



Looking after your mental health...

Tips to happier living

HARINGEY

community
PROTECT

Feeling stressed *or anxious?*



Use breathing to stay calm and to relax

Breathe out for longer than you breathe in and focus on relaxing tense muscles.

Give yourself time and find a technique that suits you.

Be kind to yourself

Try not to be critical of yourself and reward yourself when you accomplish things.



Improve your wellbeing and watch out for others...



1. Connect

- Talk to someone.
- Arrange a day out with friends or family.
- Try switching off the TV to talk or play a game.
- Have lunch with a colleague, friend or family member.



2. Be active

- Find free activities to help you get fit.
- Go for a daily walk.
- If you're disabled, find out about getting active with a disability.
- Do some 'easy exercise', like stretching, every day.





3. Take notice

- Get a plant for your home or workspace.
- Have a 'clear the clutter' day.
- Take notice of how your friends or colleagues are feeling or acting.
- Visit a new place.



4. Learn

- Read the news or a book.
- Do a crossword or Sudoku.
- Sign up for a class.
- Learn to cook something new.

A dark blue silhouette of a hand holding a heart, positioned at the top right of the white cloud-like shape.

Give

- Say thank you to someone for something they've done for you.
- Ask friends, family or colleagues how they are.
- Spend time with someone who needs support or company.
- Volunteer in your community.

Mental Health Support in Haringey

Mind in Haringey

Support for people who have experienced mental health problems.

☎ 020 8340 2474

🏠 MindinHaringey.org.uk

Samaritans North London

Whatever you're going through, get in touch. 24 hours a day, 365 days a year.

☎ 0330 094 5717

(local branch)

☎ 116 123

(free national line)

🏠 samaritans.org

Let's Talk IAPT

Online NHS service providing worry and low mood therapies to people aged 16+.

☎ 020 3074 2280

🏠 lets-talk-iapt.nhs.uk/haringey

Kooth

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

🏠 kooth.com

NHS GO

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

🏠 nhsgo.uk

Rethink Mental Illness - NCL Support After Suicide

For people who have been bereaved by suicide.

🏠 rethink.org

Good Thinking

Online service supporting Londoners to look after their mental health.

🏠 good-thinking.uk

community
PROTECT

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service to load
their website