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Get Help with Wellbeing

gllm.ac.uk/adtrac

ADTRAC Mental Health Practitioners

What do we do?

We listen, and keep listening.

We will support ADTRAC Officers/Mentors to support you and your mental health.

We offer advice, information, and self-help materials, e.g. leaflets or contact numbers of other places that can help in your area.

We offer talking treatment and short-term psychological approaches where necessary.

We use different therapeutic approaches, including Cognitive Behavioural Therapy (CBT) approaches.

We implement the Five Ways to Wellbeing into our practice to help you.

We can also guide you or help you in accessing other services if your mental health feels overwhelming.

Confidentiality

We offer a confidential service and information is shared with third parties only with your permission. The only exceptions to this would be if there were risks to either you or others.

Please discuss this further with your ADTRAC Mental Health Practitioner or ADTRAC Officer/Mentor.

What do you need to do to keep well?



Bod yn sylwgar
Take notice



Cysylltu
Connect



Bod yn fywiog
Be active



Dal ati i ddysgu
Keep learning



Rhoi
Give



Pum ffordd at les
Five ways to wellbeing

Five Ways to Mental Health and Wellbeing

Evidence from research suggests there are five things we can all do to improve our mental wellbeing.

Try to introduce each of them into your life. You will start to feel happier, more positive and be more able to get the most from life.



1. **Connect** – connect with the people around you: your family, friends, colleagues and neighbours. Spend time developing these relationships.



2. **Be active** – you don't have to go to the gym, unless you want to! Take a walk, go cycling or play a game of football. Find an activity that you enjoy and make it a part of your life.



3. **Keep learning** – learning new skills can give you a sense of achievement and a new confidence. So why not sign up for that cooking course, start learning to play a musical instrument, or figure out how to fix your bike? You don't just have to go to college to learn. Try something new that you always wanted to do.



4. **Give to others** – even the smallest act can count, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering can improve your mental wellbeing and help you build new social networks.



5. **Take Notice** – be “mindful” - be more aware of the present moment, including your thoughts and feelings, your body and the world around you. Some people call this awareness “mindfulness”. It can positively change the way you feel about life and how you approach challenges.

These things help everyone all the time, and also make a real difference when we're not feeling at our best. Ask for help if you are finding it difficult to get started or struggling to maintain the things that support your mental health and wellbeing.



Where else can I get help?

Cruse Bereavement Care - 0808 808 1677

Dan 24/7 Wales Drug and Alcohol Helpline - 0808 808 2234 or text DAN to: 81066

CAIS Drug and Alcohol Advice - 0345 06 121 12

Carer's Line - 0845 6033187

Stepping Stones is a registered charity providing therapeutic services to adults who have been sexually abused as children – 01978 352717

RASASC is a registered charity that provides support to people who have experienced sexual violence, whether this happened recently or in the past - 0808 80 10 800

MIND (Infoline) 0300 1233393 (Mind Lines open 9am to 6pm) www.mind.org.uk; www.m.facebook.com, MIND is also available on Twitter

Useful self-help resources:

www.nhs.uk “NHS Apps Library” digital tools and apps you can use to help improve your mental health.

www.nhs.uk/Moodzone - an NHS resource about mental health and wellbeing, this also includes information and advice about common mental health problems.

www.babcp.com/public/Self-Help.aspx - for self-help resources.

Self-help books – please speak to your Mental Health Practitioner who will be able to point you in the right direction.

If you don't feel you can keep yourself safe, seek immediate help:

- Go to any Accident & Emergency (A&E) department
- Call 999 and ask for an ambulance to take you to A&E
- Ask someone else to call 999 for you, or take you to A&E
- Contact the GP Out of Hours Service. The Service is available between 6.30 pm and 8.00 am Monday to Friday and all day and night at weekends and bank holidays. If you need to see a doctor during these times phone 0300 123 55 66. If you contact the service, you will be assessed over the phone and advised about the most appropriate care for you. This may be advice over the phone by a doctor or nurse or you may be given an appointment to see a doctor at an Out of Hours Treatment Centre locally.

If you need urgent support but you don't want to go to A&E you could:

- Call the Samaritans freephone 116 123 – they are always open and are there to listen. You can find out more information about the Samaritans at www.samaritans.org
- Contact Call (Advice and Listening Line) 0800 132737
- Contact your GP surgery and ask for an emergency GP appointment.
- Contact NHS Direct (Wales) 0845 4647
- Contact your local Community Mental Health Team, if you are under their care.