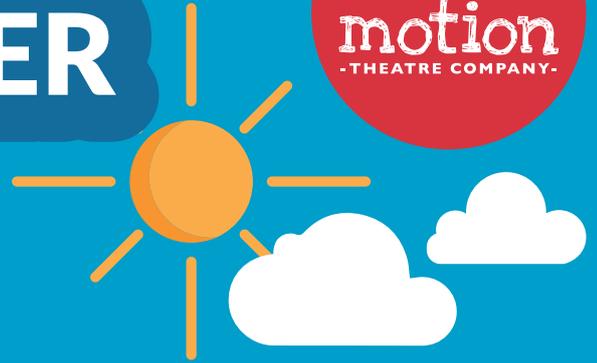


# LOOKING AFTER YOURSELF

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- THEATRE COMPANY -



If you need extra support or advice on where or who to turn to, here is a list of advice and resources on things you can do to keep mentally healthy during this time.

## Talk to someone you trust

If you think you might need help with your mental health, talk to someone you like and trust, like a partner, family member, counsellor or friend. Sometimes just talking about our feelings and worries can help us feel better.

## Talk to someone confidentially

It can feel daunting, telling someone you know about your thoughts and feelings, so it might be easier to talk to someone confidentially without giving your name or any other personal details.

### **Samaritans**

Confidential support for people experiencing feelings of distress or despair.  
Phone: **116 123** (free 24-hour helpline). [www.samaritans.org](http://www.samaritans.org)

### **SANEline**

If you're experiencing a mental health problem or supporting someone else, you can call **0300 304 7000** (4.30pm–10.30pm every day). [www.sane.org.uk](http://www.sane.org.uk)

### **Support Line**

A confidential telephone helpline offering emotional support to any individual on any issue. You can call their helpline on **01708 765200**. [www.supportline.org.uk](http://www.supportline.org.uk)

## Take time out

Taking the time to rest and relax not only helps our bodies to have a break, but it is also important for our mental health. Taking time out to focus on yourself can help you to feel calm and in control. Some of the ways in which you can do this are:

### **Find a hobby**

Having a hobby away from work or volunteering can help you switch off and take time to do something you enjoy. It can be anything, but creative activities are really popular hobbies that include playing an instrument, dancing, reading, drawing and writing.

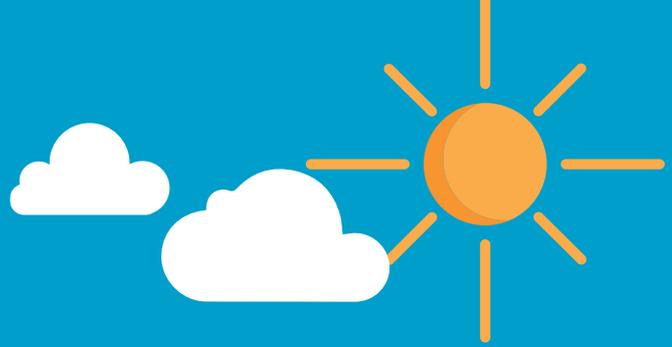
### **Be mindful**

Paying more attention to the present moment, to your own thoughts and feelings, and to the world around you, can improve your mental wellbeing.

Apps like Calm ([www.calm.com](http://www.calm.com)) and Headspace ([headspace.com](http://headspace.com)) offer loads of guided meditations.

### **Get outside**

Spending time in green spaces or bringing nature into your everyday life can benefit both your mental and physical wellbeing. Going for a walk, meeting a friend outside or exercising outdoors can have lots of positive effects.



## **Connect with your community**

Connecting with other people and feeling part of your community is one of the most important things we can do to stay well. Community involvement provides a sense of belonging, it can also offer extra meaning and purpose to everyday life. Here are some of our tips on how to connect with your community:

### **Find a local group or activity**

Trying something new, learning a new skill and engaging in creative activities have all been shown to increase positive moods. Taking part in local groups and activities can help you make new friends and increase your social skills.

#### **Connect to Support Hampshire**

Connect to Support Hampshire is a website aimed at helping you to stay independent for longer by providing you with resources to look after yourself, stay safe and connected with your local community. They run a Community Directory which is a database of free or low-cost local services, helplines and activities.

[www.connecttosupporthampshire.org.uk](http://www.connecttosupporthampshire.org.uk)

#### **Hampshire County Council - Events Directory**

The Hampshire County Council website is regularly updated with information about talks, classes, groups, workshops and events happening all across the County. [www.hants.gov.uk](http://www.hants.gov.uk)

#### **Hampshire Cultural Trust**

A charity that operates 23 attractions across the County from museum to arts centres and many of their sites run regular workshops, groups and clubs including art sessions and dance classes.

[www.hampshireculture.org.uk/whats-on](http://www.hampshireculture.org.uk/whats-on)

### **Volunteer**

Volunteering is a great way to do something for others and research shows that it benefits people of all ages through increasing feelings of self-esteem, social connection, and wellbeing.

#### **Get Volunteering Hampshire**

A website you can use to explore volunteering opportunities in your area. The website covers all Hampshire districts and you can filter by area of interest and skill set. [www.getvolunteering.co.uk/hampshire](http://www.getvolunteering.co.uk/hampshire)

### **Explore where you live**

Hampshire is a large county and has a diverse mix of city, coast and country. Hampshire has two National Parks and a thriving culture, with history and heritage at its heart. Many of us may not know what exists right on our doorstep, so discovering what's close by helps us to connect with the place we live and feel more connected to it.

#### **Visit Hampshire**

The official tourism website for Hampshire and a great place to go for a wide range of information about things to do near you, attractions to visit, local events, walks, trails and much more. [www.visit-hampshire.co.uk](http://www.visit-hampshire.co.uk)



## Find the right advice

Whether you want to know more about how you're feeling, get information about a mental health condition or know what support is available to you, it is important that you go to trusted and respected sources of information. Here is our list on where you can go to find advice and support.

### Anxiety UK

A user-led organisation that supports anyone with anxiety, phobias, panic attacks or other anxiety-related disorders. **03444 775 774** or text **07537 416 905** [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

### Beat

A champion, guide and friend to anyone affected by eating disorders, giving individuals experiencing an eating disorder and their loved ones a place where they feel listened to, supported and empowered. **0808 801 0711** [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)

### CALM

Campaign Against Living Miserably is a helpline for young males aged 16 to 35 years, suffering from depression and low self-esteem. It offers counselling, advice and information. **0800 58 58 58** (or London based callers can dial **0808 802 58 58**) [www.thecalmzone.net](http://www.thecalmzone.net)

### Men's Health Forum

A 24/7 stress support for men by text, chat and email. [www.menshealthforum.org.uk](http://www.menshealthforum.org.uk)

### Mind

Promotes the views and needs of people with mental health problems. [www.mind.org.uk](http://www.mind.org.uk)  
Phone: **0300 123 3393** (Monday to Friday, 9am to 6pm)

### NHS Website

The NHS website provides a good starting point for information and support for your mental health. [www.nhs.uk/mental-health](http://www.nhs.uk/mental-health)

### OCD UK

A charity run by people with OCD, for people with OCD. Includes facts, news and treatments. Phone: **0333 212 7890** (Monday to Friday, 9am to 5pm) [www.ocduk.org](http://www.ocduk.org)

### Rethink Mental Illness

Provides support and advice for people living with mental illness. Phone: **0300 5000 927** (Monday to Friday, 9.30am to 4pm) [www.rethink.org](http://www.rethink.org)

