MECC Factsheet: Mental Health

Key messages

* You’re not alone. Research suggests that one in four of us will have problems with our mental health and emotional wellbeing at some point in our lives.
* Help is available and getting help early can prevent things from getting worse.
* The Five Ways to Wellbeing show what we can all do to improve our emotional wellbeing:
1. Connect to people
2. Be active
3. Keep learning
4. Give – do something for someone
5. Take notice of what’s around you

Other important messages to consider

* The Five Ways to Wellbeing are simple changes to our lifestyle that can make a difference to how we feel. Here are some examples:
1. **Connect to people** - Spend time with a friend, keep in touch with friends and family, speak to someone new at work or chat to your local shopkeeper.
2. **Be active** - Go for a walk, ride a bike or play football; take the stairs; get active with housework or gardening.
3. **Take notice** - Notice the world around you and your own thoughts and feelings; enjoy the moment. .
4. **Keep learning** - Take up a new hobby; cook something new, or teach yourself a new skill; read the news or do a crossword.
5. **Give** - Small acts of kindness such as saying thank you or helping out a neighbour, or larger ones like volunteering can make you feel happier and more satisfied with life.
* If anyone feels they need support with any aspect of their mental health, including dementia, they should talk to their GP. Doctors aren’t only there to help with physical health; they can also help with diagnosing and treating mental or emotional problems, as well as helping access other support.
* Good mental health allows us to reach our potential, cope with stress, work productively and contribute to our community.

Why is it important?

* Camden and Islington have some of the highest rates of mental health problems in the country.
* One in seven adults in Camden and one in six in Islington have been diagnosed with a mental health condition. Many more go undiagnosed.
* Poor mental or emotional wellbeing can cause feelings of sadness and loneliness; anxiety and low self-esteem as well as difficulties sleeping. It can also cause people to drink more alcohol or smoke excessively to relieve stress.

Signposting to local services and online support

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| Camden and Islington’s Psychological Therapies Service offer free, confidential help for problems such as stress, worry, depression and insomnia. There are online and face-face options for help.* www.icope.nhs.uk (Camden and Islington)
* www.iesohealth.com (Camden)
* www.leavalehealth.com (Camden)
* The therapies offered are for adults of all ages, from young to old and can help people learn ways to help themselves/feel more able to cope with problems.
* GPs can make referrals to IAPT and have IAPT staff who are linked to their GP practice.
* Patients can self-refer to all of these services.
* These services cannot provide urgent or emergency help. If you need urgent help go to www.candi.nhs.uk/contact-us/urgent-help (Camden and Islington) to find the relevant points of contact
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