

my now

a calming technique

Practice this when emotions and thoughts become too overwhelming. It can pull your brain free from anxiety and bring you back to the present

Take a moment to become mindful of your breath. Sit comfortably, close your eyes and start breathing deeply:

- Breathe in for 5 seconds,
- Hold breath for 5 seconds
- Breathe out for 5 seconds



Take a few of these deep breaths until you feel calmer.

Now open your eyes, look around you and start becoming aware of your environment. Notice:

- 5 things that you can see
- 4 things that you can touch
- 3 things that you can hear
- 2 things around you that you can smell
- 1 thing around you can taste

On completing this, take a deep breath and

my thoughts

when do I need to see my GP?

In last **2 weeks**, how many days did I spend feeling (*answer in numbers between 1-14*):

1. Nervous/on the edge? _____ days
2. Not able to stop worrying? _____ days
3. Little interest or pleasure in doing things? _____ days
4. Feeling down, depressed or hopeless? _____ days

If I answer **7 or more days** in more than one question above, I need to discuss this with my GP

If I answer **fewer than 7 days** to all questions above, I can:

- *Start making changes myself* from the **green** section of this toolkit
- *Consult the social prescriber* at South Molton Medical Centre, **9am-12pm, Monday to Wednesday** to help you find local groups and services that can support you.

my mind

ways to help manage my mental health





I am able to make changes myself

I learn and practise new ways to stay healthy in body and mind

Google & read this:

“5 ways to wellbeing”

Connect Be active Keep Learning
Be Mindful Give to Others

Google & print this:

“My mind plan nhs”

Get my personalised plan for healthier mind

Read a book on mental health

Borrow from library, for titles ask library or social prescriber

Learn pilates, yoga or tai chi

For exercise class close to me, ask social prescriber

Try cognitive-behaviour therapy (CBT)

go to: www.serene.me.uk or moodgym.com.au

Meditate and become mindful

download these free apps on your phone:

Run, surf or walk more

ask about Parkrun & other groups from social prescriber

Keep track of my mood

write a page a day or install free apps: Daylio, What'sUp

every mind matters



I speak to someone for support

I talk about my thoughts, emotions, traumas with a professional

My GP: 01769 573101

book a routine appointment/e-consult

Talkworks: 0300 555 3344

Web: Talkworks.dpt.nhs.uk
CBT

Clarity: 01271 267474 - 1-to-1 & groups

Relate: 01271 373346 - relationship
Counselling

Barnstaple – The Moorings 6pm-11pm, Thursday to Monday

[07850 927 064](tel:07850927064)

Email:

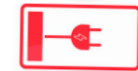
devonbarnstaple.mhm@nhs.net

Sane: <http://www.sane.org.uk>

online private counsellors

• **Betterhelp:** www.betterhelp.com
or download free app: Betterhelp

• **Regain:** www.regain.com
individual & relationship counselling



I feel overwhelmed & need immediate help

I manage my thoughts of self harm & suicide

I install and use these free apps on my phone:
Stay Alive or **distrACT** or **Better Stop Suicide**

- I do the things I like
- I get somewhere I feel safe
- I talk to someone I trust will support me

if I still feel suicidal, I call:

- **Samaritans** 24/7/365 : **116 123**
- **Crisis Team** 24hrs
<https://www.dpt.nhs.uk> 01271 443 222 or 0808 196 8708
- **text SHOUT to 85258** 24 hrs
- **Calm** 5pm-12pm, 365d **0800 585 858**
- **Mental health matters:** 24hrs **0800 4700317**
- **Papyrus** 9am-10pm : **0800 068 4141**
- **GP** book an urgent/same day appointment
- **Call 999 if I have self-harmed**