

Improving Mental Health and Wellbeing

Information for parents and carers



We all have an important role to play in looking after our own mental health and wellbeing, as well as promoting and supporting the mental wellbeing of the people we care for.

This leaflet aims to provide you with:

- an understanding of mental health and wellbeing;
- how to improve the mental wellbeing of your whole family; and
- where you can get support.

What is mental health and wellbeing?

In the same way that we all have physical health, we all have mental health and we need to look after it.

Mental health and wellbeing is about how we think and feel. It is being able to enjoy life and cope well with life's challenges. Mental health and wellbeing can be affected by various life events such as work stress or problems with friends or family, as well as mental illnesses such as depression or anxiety.

It is normal to feel happy when something good happens, feel angry or sad when something bad happens, or to be scared or anxious if something is worrying you. Part of keeping good mental health is being aware of the differences between your normal emotions and feelings that you may need extra support with - for example, major life events or mental illness.

Without good mental health, it is difficult to look after our physical health. What affects one will affect the other. We need to feel motivated to look after ourselves and do things such as exercising or watching how much we drink. However, it is important to remember that no matter what challenges we face, everyone has the ability to take steps to look after and improve their mental health and wellbeing. People can and do recover from even the most serious and long-term mental health problems.

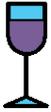


Improving our mental health and wellbeing

Life can be stressful. Looking after your mental health and wellbeing can help you cope with stress.

(www.mentalhealth.org.uk)

Here are ten tips that may be useful to you as an individual, but you can also discuss and adapt them with children. For example, limiting the amount of sugary drinks they have. These ten tips will encourage good habits, helping them to cope better, not only just now but throughout life.

 Talk about your feelings	 Accept who you are
 Eat well	 Keep in touch
 Take a break	 Keep active
 Drink sensibly	 Ask for help
 Do something you are good at	 Care for others

Images created using Boardmaker Copyright©
1981-2008 Mayer-Johnson LLC.

Think about what steps you are going to take to improve your mental health and wellbeing and how you are going to achieve this.



Support in your local area

Within your local area there are many opportunities to start taking some of these positive steps.

East Ayrshire

Vibrant Communities offer opportunities to volunteer, join clubs and be physically active.

Contact telephone number: 01563 576705

Website: www.east-ayrshire.gov.uk/

CVO (EA) – Supporting the third sector to develop a range of beneficial community-based services and activities.

Contact telephone number: 01563 574000

Website: www.cvoea.co.uk/



North Ayrshire

The Third Sector Interface North Ayrshire promotes and supports volunteering.

Website: www.theayrshirecommunitytrust.co.uk/

KA leisure offers a range of physical activity opportunities.

Contact telephone number: 01294 313772

Website: www.kaleisure.com

South Ayrshire

Voluntary Action South Ayrshire (VASA) provides local volunteering opportunities.

Website: www.voluntaryactionsouthayrshire.org.uk/

Contact telephone number: 01292 432 661

South Ayrshire leisure opportunities

Website: www.south-ayrshire.gov.uk/leisure

Other support is available

There is lots of help available if you would like to talk to someone about your own mental health or get support to help a child. You can also visit your local family doctor (GP) if you are worried about yourself or your children.

Parentline

Provides a confidential helpline to give parents an opportunity to 'offload' and be pointed in the right direction for information and support.

Contact telephone number: 0808 028 22 33

Email: parentlinescotland@children1st.org.uk

Website: www.children1st.org.uk/

Hands on Scotland

This website aims to help you make a difference to children and young people's lives. It gives practical information, tools and activities to respond helpfully to troubling behaviour and to help children and young people to flourish.

Website: www.handsonscotland.co.uk/

NHS 24

Call free on 111 if you are ill and it cannot wait until your regular NHS service reopens.

Samaritans

Provides a 24-hour listening service for people who are in crisis or despair.

You can also contact them anonymously by email: jo@samaritans.org

Contact the free to call telephone number:
116 123

Website: www.samaritans.org.uk

NHS Inform

If you are worried about your mental health or someone you care about and are unsure who to turn to, NHS inform may be able to help. NHS Inform provides information on mental health and wellbeing, accessing help and advice if you are worried about someone.

Website: www.nhsinform.co.uk/MentalHealth



Breathing Space

Provides a free confidential listening service, offering advice, guidance and support. Advisors can also provide a signposting service to other agencies.

Contact telephone number: 0800 83 85 87

Website: www.breathingspace.scot/

Young minds

A charity committed to improving the mental health and wellbeing of children and young people.

Website: www.youngminds.org.uk/





-  Follow us on Twitter @NHSaaa
-  Find us on Facebook at www.facebook.com/nhsaaa
-  Visit our website: www.nhsaaa.net
-  All our publications are available in other formats



All of our publications are available in different languages, larger print, braille (English only), audio tape or another format of your choice.

Wszystkie nasze publikacje są dostępne w różnych językach, dużym drukiem, brajlem (tylko w wersji angielskiej), na taśmie dźwiękowej lub w innym formacie Twojego wyboru.

我們所有的印刷品均有不同語言版本、大字體版本、盲文（僅有英文）、錄音帶版本或你想要的另外形式供選擇。

كافة مطبوعاتنا متاحة بلغات مختلفة و بالأحرف الطباعية الكبيرة و بطريقة بريل الخاصة بالمكفوفين (باللغة الإنكليزية فقط) و على شريط كاسيت سمعي أو بصيغة بديلة حسب خيارك.

Tha gach sgrìobhainn againn rim faotainn ann an diofar chànanan, clò nas motha, Braille (Beurla a-mhàin), teip claidinn no riochd eile a tha sibh airson a thaghadh.

हमारे सब प्रकाशन अनेक भाषाओं, बड़े अक्षरों की छपाई, ब्रेल (केवल अंग्रेज़ी), सुनने वाली कसेट या आपकी पसंदनुसार किसी अन्य फॉरमेट (आरूप) में भी उपलब्ध हैं।

我們所有的印刷品均有不同語言版本、大字体版本、盲文（仅有英文）、录音带版本或你想要的另外形式供选择。

ہماری تمام مطبوعات مختلف زبانوں، بڑے حروف کی چھپائی، بریل (صرف انگریزی)، سننے والی کسٹ یا آپ کی پسند کے مطابق کسی دیگر صورت (فارمیٹ) میں بھی دستیاب ہیں۔

ਸਾਡੇ ਸਾਰੇ ਪਰਚੇ ਅਤੇ ਕਿਤਾਬਚੇ ਵਗੈਰਾ ਵੱਖ ਵੱਖ ਭਾਸ਼ਾਵਾਂ ਵਿਚ, ਵੱਡੇ ਅੱਖਰਾਂ ਅਤੇ ਬ੍ਰੇਲ (ਸਿਰਫ਼ ਅੰਗਰੇਜ਼ੀ) ਵਿਚ, ਆਡੀਓ ਟੇਪ 'ਤੇ ਜਾਂ ਤੁਹਾਡੀ ਮਰਜ਼ੀ ਅਨੁਸਾਰ ਕਿਸੇ ਹੋਰ ਰੂਪ ਵਿਚ ਵੀ ਮਿਲ ਸਕਦੇ ਹਨ।



0800 169 1441



Tell us what you think...

If you would like to comment on any issues raised by this document, please complete this form and return it to: Communications Department, 28 Lister Street, University Hospital Crosshouse, Crosshouse KA2 0BB. You can also email us at: comms@aaaht.scot.nhs.uk or comms@aapct.scot.nhs.uk. If you provide your contact details, we will acknowledge your comments and pass them to the appropriate departments for a response.

Name _____

Address _____

Comment _____