

- **Medway Men in Sheds** project offers a place where men can spend time unwinding. There are lots of different things to do in the sheds and they are an ideal place to relax and meet other people. For more information phone **01634 581511** or email **medwaymeninsheds@sunlighttrust.org.uk**

- **Sunlight Wellbeing Café** a free activity group with a wide range of opportunities to develop new skills, have fun, relax, and make new friends. Open Friday/Saturday evenings and Sunday afternoon. Phone **01634 581511** or email **info@sunlighttrust.org.uk**

- **MEGAN** offers group support for adults that have or have had mental health issues. Peer support groups, craft and other activities, advice and someone to have a cup of tea and a chat with. Phone **01634 402 077** or visit **meganic.org.uk**

We know it is hard at times but talking helps make it better!



Would you like to learn more about how to spot the signs of mental health conditions and to know how to help someone who needs some mental health support by guiding them to the right professional help? Perhaps you would like to increase your skills in supporting people to improve their mental wellbeing? If the answer is yes then why not sign up to the A Better Medway Champion programme and undertake free training in mental wellbeing.

Mental health and wellbeing training is also available to staff in Medway workplaces through the Workplace Health scheme. Find out more by heading to the workplace health page at **abettermedway.co.uk**

For more info on other training we provide, or to book on a course please phone **01634 334800**. If you need help with English and would like this leaflet in a different language please contact **healthimprovement@medway.gov.uk**

UNWIND WITH A HEALTHY MIND!

We all know what it feels like when the stress and strain of life starts to pile up on us. The good news is there are ways we can help ourselves cope and feel better during the stressful times. The Five Ways to Wellbeing are simple ways to keep ourselves feeling OK when times get tough. This leaflet aims to introduce you to those five ways and also what to do if you need a bit of extra support with looking after your mental wellbeing.



Most of us know what it feels like when things get tough, whether it's caused by money worries, family or work problems, illness or loneliness. The 5 Ways to Wellbeing have been identified as things people can do to feel better and help to protect against anxiety and depression during those tough times.

Connect - with the people around you. This will support and improve the way you feel every day. Meet up with friends, visit your local community centre or for more ideas take a look at the Staying Connected guide produced by Medway Council, visit abettermedway.co.uk.

Be Active - exercise or increasing your activity makes you feel good. Discover something you enjoy doing eg walking, swimming, gardening or flying a kite in the park. Lots more ideas can be found on the Be Active pages when you visit abettermedway.co.uk

Take Notice - take a few minutes to slow down and try to be aware of the good things around you and also of how you are feeling emotionally. Things like mindfulness and meditation can be helpful too.

Keep Learning - enjoying new things will make you feel more confident. Why not have a look at the new skills and hobbies provided at Medway Adult Education Service? Visit medway.co.uk



Give - do something nice for someone or volunteer your time to help others out. The Staying Connected booklet has lots of ideas about where you could volunteer in Medway.

Find out everything you need to know about good mental wellbeing in Medway by visiting abettermedway.co.uk

When you need some extra support

Sometimes the ups and downs of life can get the better of us and when we feel this is happening, it is really important to talk to someone. Talking about the things that are worrying you as soon as possible will help to stop stressful problems becoming more serious and then turning into an illness like depression or feeling suicidal. Talking to a friend or family member might be enough, but sometimes we need help to see a way out from the way we are feeling about things. In Medway there are lots of services which can help you get back to feeling good again and maintain a healthy mind

- **Mental Health Matters** is a helpline where you can talk to someone 24hr/7days a week to help release the pressure. **0800 1070160** or free from mobiles on **0300 330 5486**. If you prefer you can talk to someone online mhm.org.uk
- **The Samaritans** are also there day or night to listen if you want to get things off your chest. Phone **116123** or email jo@samaritans.org
- **Talking Therapies** You can refer yourself for free NHS counselling, also called 'Medway Talking Therapies'. Find out how to get an appointment for counselling and lots more about mental wellbeing by visiting the Healthy Mind pages at abettermedway.co.uk
- **Read Yourself Well** If you like reading books then the Books on Prescription scheme might be for you! It's a free service available at all Medway libraries. You can borrow books on how to keep your mind healthy and deal with issues such as anger, stress, depression and bereavement. Visit the Reading Well pages at medway.gov.uk/libraries