



Q: What is mental health?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

There is often a lot of confusion about what we mean when we talk about mental health. Many people immediately start thinking about mental health problems or mental illness – but this is only one part of the picture...

Everyone has ‘mental health’ and this can be thought of in terms of:

- how we feel about ourselves and the people around us
- our ability to make and keep friends and relationships
- our ability to learn from others and to develop psychologically and emotionally.

Being mentally healthy is also about having the strength to overcome the difficulties and challenges we can all face at times in our lives – to have confidence and self-esteem, to be able to take decisions and to believe in ourselves.

Q. What causes mental health problems?

Over the course of your life, if you experience mental health problems, your thinking, mood, and behaviour could be affected. Many factors contribute to mental health problems, including:

- Biological factors, such as genes or brain chemistry
- Life experiences, such as trauma or abuse
- Family history of mental health problems

Mental health problems are common, but help is available. People with mental health problems can get better and many recover completely.

Q. How do I know if I need help?

Having said that we all have mental health, it’s also important to understand when you might need to get some help or support with how you are feeling – or to know when perhaps you may be experiencing a more serious problem.

It is quite normal to sometimes feel worried, anxious or upset when things don’t go as you hope – everyone faces pressure in their lives at certain times and these can include:

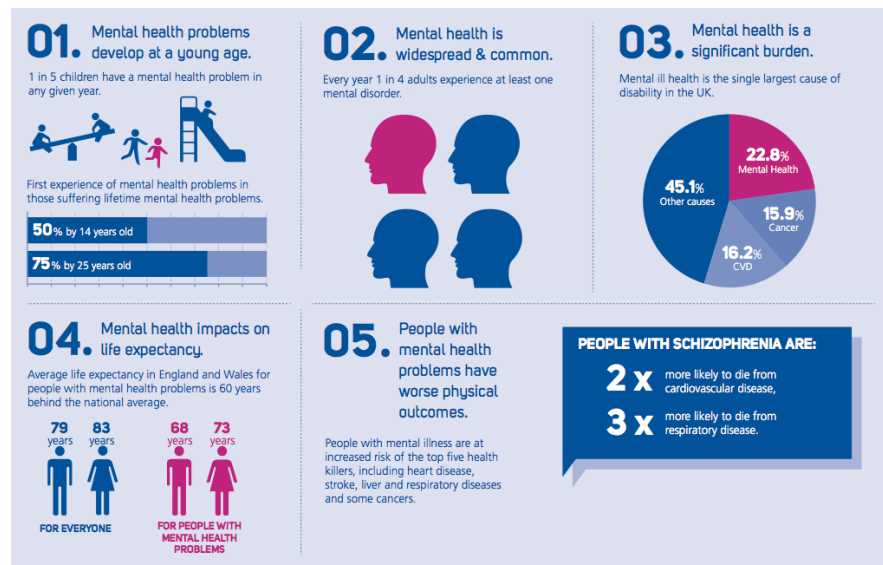
- exams
- work and getting a job
- growing up and becoming more independent from your family
- making up (and breaking up) with friends.

Q: How common are mental health problems?

In the UK Mental health problems affect many more people than you probably realise.

Approximately 1 in 4 people will experience a mental health problem each year. With 1 in 6 people in England experiencing a common mental health problem (such as anxiety and depression) in any given week

Around 1 in 10 of all young people may experience a mental health problem or disorder where they may need help from a mental health specialist.



Q: Are there any signs I can look for?

If someone is experiencing worries, anxieties and difficulties and these feelings are becoming persistent, that is lasting for a few weeks or more, it might be that they need to get some advice and help.

Experiencing one or more of the following feelings or behaviours can be an early warning sign of a problem:

- Eating or sleeping too much or too little
- Pulling away from people and usual activities
- Having low or no energy
- Feeling numb or like nothing matters
- Having unexplained aches and pains
- Feeling helpless or hopeless
- Smoking, drinking, or using drugs more than usual
- Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
- Yelling or fighting with family and friends
- Experiencing severe mood swings that cause problems in relationships
- Having persistent thoughts and memories you can't get out of your head
- Hearing voices or believing things that are not true
- Thinking of harming yourself or others
- Inability to perform daily tasks like taking care of your kids or getting to work or school

Q. What can I do?

Speak to someone. You could make an appointment to discuss your concerns, you might be referred on, or asked to complete a questionnaire to help establish the nature or depth of your problems, started on medication, or directed to a self-help resource.

