



**South London  
and Maudsley**  
NHS Foundation Trust

## South London and Maudsley NHS Foundation Trust

### We provide:

- mental health services for adults and children in Croydon, Lambeth, Lewisham and Southwark
- substance misuse services for people who are addicted to drugs or alcohol, and
- specialist services for people from across the UK. These include mother and baby services, and services for people with eating disorders, psychosis and autism.

**For more information see:  
[www.slam.nhs.uk](http://www.slam.nhs.uk)**

## Maudsley Charity

This leaflet was produced with the support of Maudsley Charity. We back better care, recovery, and prevention of mental illness.

We support patients and families, clinical care teams and scientists who are working towards the common goal of improving mental health. From clinical research to gardening groups we give grants to ideas, big and small, that add to our ability to understand and treat illness and sustain recovery.

**Please donate today:  
[maudsleycharity.org/support-us](http://maudsleycharity.org/support-us)**

September 2019

# Mental health and wellbeing

Information for those who need help  
and their carers, family and friends



**Backing  
Better  
Mental  
Health.**

# Five steps to mental wellbeing

According to research, these can help our mental wellbeing:

## Connect

Connect with the people around you: your family, friends, colleagues and neighbours. Spend time developing these relationships.

## Be active

You don't have to go to the gym. Take a walk, go cycling or play a game of football.

Find an activity that you enjoy and make it a part of your life.

## Keep learning

Learning new skills can give you a sense of achievement and a new confidence.

So why not sign up for that cooking course, start learning to play a musical instrument, or figure out how to fix your bike?

## Give to others

The smallest act can count, even a smile, a thank you or a kind word.

Larger acts, such as volunteering at your local community centre, can improve your mental wellbeing and help you build new social networks.

## Be mindful

Be more aware of the present moment, including your thoughts and feelings, your body and the world around you.

Some people call this awareness "mindfulness". It can improve the way you feel about life and how you approach challenges.

To find out more, visit [www.nhs.uk/wellbeing](http://www.nhs.uk/wellbeing)

## Ask for help

If you're concerned about your state of mind and feeling low or anxious, it's a good idea to start by talking about your feelings with friends and family.

You can also visit your GP.

Don't be ashamed of your feelings.

Worries about mental health are the second most common reason for visiting a doctor, so you're not alone.

You can also contact your local NHS Talking Therapies Service (called IAPT) for free support.

## If you need urgent help

**Call 111 to speak to the free NHS helpline.**

They can connect you to a nurse, GP, or other local service. They can also send an ambulance if necessary.

If you live in Croydon, Lambeth, Lewisham or Southwark, you can contact **South London and Maudsley's mental health crisis line on 0800 731 2864.**

For more information see [www.slam.nhs.uk/crisis](http://www.slam.nhs.uk/crisis)

You can also call the **Samaritans for free on 116 123**. You don't have to be suicidal to call for help.

**If you are receiving support from a mental health service**, check your care plan for what to do in a crisis. Or phone your care coordinator.

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## Information and advice

### NHS

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

### Mental Health Foundation

[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)

### Mind Infoline

call: **0300 123 3393** or text: **86463**

email: [info@mind.org.uk](mailto:info@mind.org.uk)

[www.mind.org.uk](http://www.mind.org.uk)

### Rethink Mental Illness

call: **0300 5000 927**

[www.rethink.org](http://www.rethink.org)