















# About your mental health







	<p>If you have good mental health you can:</p> <ul style="list-style-type: none"><li>• enjoy your life</li></ul>
	<ul style="list-style-type: none"><li>• cope with daily living and deal with problems</li></ul>
	<ul style="list-style-type: none"><li>• play a full part in your family, friends and the community</li></ul>
	<p>Everyone changes as they get older. Our mental health changes too.</p>
	<h2>What is mental illness?</h2> <p><b>Mental illness</b> is</p> <ul style="list-style-type: none"><li>• a mental health problem that lasts for a long time</li></ul>








	<ul style="list-style-type: none"><li>• a mental health problem that changes your life in a big way.</li></ul>
	<p>Your GP will probably tell you if you have a mental health problem.</p>
	<p>There are several ways to treat mental health problems.</p>
	<p><b>Talk to someone</b> It is good to talk to someone about how you feel.</p>
	<p>You could talk to:</p> <ul style="list-style-type: none"><li>• family or friends.</li></ul>
	<ul style="list-style-type: none"><li>• someone who has a mental health problem like yours</li></ul>

	<ul style="list-style-type: none"> <li>• a trained person such as a <b>counsellor</b></li> </ul> <p>You can talk to a <b>counsellor</b> about your problems and difficult feelings in a safe place.</p>
	<p><b>Southwark Wellbeing Hub</b></p>
	<p>The <b>Southwark Wellbeing Hub</b> can help you find a support group.</p>
	<p>They can also help you find a <b>counsellor</b>.</p>
	<p>You could also <a href="#">go to their website</a> and find a <b>counsellor</b> on your own</p>
	<p><b>Counselling Directory</b> You could also find a counsellor using the Counselling Directory.</p>
	<p>Look for the <b>Counselling Directory badge</b> on the page of the counsellor you would like to talk to.</p>

 	<p>The badge means that the counsellor is a member of a professional body.</p>
	<p>Before you book your first session you should ask to see:</p>
 	<ul style="list-style-type: none"> <li>• up-to-date membership of an organisation for counsellors</li> </ul>
	<ul style="list-style-type: none"> <li>• an insurance policy</li> </ul>
	<ul style="list-style-type: none"> <li>• the counsellor's qualifications</li> </ul>
	<p><b>Help in a crisis</b></p> <p>If you or someone you know is:</p> <ul style="list-style-type: none"> <li>• in danger of taking their own life</li> </ul>
	<ul style="list-style-type: none"> <li>• harming other people</li> </ul>

	<p>Call <b>999</b> right away.</p>
	<p>If you, or a person close to you, needs urgent help, dial <b>999</b>.</p>
	<p>You will find people to talk to, and places to go for help.</p>
	<p>You can also go to your nearest Accident and Emergency department.</p>
	<p><b>Support</b></p> <p>If you don't need help right away but you are:</p> <ul style="list-style-type: none"><li>• sad</li></ul>
	<ul style="list-style-type: none"><li>• confused</li></ul>

	<ul style="list-style-type: none"> <li>• thinking about harming yourself:</li> </ul>
	<p>There are <b>3 things</b> you could do:</p> <ul style="list-style-type: none"> <li>• talk to your GP.</li> </ul>
	<ul style="list-style-type: none"> <li>• talk to someone you trust about how you feel</li> </ul>
	<ul style="list-style-type: none"> <li>• call <b>NHS 111</b></li> </ul>
	<p>If you are worried about your mental health, always speak to your GP first. They can arrange for you to see a specialist if they think you need to.</p>
	<p>If you already use mental health services,</p>

	<p>contact your social worker</p>
	<p><b>Where to go for advice, information and support</b> <b>The Southwark Wellbeing Hub</b></p>
	<p>At the hub you can get:</p> <ul style="list-style-type: none"> <li>• advice</li> </ul>
	<ul style="list-style-type: none"> <li>• information</li> </ul>
	<ul style="list-style-type: none"> <li>• one-to-one support</li> </ul>
	<ul style="list-style-type: none"> <li>• free workshops.</li> </ul>
	<p><b>NHS Choices</b> Go to the NHS Choices website and take '<a href="#">5 Steps to mental wellbeing</a>'</p>