

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/mental-health-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

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



Sight

Low lighting
Soothing colors
Sleeping masks
Coloring books
Pinterest Collages

Touch

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



Sound

Calming noise
ASMR videos
Nature sounds
Guided meditations
Binaural beats



Smell

Aromatherapy
Fresh air
Candles/incense
Comforting smells



Taste

Strong flavors
Warm drinks
Eat slowly
Nostalgic 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	 Avoid caffeine, nicotine and alcohol before bedtime	 Avoid heavy meals within two hours of bedtime	 Avoid energetic exercise within three hours of bedtime
GETTING READY TO SLEEP	 Develop a bedtime ritual so that your body knows you are getting ready to go to sleep	 Reduce extreme light, temperature, and noise in your bedroom	 Include an hour of quiet time before bed such as reading, watching TV or listening to music
SLEEP TIME	 Keep your sleep regular – same bedtime, same rise time. Aim for 8 hours of sleep each night.	 Bedrooms are ONLY for sleep and sex <i>How many screens do you have in your bedroom?</i>	 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

IT'S PROVEN THAT PHYSICAL ACTIVITY:

<p>DECREASES DEPRESSION</p> <p>REDUCES SIGNS & SYMPTOMS OF POST NATAL DEPRESSION</p> <p>IS AS EFFECTIVE AS MEDICATION FOR MILD TO MODERATE ANXIETY & DEPRESSION</p>		<p>IMPROVES SELF-ESTEEM & COGNITIVE FUNCTION IN YOUNG PEOPLE</p> <p>REDUCES PSYCHOLOGICAL DISTRESS BY UP TO 47%</p> <p>PROTECTS AGAINST MENTAL HEALTH PROBLEMS</p>
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How to Practice Mindfulness

- 1 Take a seat.** Find a place to sit that feels calm and quiet to you.
- 2 Set a time limit.** If you're just beginning, it can help to choose a short time, such as 5 or 10 minutes.
- 3 Notice your body.** You can sit or kneel however is comfortable for you. Just make sure you are stable and in a position, you can stay in for a while.
- 4 Feel your breath.** Follow the sensation of your breath as it goes out and as it goes in.
- 5 Notice when your mind has wandered.** When you get around to noticing this—in a few seconds, a minute, five minutes—simply return your attention to the breath.
- 6 Be kind to your wandering mind.** Don't judge yourself or obsess over the content of the thoughts you find yourself lost in. Just come back.



By Mindful Staff

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.