

- **Medway Men in Sheds** offers a place where men can relax, learn or share skills and be involved with different activities like woodwork, music and small restoration projects over a cup of tea. Phone **01634 581511** or email **info@sunlighttrust.org.uk**
- **Livewell Kent & Medway** provides free mental health support and wellbeing activities for anyone aged 17+. Find out what is available here **livewellkent.org.uk**
- **Read Yourself Well** - The Books on Prescription scheme is a free service available at Medway libraries. Borrow books on how to keep your mind healthy and deal with issues such as anger, loss or depression. Visit the Reading Well pages at **medway.gov.uk/readyourselfwell**
- **MEGAN** offers group support for adults that have or have had mental health issues. They provide peer support groups, advice, and other social activities. Phone **01634 402 077** or visit **megancic.org.uk**
- **Ask. Listen. Stop Suicide** - Find out how to help prevent suicide in Medway, through free training, crisis support and specialist bereavement services. **medway.gov.uk/suicideprevention**

There is also information about a range of mental health support and local NHS services at **kmhealthandcare.uk/mental-wellbeing-information-hub**

**Would you like to learn how to spot the signs of mental health conditions and how to help someone who needs mental health support, by guiding them to professional help?**

Connect 5 and Mental Health First Aid are courses that are available via our Public Health Training Portal **healthtraining.medway.gov.uk**

Mental health and wellbeing training is available to staff in Medway workplaces through the Workplace Health scheme **medway.gov.uk/healthyworkplace**

For more information on other training we provide, or to book on a course please call **01634 334800** or visit **abettermedway.co.uk**

If you have any questions about this leaflet and you want to speak to someone in your own language please phone **01634 335577** or email **cis@medway.gov.uk**



**medway.gov.uk/MentalWellbeing**



# Unwind with a healthy mind



# The five ways to wellbeing

There are simple things we can all do to help ourselves cope and feel better during the stressful times. The Five Ways to Wellbeing are everyday simple activities which help keep us feeling OK when times get tough. This leaflet introduces those five ways and where to go if you want a bit of extra support with looking after your mental wellbeing.

Most of us know what it feels like when things get tough, whether family or work problems, illness or loneliness. The Five Ways to Wellbeing can help to protect us against anxiety and depression during those tough times.

Find out more about Five Ways to Wellbeing in Medway, visit: [medway.gov.uk/MentalWellbeing](https://medway.gov.uk/MentalWellbeing)

## Connect

Connecting with people around you will support you and improve the way you feel. Meet up with friends and family, in person, virtually or join a local activity where you can meet like-minded people.

## Be active

Increasing your physical activity makes you feel good. Discover something you enjoy doing such as walking, swimming, dancing or gardening.

## Take notice

Take a few minutes to slow down and notice how you are feeling in mind and body. Mindfulness apps and meditation can be helpful to manage an over busy mind.

## Keep learning

Enjoying new things will make you feel more confident. Discover new skills and hobbies provided in local wellbeing groups and services.

## Give

Do something nice for someone or volunteer your time to help others out.

### Be Kind to your Mind

Be Kind to your Mind. Take the Every Mind Matters quiz at the Healthy Mind section of [abettermedway.co.uk](https://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's important to talk to someone about what is going on in your head. Talking about the things that are worrying you as soon as possible can help to stop the effects of stress turning into an illness like depression. 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 life. In Medway there are services which can help you get back to feeling good again and maintain a 'healthy mind'

- **Release the Pressure** is a helpline where you can talk to someone 24hrs a day/7days a week. Call **0800 1070160** or free from mobiles on **0300 330 5486**. If you prefer you can talk to someone online, visit: [mhm.org.uk](https://mhm.org.uk) or text **MEDWAY** to **85258**.
- **Medway Talking Therapies** - you can refer yourself for free NHS counselling with a therapist. Find out what therapies are on offer and how to get an appointment, visit: [we-listen.org](https://we-listen.org)

