

Everyone has  
Mental **HEALTH**...



Sometimes it's good.

Sometimes  
it's not.

## Ask a friend how they are **REALLY FEELING**...

Don't just accept 'ok' or 'fine', probe deeper. It may take time for the person to be brave enough to say they're not ok.

And ask them the question more than once.

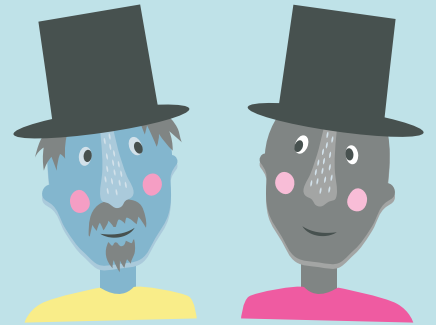
Let them know its ok to not be ok.

## DON'T WORRY IF YOU'RE NOT SURE HOW TO BEGIN...

We've got some  
questions to help you  
start the conversation.

**FIRST** ask...

We talk about  
**PHYSICAL** health  
because we can **SEE** it...



It's ok to talk about  
**MENTAL** health  
even if you **CAN'T**  
**SEE** it.



“ How are you  
**REALLY** feeling ?  
Tell me more than **OK**  
or **FINE** . ”

“ **YOU** can **TALK** to  
**ME** and **I PROMISE**  
I won't judge you. ”

“ **LOTS** of people go  
through this sort of thing,  
getting **HELP** will make  
it **EASIER**. ”

If they **OPEN UP** to you  
then you could say...

Remember to **ASK**...

**A**sk the question... *How are you really feeling?*

**S**ignpost... to professional help

**K**eeep **SAFE**... *if you're really worried, stay with them and keep them safe until help arrives.*

“ I hate to see you  
**STRUGGLING** on your  
own, have you **SPOKEN**  
to anyone else? ”

**BE READY TO LISTEN**

# 10 Ways To FEEL Better

If the person you're talking to says they're not feeling ok, give them this leaflet.

## 1 Keep in Touch

Friends and family can make you feel included and cared for. They can help you change your state of mind, keep you grounded, and help you deal with practical problems.

## 2 Keep ACTIVE

Exercise releases feel-good chemicals in your brain, boosts your self-esteem and keeps you healthy.

## 3 Do Something You ENJOY

Enjoying yourself helps beat stress. If you enjoy something, you're probably good at it too so you'll feel you're achieving something, which will give a boost to your self-esteem.

## 4 Talk about your feelings...

Talking about your feelings can help you stay in good mental health and deal with times when you feel troubled.

## 5 TAKE a Break

A rest or a change of scene can help you to feel more positive. Just giving yourself a few minutes to breathe can be enough.

## 6 Avoid Alcohol

We often drink alcohol to change our mood. Alcohol is actually a depressant and may end up making you feel worse.

## 7 CARE for others

Caring for others is often an important part of keeping up relationships with people close to you. It can even bring you closer together.

## 8 EAT Well

There are strong links between what we eat and how we feel. Eating healthy food like fruit and veg can help lift your mood.

## 9 Accept who you ARE

We're all different and we all deal with things in our own way. There's no right or wrong - just do whatever works for you.

## 10 ASK for HELP

You don't have to be a superhero!

We all get tired or overwhelmed at times. If things are getting too much for you and you feel you can't cope, ask for help.



## PEOPLE and ORGANISATIONS who can give YOU help and support...

### CRISIS

#### SAMARITANS

Call **116 123** anytime. They're open 24/7, calls are free from landlines and mobiles.



Where you see this sign, there is somebody ready, willing and able to support you by providing suicide first aid.

#### PAPYRUS

Call PAPYRUS on **0800 068 4141** or text **07786 209697**  
Open 10am-10pm weekdays, 2pm-10pm weekends and 2pm-5pm bank holidays



### non-CRISIS

- For healthy lifestyle advice that can increase your wellbeing, call the Health Promotion Service on **01209 615600** 9am-5pm, Mon – Fri.

[www.cornwall.gov.uk/howareyou](http://www.cornwall.gov.uk/howareyou)

- You can get support online in Cornwall by visiting [www.outlooksw.co.uk](http://www.outlooksw.co.uk)
- If you are a young person in Cornwall visit [www.mindyourway.co.uk](http://www.mindyourway.co.uk) for more info and support.



IT'S OK NOT TO BE OK, BUT IT'S NOT OK TO NOT GET HELP

## 3 things I can DO to help MYSELF FEEL BETTER...

1

2

3

