

# Mental Health and Wellbeing



TALK & LISTEN,  
BE THERE,  
FEEL CONNECTED



DO WHAT YOU CAN,  
ENJOY WHAT YOU DO,  
MOVE YOUR MOOD



REMEMBER  
THE SIMPLE  
THINGS THAT  
GIVE YOU JOY



EMBRACE NEW  
EXPERIENCES,  
SEE OPPORTUNITIES,  
SURPRISE YOURSELF



Your time,  
your words,  
your presence

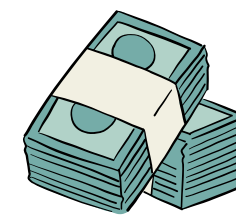


**1 in 4**  
people will  
experience a  
mental health  
problem each  
year.

## Poor mental health impacts:



Individual



Income



Quality of Life



Families



Education

## 5 Ways to Support Your Mental Health (from the New Economics Foundation):

- **Connect:** stay in touch with family and friends, even virtually. Sharing experiences builds belonging and support.
- **Be Active:** physical activity boosts both physical and mental wellbeing, even with simple movement.
- **Keep Learning:** try new skills to build confidence and connect with others – cook, do DIY, start a course, join a community club.
- **Give:** acts of kindness or volunteering can create a sense of reward and positivity.
- **Take Notice:** practice mindfulness by staying present and aware of your thoughts, body and surroundings.



**For the latest signposting on mental health support in Havering, please see the *Live Well Havering* 'Mental Health Support' page.**