Numbers that may help you in difficult times;

The Samaritans – 08457 909090

C.A.L.L helpline - 0800 132737 or text 'Help' and a question to 81066

Cardiff Women's Aid (domestic violence) -02920 460566

Dyn Wales (domestic violence) – 0808 801 0321

E-DAS (drug and alcohol support) -

CRUSE (bereavement) - 02920 226166

New Pathways (sexual abuse/rape) - 01685 379 310

BAWSO (BME) - 02920 644 633

Women Connect First (BME) - 02920 343 154

Oasis (refugees) - 02920 460 424

National Poisons Information – 0344 892 0111

NHS - 111

In an emergency then do not hesitate to call;

GP for an emergency appointment, 999 or attend A&E.

Useful websites for self referral or directories or Cardiff services;

http://www.cavamh.org.uk/directories/mentalhealth-directory/voluntary-sector

https://www.dewis.wales/

iPhone apps for mental health;

7 Cups – free app for anxiety and stress

Superbetter – Resilience training using a gaming approach

Headspace - Mindfulness and meditation

Calm Harm – Help for urges to self harm

Chill Panda – Relaxation app with a cute game component

Stay Alive – Suicide prevention app

Youper – Emotional health assistant

Clear Fear – Manage anxiety

Mindshift CBT – Canadian app for CBT based help

What's up? - CBT and ACT based app to challenge negative feelings

Search 'mental health' or keywords relevant to you in app store to see any other apps that you are drawn to

Mental Health Resources

In this leaflet there are hints, tips and strategies to help you to cope and improve your mental wellbeing.

Self-soothing is a quick and effective way to reduce the intensity of negative emotions.



_ow lighting Soothing colors Sleeping masks Coloring books Pinterest Collages

Touch ?

Soft things Cuddle things Massage Hot/cold shower Heated/weighted blanket



Calming noise ASMR videos Nature sounds Guided meditations Binaural beats

Smell

Aromatherapy Fresh air Candles/insense Comforting smells



Strong flavors Warm drinks

Taste

Eat slowly Nostalaic flavors www.blessingmanifesting.com

First things first;

What is happening for you? Take a minute to think about how you are feeling and what are the main issues happening right now? Try to label your emotions and think about signs that you are not coping like reduced sleep, irritability, low motivation... What's the priority and how can you overcome this? Maybe there was a moment something happened to start this or a more general sensation of discontentment.

To learn more about how you are feeling then talking to your GP or Primary Care Mental Health staff member could help guide you towards focused helpful strategies.

In this leaflet you can find more general strategies that can help in times that you are struggling. Use the exercises, apps, phone numbers and directories to find what you feel would be important for you to cope right now.



Healthy Sleep Hygiene

BEFORE BEDTIME



before bedtime







exercise within three hours of bedtime



TIME



knows you are getting

ready to go to sleep





time before bed such as reading, watching TV or listening to music





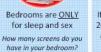
same rise time.

Aim for 8 hours

of sleep each night



in your bedroom





If you can't sleep after 20 minutes, get up and do something boring until you feel tired, then try again.

Remember everyone has nights where they can't sleep. The more you worry, the worse this worry can become. If you are concerned about your sleep contact your family doctor.



MENTAL HEALTH & FITNESS

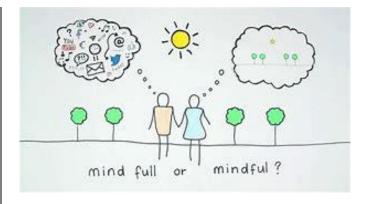
IN YOUNG PEOPLE

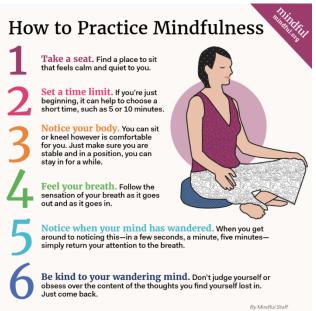
SYMPTOMS OF POST **NATAL DEPRESSION**

REDUCES PSYCHOLOGICAL DISTRESS BY UP TO 47%

IS AS EFFECTIVE AS **MEDICATION FOR MILD** TO MODERATE ANXIETY & DEPRESSION

PROTECTS AGAINST MENTAL HEALTH PROBLEMS





Online resources;

www.stepiau.org – self help resources

www.stepiau.org/stress-control - you tube classes

https://www.mind.org.uk/ - For information about mental health, medications and much more.