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**PRACTICAL WAYS
TO LOOK
AFTER YOUR
MENTAL HEALTH**



I FEEL...
TALK ABOUT YOUR FEELINGS



EAT WELL



KEEP IN TOUCH



TAKE A BREAK



ACCEPT WHO YOU ARE



KEEP ACTIVE



DRINK SENSIBLY



ASK FOR HELP



DO THINGS YOU ARE GOOD AT



CARE FOR OTHERS



Q. Where can I go for help or more information?



Steps 2 Change provides free talking therapies for adults in Lincolnshire experiencing problems with anxiety, depression or stress. They also offer help with issues like bereavement, eating disorders, and the impact of long term health conditions or a traumatic event. They can signpost to many Mental Health Services. You can self-refer by completing a form which is available online.

www.lpft.nhs.uk/steps2change/home

Healthy Minds Lincolnshire provides emotional wellbeing support to children and young people up to 19 years old (25 if special educational needs / disability or leaving care). The service offers bespoke support and therapy techniques designed to help young people learn to cope in a more positive way. Referrals can be completed through a professional, however, if a young person feels unable to talk to a professional they can self-refer by contacting the advice line on 01522 309777. If you are at school or college you will be seen there, if this is not possible you will be seen at home or in a suitable venue such as a GP surgery. Healthy Minds also offers advice to professionals, young people and their parents Monday to Friday 9:30 – 4:30

<https://www.lpft.nhs.uk/young-people/lincolnshire/young-people/i-need-more-help/healthy-minds-lincolnshire>



Shine – Mental Health Support Network in Lincolnshire
 Shine is a network of people and organisations involved in or with experience of mental ill health and distress. They put people in touch with each other to help them work more closely and effectively together. The website is designed to provide a place where people can exchange information about themselves and what they do. You can browse the site without registering to access helpful people and local services. There is a calendar of mental health related events in Lincolnshire, notices of activities posted on the noticeboard or through Facebook or Twitter.

www.lincsshine.co.uk

They also have links to The Recovery College and the latest courses and college prospectus can be viewed here.

<https://lincsshine.co.uk/news-articles/lincolnshire-recovery-college/>

Websites and Support lines



MIND – www.mind.org.uk 0300 123 3393 or text 86463



SANE – www.sane.org.uk 0300 304 7000 16:30-22:30 daily



SAMARITANS – www.samaritans.org.uk Lincoln 01522 528282

NHS Apps Library
Apps and online tools to help manage health and wellbeing



Cost: £30.00

Be Mindful is an online course for anyone aged 16 years or older aimed at reducing stress, depression and anxiety. It guides you through the elements of mindfulness-based cognitive therapy. It is suitable for beginners to mindfulness.

How does it work?

The course is about practicing mindfulness, by paying attention to our thoughts and feelings in a way that increases our ability to manage difficult situations and make wise choices. There are 10 sessions lasting 30 minutes each consisting of video, meditation audio and interactive exercises. There are also assignments to carry out and tools to measure reductions in stress, depression and anxiety. You can complete the course in as little as four weeks or take longer if you prefer – there is no time limit for completion.

How do I access it?

Visit www.bemindfulonline.com to access the Be Mindful course on your computer, tablet or smartphone. You can register for a free introduction and decide later if you wish to pay £30 to proceed with the course.



Cost: £0.99

Who is it suitable for?

Anyone who experiences panic attacks or anxiety.

How does it work?

The Beat Panic app uses a series of soothing coloured flashcards with messages designed to help you overcome a panic attack in a calm, gentle manner. Beat Panic aims to help you:

- focus on something else instead of the panic or anxiety
- slow your breathing, reduce your heart rate and release the tension
- get perspective on worrying thoughts and remind you what's really happening
- overcome the urge to flee

How do I access it?

Beat Panic is available to download from the Apple App Store.



Free

BlueIce is an evidenced-based app to help young people manage their emotions and reduce urges to [self-harm](#).

It includes a mood diary, a toolbox of evidence-based techniques to reduce distress and automatic routing to emergency numbers if urges to harm continue.



Cost: Free

Calm Harm is designed to help people resist or manage the urge to self-harm. It's private and password protected.

How does it work?

Based on the principles of dialectical behaviour therapy (DBT). DBT is a type of talking therapy that's effective in people with mood disorders. The app provides tasks that distract user from urges to self-harm and help manage their "emotional mind" in a more positive way.

The app is an aid to treatment but doesn't replace it.

How do I access it?

The app is free to download from the App Store and Google Play.



Cost: Free

Catch It is for anyone struggling with feelings like anxiety, depression, anger and confusion. Learn how to manage these feelings. The app will teach you to look at problems in a different way, turn negative thoughts into positive ones and improve your mental wellbeing.

How does it work?

Catch It uses CBT. It records and rates your mood, asks you to take a moment to reflect on what you're thinking and asks you to think about a better way of dealing with a problem

How do I access it?

Catch It is free to download from the App Store and Google Play.

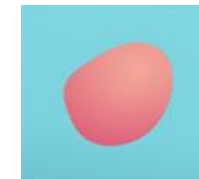


Cost: Free

Chill Panda is for children and adults who want to learn to manage stress, relax and feel better. The app measures your heart rate and suggests tasks such as simple breathing techniques to take your mind off your worries. Chill Panda asks you to rate your mood to work out your current emotional state. You are then encouraged to take part in a variety of playful tasks and activities, including breathing and light exercise.

How do I access it?

Chill Panda is free to download from the App Store and Google Play. The app works with mobile devices that have a camera.



Cost: Free

Cove is like a mood journal, except instead of using words to express how you feel, you use music. To create music, choose from six different moods – calm, struggling, longing, playful, clouded and gentle. Once you've selected your mood, you can easily add and remove different musical effects. Store your music in a private journal to revisit at any time. Add some personal thoughts and tags.

