Recognising that you may have a mental health problem and taking the first steps to get help can be difficult. It may take time to begin to benefit from help but there are many effective treatments for mental health problems.

- **Tell someone you trust**
- **Talk to your GP**
- **Specialist mental health services**

Most people recover from mental health problems without needing to go into hospital. There are a number of specialist services that provide various treatments, including counselling and other talking treatments. You may also need help with other aspects of your life – for example, claiming benefits or dealing with housing problems. Often these different services are coordinated by a community mental health team (CMHT).

Tips for good mental wellbeing

- Identify the causes and learn how to minimise and manage stress and anxiety

- Talk about feelings. Don't be afraid to admit something is wrong. Sharing these feelings can often help

- Know where help and support is available. Seek help from a GP or healthcare professional who can offer advice and will refer on to a specialist for counselling if needed. In certain circumstances medication maybe also be considered

- Exercise regularly and eat a balanced diet. Minimise caffeine, drugs, cigarettes and alcohol

- Make time for sleep and relaxation

For more information click on:
www.amh.org.uk

Lifeline Helpline:
0808 808 8000

Lifeline counsellors are available 24 hours a day, seven days a week to listen and help, in confidence
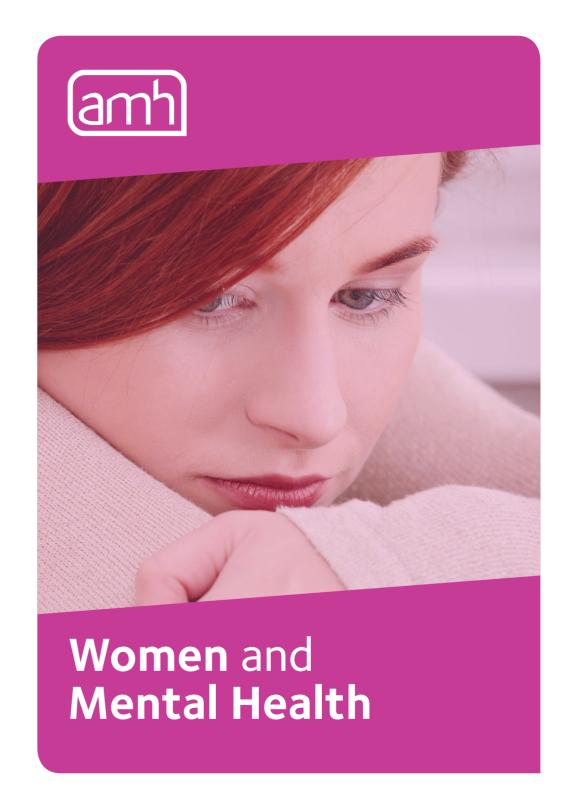
www.amh.org.uk

Follow us on

European Union European Social Fund Northern Ireland

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

Women and Mental Health

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.

The same numbers of women and men experience mental health problems overall, but some problems are more common in women than men, and vice versa. Traditionally, women also tend to take on the responsibility of looking after the health of members of their family as well as themselves.

Women's friendships with other women help protect their mental health, providing a source of support, particularly in hard times or at times of loss or change. Mentally healthy women generally talk about their feelings more than men and more often have stronger social networks.

Women as carers

Most carers are women, whether they care for their children, partner, parents, other relatives or friends. Women carers are more likely to suffer from anxiety or depression than women in the general population.

Mid-life

Women in 'mid-life' may experience a change in levels of hormones as women get older due to the menopause which can also affect the way women feel about life and influence mood and emotion.

Depression

1 in 4 women will require treatment for depression at some time, compared with 1 in 10 men. Post-natal depression is believed to affect between 8% and 15% of women after they have given birth.

Self-harm

Many more girls than boys self-harm. Research suggests that between 1 in 12 and 1 in 15 young people self-harm in the UK.

Anxiety

Women are twice as likely to experience anxiety disorders as men. About 60% of the people with phobias or obsessive compulsive disorder are women.

Eating disorders

Eating disorders are more common in women than men, with young women most likely to develop one.

REMEMBER: If you experience mental health ill, you're not alone. One in four of us will experience some kind of mental health problem at some time in our life.