

If you or someone you know is experiencing mental health difficulties, your GP can offer help and advice and put you in touch with local services that can help you.

Want to be involved in shaping health services?

Want to have your say about mental health and community services?

Well why not become a member of East London NHS Foundation Trust.

**You can:**

- Receive our quarterly newsletter, In Your Trust, to learn more about Trust activities and news
- Elect Governors to stand for election to represent you on the Council of Governors
- Help us to shape our plans for the future by attending our Consultation Events
- Join us in tackling mental health stigma and discrimination.
- Join local Trust groups to have your say
- Provide an important link for the Trust with the wider community
- Stand for election to the Council of Governors.

**Call 0800 032 7297**

Or write to (NO STAMP REQUIRED) :

**FREEPOST RLSH-BBHX\_ZRRU,**

Membership Office,

East London NHS Foundation Trust,

Trust Headquarters

22 Commercial Street,

London,

E1 6LP

Or apply online via

[www.eastlondon.nhs.uk](http://www.eastlondon.nhs.uk)

Go to the Get Involved section

# Looking After Yourself – getting mentally fit!



Good mental health is about feeling good about yourself – content, confident and able to cope with life's ups and downs. Doing something positive can make all the difference – for you and for others.



**Keeping active** Regular exercise really helps if you're feeling depressed or anxious. It can give you more energy too. Find something you enjoy – a team sport, swimming, walking or dancing.



**Getting involved** Meeting new people and getting involved in things can make all the difference – for you and others. Joining a club or offering your services as a volunteer to a charity can be rewarding and help you feel less alone.

**Learning New Skills** Learning a new skill can increase your confidence – whether it's for pleasure, to make new friends or to improve your chances of a job.

**Relaxing** Try and make time for yourself. Fit things into your day that help you unwind – reading, listening to music, prayer or meditation – whatever you enjoy or find relaxing. If you drink alcohol, do so in moderation.



**Doing something creative** All kinds of creative things can help if you are anxious or low. They can also increase your confidence. Music, writing, painting, drawing, poetry, cooking, gardening – experiment to find something you enjoy.

**Talking about it** Most people feel isolated and overwhelmed by their problems from time to time. It can help to share your feelings. If you feel there is no one to talk to, you could call a helpline.

**Being a good listener** Good listening is a skill. Rather than offering advice, it can help to let the person work things out as they talk. Hear them out – avoid making judgements, check from time to time that you've understood.



**Keeping in touch with friends** Friends are important, especially at difficult times. You don't have to be strong and struggle on alone. Be there – and let others be there for you. Be a good friend and neighbour. Keep in touch.

**Accepting who you are** Our beliefs, background, culture, religion, sexuality and experiences make us who we are. Everyone is entitled to respect, including you.



**Accepting others** It's easy to feel threatened or intimidated by people who are different. Everyone has something to offer



**Asking for help** Everyone needs help from time to time. It's ok to ask for help, even if it feels difficult, whether it's from family, friends, or your local doctor or mental health team. Don't wait. Say how you feel and let people help and support you.