



Mental health problems are common and can happen to anybody, regardless of age, race, gender or social background. We all have times when we feel down, stressed or frightened. Mental health is just like physical health. It can be good or bad, lead to problems that last for a few weeks or ones that need to be managed over a lifetime.

People are often anxious about discussing their mental health, worried about what people might think, or unaware of who to turn to. Most of us would simply not feel as comfortable telling friends and family about having a mental health problem, as they would saying they had a physical illness.

You should see your GP if you feel like your mental health is affecting your daily life, relationships, work or causing you distress.

However the good news is that just as you can do things to improve your physical health there is more and more research showing us how certain things we do can help our moods, reduce the risk of depression, strengthen relationships, keep us healthy and even add years to our lives!

Could you follow the 5 ways to wellbeing and improve your mental health?

1. Connect with the people around you – close relationships with friends and family can add up to 7 years to our lives! Have a conversation, pass the time of day, make time for a chat or a cuppa with a neighbour.
2. Be active – Discover a physical activity you enjoy and suits your level of mobility and fitness, because exercise makes you feel good and can improve your mood. Visit Active North Tyneside to find out more.
3. Take notice – Savour the moment, whether walking to work, around a local park, eating your lunch or talking to friends, will help you appreciate what matters to you. Find your nearest park [here](#).
4. Keep learning – Enjoy achieving a new challenge and boost your confidence by trying something new or rediscovering an old interest. Find out more about Adult Learning.
5. Give – Join a volunteer group or just do something nice for someone – it can be incredibly rewarding and a good way to connect. Voda provide support, advice and training to volunteers.

You can find out more about how to look after your mental health or find services near you [here](#)

Local resources:

[North Tyneside Talking Therapies](#) provides psychological assessment and treatment to adults who live in North Tyneside who are suffering from common mental health problems.

Young People living in North Tyneside aged 11-18 can also access Kooth.com for support on any issues or concerns they may have.

[North Tyneside Child and Adolescent Mental Health Service \(CAMHS\)](#) aims to provide help to children and young people up to 18 years old, and their families, who are having moderate to severe emotional, behavioural, developmental, psychological or relationship difficulties. Referral is through a range of professionals including GPs, social workers and public health nurses in schools.

Social Prescribing can help people with different social, emotional or practical needs to find the right support and improve their health and wellbeing. A team of Link Workers will take time to explore what's important to individuals and support them to identify issues and challenges they would like to address. This may involve introducing them to services, groups or activities in their local community. To access the service **contact the GP practice you are registered with** and ask to be referred to Social Prescribing.



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0345 2000101



publichealthenquiries@northtyneside.gov.uk



Quadrant East, 16
The Silverlink North
West Allotment
UK
NE27 0BY



<http://my.northtyneside.gov.uk/category/596/public-health-and-wellbeing>



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