

# **Celebrating World Mental Health Day October 10th**

**Statistics show  
that 1 in 4 of us  
will suffer a  
mental health  
problem at some  
point in our lives.**

**See inside for the  
5 ways to  
wellbeing**

**World Mental Health  
Day is celebrated  
each year to raise  
awareness – mental  
health is important  
to the wellbeing of  
all of us.**



## If You're Feeling down – some Positive Steps for feeling Good

### Connect

- **Talk to People** – when you feel lonely or something is worrying or upsetting you, tell someone about it. You can talk to your friends or family or your local doctor.
- **Ask for help** – it's not always easy to ask for help, especially when you feel people may take over or not let you do things for yourself. Everyone needs help from time to time so don't be afraid to ask. You may find it easier to ring a helpline.

- **You are not the only one** – it may help to join a local group to meet people & make friends. You can talk to people and they will understand how you feel

## Take Notice

- **Be present** – focus on awareness and appreciation of the present moment

## Keep Learning

- **Try something new** – there may be lots of things you didn't think you could do or haven't felt confident about trying - give it a go. Learning new things and making new friends will make you feel good about yourself.

## Give

- **Give to Others** – from simply saying 'thank you', spending time with others, to passing on skills or volunteering, giving and acts of kindness can help improve your mental wellbeing.

## Be Active

- **Do things you enjoy** – what's your thing? Swimming? Walking? Gardening? Sport? Whatever you enjoy, make time to do it.

## And always...

- **Be Yourself** – no-one is perfect. Everybody has something to offer
- **Take control** – it can be difficult sometimes to make decisions and disagree with what other people say. They may only be doing what they think is best for you, but you should be the judge of that.

## Some Helplines

**Community Advice and Listening Line (CALL) 0800 132737** (open 24 hours a day, 7 days a week), text help to 81066, visit [www.callhelpline.org.uk](http://www.callhelpline.org.uk)

Free confidential listening and emotional support service, information and literature on mental health and related matters for people in Wales.

**The Samaritans 116 123** (open 24 hours a day, 7 days a week) [jo@samaritans.org](mailto:jo@samaritans.org), visit [www.samaritans.org](http://www.samaritans.org)

Free confidential emotional support to anyone experiencing feelings of distress or despair including those which may lead to suicide. Face-to-face meetings at local offices.

**Mind Infoline 0300 123 3393** (Monday – Friday, 9am–6pm), text 86463, visit [www.mind.org.uk](http://www.mind.org.uk)

Free confidential advice on a range of mental health issues.

**The Silver Line 0800 470 8090** (open 24 hours a day, 7 days a week), visit [www.thesilverline.org.uk](http://www.thesilverline.org.uk)

Free confidential helpline providing information, friendship and advice to older people (50+).

**Meic Cymru 0808 802 3456** (8am – midnight, 7 days a week), text 84001, visit [www.meiccymru.org](http://www.meiccymru.org) - online chat available

Free advocacy, information and advice helpline for children and young people (0-25yrs).

The Five Ways to Wellbeing were developed by the New Economics Foundation - see <https://neweconomics.org/2008/10/five-ways-to-wellbeing>

Contact [cavamh - mail@cavamh.org.uk](mailto:cavamh@mail@cavamh.org.uk), call 029 2022 2000 or visit [www.cavamh.org.uk](http://www.cavamh.org.uk)



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