How do I access it?

Cove is free to download from the App Store.

**Cost: Free**

DistrACT app is for anyone over 17 years concerned about self-harming. It gives easy, quick and discreet access to information and advice about self-harm and suicidal thoughts. The content was created by doctors and experts in self-harming and suicide prevention.

How does it work?

The distrACT app aims to help you understand urges to self-harm, and encourages you to monitor and manage your symptoms. It can help reduce the risk of suicide. There's advice and information, including emergency contact numbers, how best to work with healthcare professionals, and safer alternatives to self-harming. In the Chill Zone, there are resources, including art, books, films, music, poems, quotes, stories and online videos.

How do I access it?

distrACT is free to download from the App Store and Google Play.

**Cost: Free, with in-app purchases**

Feeling Good is for anyone aged 18 or over who feels worried or stressed, and those who want to improve their mental wellbeing, concentration and confidence in all walks of life. Relax your body and mind with a series of audio tracks designed to help you build confidence, energy and a positive mindset.

How does it work?

Feeling Good uses relaxation, CBT and resilience building techniques to help improve positive feelings, self-esteem and self-confidence.

The app offers 4 free audio tracks. The main offering is the 12-track Positive Mental Training audio programme, which is an in-app purchase. The programme has been used by NHS Edinburgh for 12 years to help recovery from stress, anxiety and depression.

The app allows you to set reminders to listen to the tracks, as repeated listening is believed to build resilience.

How do I access it?

Feeling Good is available on the App Store and Google Play.

**Cost: Free**

MeeTwo provides a safe and secure forum for teenagers wanting to discuss any issue affecting their lives. You can anonymously access advice from experts or teenagers going through similar experiences in areas such as mental health, self-harming, relationships and friendships.

How does it work?

You can post messages about any issue you're struggling to cope with and receive supportive responses from teenagers and guidance from MeeTwo experts designed to build confidence, increase wellbeing and improve emotional resilience. Posts and replies are moderated to ensure only positive feedback is published.

How do I access it?

MeeTwo is free to download from the App Store and Google Play.



Cost: Free, with in-app purchases

My Possible Self is for anyone over 18 years who suffers with stress and anxiety. The learning modules help to manage fear, anxiety and stress and tackle unhelpful thinking. Record experiences and track symptoms to understand your mental health.

How does it work?

The app's learning modules track how you feel every day. Highlight activities, people and places that influence your mood, so you can focus on the positive. The 'Building Happiness & Wellbeing' module is free when you download the app, you can access the rest of the modules via a monthly subscription.

How do I access it?

My Possible Self is free to download from the App Store and Google Play but offers in-app purchases.



Free, with in-app purchases

Pzizz app helps you quickly calm your mind, fall asleep fast, stay asleep, and wake up refreshed.

It uses "dreamscapes" – a mix of music, voiceovers and sound effects designed using the latest clinical research – to help you sleep better at night or take power naps during the day.



Cost: Free

Silvercloud provides a wide range of supportive and interactive programmes, tools and tactics for mental and behavioural health issues. These programmes address wellbeing, life balance, time management, communication skills, goal setting, communication and relationship management, anger management, stress management, relaxation and sleep management, among many others.

How do I access it?

Silvercloud is free to download from the App store and Google play.



Free during the coronavirus (COVID-19) crisis

ThinkNinja is a mental health app designed for 10 to 18 year olds. Using a variety of content and tools, it allows young people to learn about mental health and emotional wellbeing, and develop skills they can use to build resilience and stay well.

OTHER WEBSITES AND USEFUL RESOURCES

MoodGym – online resource, interactive self-help book to learn and practice skills which can help to prevent and manage symptoms of depression and anxiety

FearFighter – leading online programme for panic and phobias (associated cost)

Bipolar UK – A charity helping people living with manic depression or bipolar disorder.

MoodJuice - online resource working towards solving emotional problems from anger and anxiety to sleep problems and stress.

HeadSpace – ‘meditation made simple’. Hundreds of themed sessions from stress to sleep. Bite-sized meditation for busy schedules and SOS exercises in case of sudden meltdown.

KOOTH – from XenZone, a provider of online mental health services for children, young people and adults. Online counselling and emotional wellbeing platform accessible through mobile, tablet or PC. Counsellors online hub Mon – Fri 12:00-22:00, Sat – Sun 18:00-22:00

SUPPORT ON MONEY ISSUES

www.lincolnagainstopoverty.co.uk

For benefits and debt advice –
City of Lincoln Council - 01522 881188
Citizens Advice Bureau = 03444 111 444

For Debt and budgeting advice
Christians against poverty – 0800 328 0006

For budgeting and savings support
Lincolnshire Credit Union – 01522 873550

For signposting to the right service or general advice
Lincs2Advice – 03003038789

24 HOUR SUPPORT

NSPCC 0800 1111 CHILDLINE
DOMESTIC VIOLENCE 0808 2000 247
ALCOHOLICS ANONYMOUS 0800 917 7650
RAPE CRISIS 0808 168 9111
FRANK 0300 1236600
GAMBLING 0330 094 0322