

## How are you feeling?

Your health and wellbeing is really important so here are five ways to help you look after your wellbeing.

If you need some more support, turn this over for more information.



## Connect

Good relationships are important for your mental wellbeing. Keep connecting with your family, friends or colleagues even when you can't meet in person.

Make time to talk to someone over the phone or video chat, or just send a text or email. Ask how someone's day was and really listen when they tell you.

## Be active

Being active is not only great for your physical health and fitness, but it's also great for your mental wellbeing. Why not go for a walk or take up a sport?

## Take notice

It's important to try to calm your busy mind.

Don't obsess over the news. Take some time to enjoy the moment and the environment around you, and notice something you haven't noticed before. Spend time outside in nature if you can. You could even try some mindfulness.

## Keep learning

Find ways to keep your mind occupied and active. Why not take up an old hobby or challenge yourself to learn something new?

## Give

People who help others are more likely to be happier themselves. Small acts of kindness or larger ones, like volunteering can help you feel better too. There are lots of people who are feeling lonely or anxious at the moment, and your kindness, time or support could make a positive difference.

# We are here for you.

If you need more support, we are here for you. If you are struggling, even if you just need to talk to someone, please contact the services below so we can support you.

**Be Well Gloucestershire** is a local NHS and county council campaign promoting health and wellbeing. The [www.bewellglos.org.uk](http://www.bewellglos.org.uk) website is a central hub for anyone who needs help or support for themselves or a loved one.



Anyone over 18 living in Gloucestershire can now access free anonymous counselling from qualified counsellors via an online mental wellbeing platform at [www.qwell.io](http://www.qwell.io). Qwell also includes lots of self-care resources, and is designed for people experiencing issues with their emotional wellbeing, such as anxiety, low mood or stress.

## Gloucestershire Self Harm Helpline:

A safe, non-judgmental helpline for young people and adults who self harm, and their friends, families and carers. Call **0808 816 0606**, text **07537 410 022** or webchat at [www.gloucestershireselfharm.org](http://www.gloucestershireselfharm.org)



A free, confidential NHS service for people experiencing issues like stress, anxiety and depression. Call **0800 073 2200** or visit [www.letstalkglos.nhs.uk](http://www.letstalkglos.nhs.uk)



A free, anonymous phone and webchat parent support and advice helpline for parents of children aged 0 to 25 living in Gloucestershire. Call **0800 652 5675** or visit [www.ticplus.org.uk](http://www.ticplus.org.uk)

## Speak to your GP

Don't forget, you can always talk to your GP if you need more support. Whatever you say to them will be confidential, but they will also be able to give you support and get you the help you need.

## Samaritans and Shout:

You can also get free, confidential help 24 hours a day by calling the Samaritans on 116 123 or texting the word 'Shout' to 85258.

## Every Mind Matters:

Expert advice and practical tips to help people look after their mental health and wellbeing. Visit [www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters)

## Community Wellbeing Service:

Connecting those over 16 living in Gloucestershire or registered with a Gloucestershire GP to local services, organisations and groups that can help improve general wellbeing and meet wider social needs.

- Cheltenham & Tewkesbury: **0300 365 6463**
- Cotswold: **07738 106384**
- Gloucester: **0300 131 0024**
- Forest of Dean: **01594 812447**
- Stroud and Berkeley Vale: **0345 863 8323**

## Community Advice, Links, Mental Health Support (CALMHS):

Offering those with moderate to severe mental ill health 1:1 support, personal support plans and signposting to other services. Visit [www.independencetrust.co.uk/CALMHS/about](http://www.independencetrust.co.uk/CALMHS/about) or call **0345 8638323**.