

Looking After You

There are times when we are so busy looking after and supporting others, we neglect our own mental health and wellbeing.

Below are some useful self-help resources and various places that you can go to when things get a little difficult to manage alone.

Moodjuice can be accessed online or through an app. It provides help information around a variety of difficulties including anxiety, depression and self-harm.



<http://www.moodjuice.scot.nhs.uk/>

YoungMinds has information about common mental health problems, an A-Z on how to support children and young people and how to look after yourself.



<https://youngminds.org.uk/>

Northumberland NHS Trust provides a number of self-help guides for various difficulties such as depression and low mood, bereavement and stress. These can be viewed via their website or by downloading their app



<https://web.ntw.nhs.uk/selfhelp/>

Mind provides information regarding different types of mental health difficulties, tips for everyday living and general guides to support and services. You can even find your local Mind to access services such as counselling, drop-in centres and support groups.



<https://www.mind.org.uk/>



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Getting Support

Your GP is available to talk to about any concerns you may have around your mental health. As they know you, they would be someone who can advise you on the best course of action. They will be able to signpost you to agencies who can provide psychological support. They can also discuss with you other options such as medication.

GP

Improving Access to Psychological Therapies (IAPT) is aimed at adults who are feeling stressed, anxious or low in mood. They can provide advice, information and therapy. You can self-refer on **024 7667 1090** (Mon-Fri, 9am-5pm)



The Recovery & Wellbeing Academy runs a host of free courses and workshops including coping with depression, anxiety management and relaxation, the environment and me and many more.



<https://www.covwarkpt.nhs.uk/recovery-wellbeing>

If you feel that the concern is **urgent** or that you are at **risk** to yourself or others, please seek immediate advice/support by going to:

- **Your GP.** Tell them that you require an urgent appointment regarding your mental health and wellbeing
- **The Samaritans.** If you require someone to talk to, The Samaritans are free to call and available 24/7 on **116 123**
- **A&E.** If you feel that you are at risk of harming yourself, please go directly to A&E for immediate assistance

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