

Who we are

Action Mental Health is a charity working across NI since 1963 to enhance the quality of life and employability of people with mental health needs.

For more information on AMH services and links to other organisations please visit

www.amh.org.uk

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Department for the
Economy
www.economy-ni.gov.uk

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Looking after your Mental Health



Good mental health is fundamental to the health and wellbeing of every person.

At some point in life most people will face a challenge with their mental health and it is important to have the right information and tools to help deal with these, whether it be stress, anxiety, depression, a pre-existing problem, a medical condition, grief or family disruption.

Good mental health means feeling positive about yourself, being able to cope with everyday pressures and being able to form and maintain relationships with other people. Looking after your mental health is just as important as looking after your physical health. In fact, poor mental health can lead to poor physical health.

We tend to think that mental health is something we have no control over, **but this is not true**. There are a number of things we can do to build and maintain our mental health. **Think A, B, C.**



ACT

Eat healthily and strive to keep yourself as active as possible, physically, socially and mentally



BELONG

Connect to your community, join a group, chat to a neighbour or meet friends and family



CHALLENGE

Set personal goals and learn new ways to cope. Take on a new challenge, get involved or volunteer

Recognise the signs

Learn to recognise the signs of poor mental health in yourself and in the people around you.



These signs include:

- Changes in **sleeping** or **eating** patterns
- Being **angry** for no reason
- Feeling **anxious**, **worried** or **overwhelmed** by problems
- Finding it hard to **concentrate** and **make decisions**

Talk about it

Poor mental health affects **more people than you think - at least 1 in 5 in Northern Ireland.**

Ignoring mental health problems in yourself or in others won't make them go away. In fact, it can make them worse. **Talk to someone you trust about how you're feeling.**



Ask for help

Most people with mental health problems are supported without needing to go to hospital.

You can go to your **doctor** or contact one of the many **organisations that can help**. There are a number of specialist services that provide various treatments, including **counselling** and other talking treatments.