

Where to go for support

Buckinghamshire Mind's Services

Buckinghamshire Mind provides services such as counselling, befriending, crisis support, peer and wellbeing groups. To find out more call **01494 463364**, email **info@bucksmind.org.uk** or visit **www.bucksmind.org.uk**

National Help

If you are struggling to cope or worried about someone else, try these national services for further support:

- **The Samaritans** – Emotional support for yourself or others. 24-hour call free **116 123**.
- **Campaign Against Living Miserably** – Livechat or call **0800 58 58 58** 5pm-midnight every day.
- **BEAT Eating Disorders** – Call free on **0808 801 0677** or web chat support **www.beateatingdisorders.org.uk**
- **CRUSE Bereavement Support** – Call free **0808 808 1677**.
- **Anxiety UK** – Call free on **03444 775 774**.
- **SHOUT** – Free and confidential 24/7 text messaging service for anyone of any age. Text **85258**.
- **Silverline** – A free 24-hour phone helpline for people aged 55 experiencing feelings of loneliness and isolation. Call free on **0800 470 80 90**.

Crisis/Urgent Help

Is your life in danger? If you have seriously harmed yourself **call 999** for an ambulance or go straight to A&E.

Or ask someone else to call 999 or take you to A&E.
In Buckinghamshire, the nearest A&E is at Stoke Mandeville Hospital, Mandeville Road, Aylesbury HP21 8AL.



Mental Wellbeing: How to get support for over 18s



Each year one in four of us will experience a mental health concern

How do I know if I need support?

Mental health issues are common. Getting early support can increase our ability to manage and recover from mental illness.

Here are some signs to look out for:

- Worrying more than usual
- Low mood
- Feeling overwhelmed
- Problems sleeping
- Being restless, agitated or irritable
- Lack of interest in intimacy
- Feeling isolated
- Thinking you can't go on



How can I talk about my mental wellbeing?

1. Talk to a GP

GPs are there to help us with our mental health as well as our physical health. Remember, everyone deserves help and your doctor is there to support you. When speaking to your GP or health professional, consider:

- Focusing on how you feel, including any signs or symptoms.
- Sharing anything that may have changed.
- Using words and descriptions that feel natural to you.

How can I prepare for an appointment?

If it is helpful, prepare for your GP appointment by:

- Making notes ahead of time.
- Arriving early.
- Considering taking someone for support.

2. Talk to friends or family

Sometimes it can be difficult to talk about our feelings with friends or family. It's common to feel anxious about how it will impact them or what they will think.

When starting a conversation with those close to you:

- Choose a time and a place that feels safe.
- Communicate in a way that is comfortable for you; in person, phone or via text.
- Be honest and open, explaining how your feelings are impacting your life may help others to understand.
- Explore together what type of support you need, such as listening or practical help.



If you find it difficult to talk to someone you know, try:

- Calling 111 – for mental health support and guidance.
- Contacting Buckinghamshire Mind's crisis support service, Safe Haven. **Aylesbury: 01296 453017** or **High Wycombe: 01494 218098.**

 @CtCBucks  @CtCBucks  @CtCBucks

www.bucksmind.org.uk/champion-the-change