

Easy Read

Looking after your mental health

Things to help you be happy



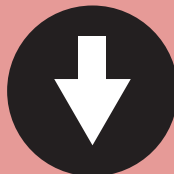
HARINGEY





Feeling
stressed
or **anxious?**

If you feel sad,
are in a bad mood,
or thinking about bad things,
you can do things to help.





**Tell someone
how you feel.**



**Think about
the things
you like
and make
you happy.**

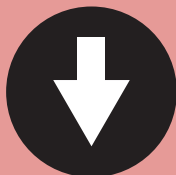


**Do something
that takes
away the
bad thoughts.**





Use people you know - family, friends, support workers - to help you explain how you feel. They can also help you talk to other people.





Spend time with other people.

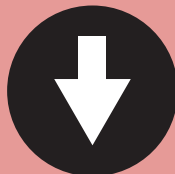
- **Meet with your family and friends.**
- **Spend time with other people in your house.**
- **Do something that makes you feel good and do this with others.**
- **Touch and hug a friend.**
- **Other people may be feeling the same as you, and feel sad, help them if you can. Say something nice.**





Be active.

- **Go for a walk.**
- **Move your body.**
- **Wave you arms.**
- **Dance to some music.**
- **Play a game with others.**





**Do something
that you like.**

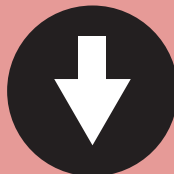
- **Paint a picture.**
- **Sing your favourite song.**
- **Sit in the garden or in a park.**
- **Listen to your favourite music.**





Do something different, and make a change.

- **Draw up a plan for the next year.**
- **Do things that you have not done before.**
- **Plan outings with your family and friends.**
- **Check your plan and say “well done”.**
- **Celebrate what you have done.**



Mental Health Support in Haringey

Mind in Haringey

Support for people who have experienced mental health problems.

 020 8340 2474

 www.MindinHaringey.org.uk

Samaritans North London

Whatever you're going through, get in touch.

 0330 094 5717 (local branch)

 116 123 (free national line)

 www.samaritans.org

Let's Talk IAPT

Online NHS service providing support to people aged 16+.

 020 3074 2280

 www.lets-talk-iapt.nhs.uk/haringey

 Telephone Number

 Website address



Mental Health Support in Haringey

Kooth

Free support for young people aged 11-18 and up to 25 with additional needs.

🏠 www.kooth.com

NHS GO

Confidential health advice and information service for 16-25 year olds.

🏠 www.nhs.go.uk

Rethink Mental Illness - NCL Support After Suicide

For people affected by suicide, and the loss of a loved one.

🏠 www.rethink.org

Good Thinking

Online service to help you look after your mental health.

🏠 www.good-thinking.uk

🏠 Website address

HARINGEY

community
PROTECT