

MENTAL HEALTH AWARENESS

Five Mental Health Facts

- 1 in 4 people in the UK will suffer a mental health problem in any one year.
- 8-12% of the population experience depression in any one year.
- Approximately 50% of adult mental illness starts before the age of 15.
- In Northern Ireland, 50% of long-term absence from work is due to mental health issues.
- Sickness absence due to mental ill health alone costs the UK economy £8 billion a year.

It's OK Not To Be OK

While awareness of mental health has increased, poor mental health can still be stigmatised. This can be combated by talking openly about mental health, sharing tips for helping to maintain good mental health, and ensuring individuals are educated in what steps to take when poor mental health becomes a problem that needs professional help and support.

Ten Tips for Positive Mental Wellbeing



Try to eat a healthy & balanced diet



Learn new skills, do new things or things you enjoy



Talk about your feelings with someone you trust



Drink alcohol in moderation & never to excess



Be creative & switch off, make time to relax



Spend some peaceful time outdoors



Keep active, even walking can help



Keep in touch with friends and loved ones



Be kind to yourself & set small goals to work towards



When you need it - ask for help

Further Support & Resources:

Action Mental Health - www.amh.org.uk

Samaritans - www.samaritans.org

www.mentalhealthservices.nidirect.gov.uk

MindWise - www.mindwisenv.org

Lifeline - www.lifelinehelpline.info

THIS POSTER WAS BROUGHT TO YOU BY:



W: cosaint.training

T: 028 9082 5454

