

MENTAL HEALTH WEEK MAY 15TH TO 21ST

Life is busy and can be stressful for everyone. People are effected by stress and life events in different ways. It is important to be able to recognise when we are feeling overwhelmed and take steps to manage our overall wellbeing. For some this may be through exercise such as running, or yoga to art and music. It may also be helpful to have an understanding of mental health problems so that you can help support someone else who may be having a challenging time. Each year, Mental Health Week focuses on a specific topic and this year the national topic is Anxiety. Below are some links to various sources of information focusing on mental health and wellbeing which you may wish to look at.

National websites

www.mentalhealth.org.uk

information on mental wellbeing, supporting someone else with their mental health, preventing mental health issues from developing.

www.mind.org.uk

A range of information on mental wellbeing and support available.

www.nhs.uk/oneyou/every-mind-matters/

Advice and guidance provided by the NHS on mental wellbeing.

www.anxiety.org.uk

a great website with lots of information around anxiety, links to resources, support groups, anxiety management courses etc.

Reginal weblinks

www.norfolkandwaveneymind.org.uk

Regional link for the MIND charity providing information on local support services and helplines. Also information on training courses both for individuals, community groups and workplaces etc. and general information on wellbeing.

www.firstfocus.org.uk

Fakenham based charity providing a range of free services including wellbeing and anxiety.

Apps (please check that some Apps do have a fee associated with them)

- Smiling Mind
- Headspace
- Calm
- Happify

Books

There are hundreds of books available to read on mental wellbeing, with plenty available at libraries and as downloads on line. Here are a few we have found:

- **Living with IT- a survivors guide to overcoming panic and anxiety. Bev Aiskett**

An easy to read book about what anxiety is and how it can present, as well as tips on how to manage it. Great for those struggling with Anxiety and Panic as well as for those who want to have develop an understanding to aid the support they can offer to those experiencing such challenges.

- **Overcomnig Anxiety -Helen Kennerley**

Includes cognitive behavioural techniques to help overcome anxiety.

- **How to help someone with Anxiety -Dr Rachel M Allan**
- **Mental Health and Wellbeing in the Workplace- G Hasson and D Butler**
- **Jog on - How running saved my life- Bella Mackie**
- **Its ok to talk -A practical guide to mental health for men- Sam Cooper**
- **Mind over Mother--Anna Mathur**

A guide to managing anxiety and worry as a new parent.

Well being Groups

- www.menscraft.org.uk

A Norfolk based charity focusing specifically on men`s health and wellbeing. Offers groups to join, activities, peer support etc.

- **Walking Woman-** First Tuesday of the Month at Holkham - seewww.holkham.co.uk for further info
- **RNTS Jog and Jabber-** Thursdays 6pm Holkham Village Car Park (This group does not run during the C25K Season) A social group to jog and talk, rant and jabber! Ceri Howell for further details.
- **Tuesday Walking Group-** Wells Community Hospital www.coastalhealthandwellbeing.org.uk/walking
- **Yoga -** www.princessyogapants.com Yoga classes by a lady called Cat, ex mental health nurse, delivering classes in Wells and South Creak. Cat is doing the free Yoga class for RNTS as part of mental health week.