor. Your GP can help you find out what treatment, support or therapy is available. Your GP can also help you to access specialised mental health services if you have a more serious mental health condition.

If you don't have a GP you can visit the Eastbourne walk-in centre without needing to be registered at Eastbourne railway station, BN21 3QJ, T: 01323 726650

If you are in crisis visit your local A&E department or access these services:

Samaritans National Helpline:
116 123 24 hrs a day,
365 days a year.

Sussex Mental Healthline - a telephone service providing support and information to anyone experiencing mental health problems including stress, anxiety and depression. The service is also available to carers and healthcare professionals.

T: 0300 5000 101 (5pm and 9am and all day during weekends and bank holidays).



Oh My Goodness!

All vegan food, hot take away or eat in, salads, cakes and snacks, Sunday brunch from 10:30 to 12:30. Many gluten free items and all cruelty free and animal friendly.

Find us at the Enterprise Shopping Centre, Station Parade, Eastbourne, BN21 1BD. Mon - Sat 9:30 to 5 and Sun 10 - 4

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