Who we are

Action Mental Health is a charity working across Northern Ireland since 1963 to enhance the quality of life and employability of people with mental health needs and promoting resilience and well-being to future generations.

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

www.amh.org.uk

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www.amh.org.uk

Follow us on

European Union
European Social Fund
Northern Ireland

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 well-being 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 this, 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 having the ability 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.

Evidence suggests there are five steps we can all take to improve our mental well-being. If you give them a try, you may feel happier, more positive and able to get the most from life.

5 ways to well-being

Connect – connect with the people around you

Be active – find an activity that you enjoy and make it a part of your life.

Keep learning – learn new skills

Give – even the smallest act can count

Take Notice – be more aware of the world around you and what you are feeling.

The 5 ways to well-being were developed by the New Economics Foundation and based on the findings of the 2008 Government Office for Science Foresight report on Mental Capital and Wellbeing

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

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.

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.