

Your wellbeing matters



It's OK to not feel OK

You may be feeling anxious, and while some worry and stress is a normal part of life, if these feelings are becoming overwhelming or are stopping you from doing the things you enjoy, please know you are not alone.

Lots of things can affect our mental health and wellbeing like money, housing or employment worries but support is available from the Access Islington Hubs. To book an appointment, email heretohelp@islington.gov.uk or call **020 7527 8222**. You can also drop into any of the three hubs, Monday to Friday, 9am to 5pm:

- North access hub (Manor Gardens, 9 Manor Gardens, London N7 6LA)
- Central access hub (Islington Council, 222 Upper Street, London, N1 1XR)
- South access hub (Finsbury Library, 245 St John St, London EC1V 4NB)

Your mental wellbeing is just as important as your physical wellbeing. There are a range of steps you can take, and support services available on the following pages to help you to feel better and get the most out of life.

5 ways to wellbeing

There are five simple things we can all do to look after our wellbeing:

1. **Connect** – Find time to catch up with a friend, family, or a neighbour. Hear how they are and tell them how you have been. Choose whatever way is best and safest for you to talk.



2. **Be active** – Simply go for a daily walk or run, walk the kids to school, organise a sports meet, perhaps with friends or colleagues- so you can '**connect**' as well, or do some exercises at home. If you are looking for ways to improve and support your wellbeing, take a look at the activities our **community centres offer** or visit the Islington directory



3. **Keep learning** – Try a new recipe, pick up a new book to read, rediscover an old hobby or sign up for that course you have been wanting to.



4. **Give** – Do something nice for a friend, a neighbour, or a colleague. Thank someone, give someone a smile, volunteer your time, or join a community group.



5. **Take notice**
 - Be curious about the world around you! Be aware of what's happening in the present. Take notice of your colleague, look at the nature around you – beautiful flowers, birds, trees. Cherish each moment!



For five ways to wellbeing in other faiths, scan the QR code.

How about your own Mind Plan?

Remember that it's ok to be nice to yourself! Do some things which make you smile and feel good.

Answer 5 quick questions to get your free plan with tips to help you deal with stress and anxiety, improve your sleep, boost your mood, and feel more in control. Search online '**Get Your Mind Plan**' to find the NHS Every Mind Matters Mind Plan Quiz.

Resources and support available



Mental Health Emergency

- If you or someone you know is at immediate risk of physical harm because of a mental health concern or you do not feel you can keep yourself or someone else safe call 999 and ask for the ambulance service.
- If you or someone you care about are in crisis or require urgent mental health support, contact the Islington crisis team on **0800 917 3333** (support is available 24 hours a day, 7 days a week).
- You can also call NHS **111** and select option 2 for urgent mental health support and talk to a trained mental health professional. The line is open 24 hours a day, 7 days a week, 365 days a year
- The Islington Recovery Café is a service that provides practical and emotional support for those experiencing a mental health crisis. They are open 6pm – 10pm on weekdays and 2pm – 6pm on weekends, 365 days a year including bank holidays. You can drop-in to the service anytime during their opening hours at 34 Islington Park Street, N1 1PX. Find out more information at: <https://www.hestia.org/islington-recovery-cafe>
- If you are experiencing suicidal thoughts, do not hesitate to reach out, call the Samaritans any time, day or night, phone **116 123**, you can also text **SHOUT** to **85258**.

Non-Emergency support

- If you are concerned about your mental health, you should see your GP for advice, support or treatment. Find your nearest GP at nhs.uk/findgp
- Talking about your problems can really help. You can refer yourself for free, confidential help for problems such as stress, anxiety, depression, and insomnia. For more information visit: icope.nhs.uk/camden-islington
- For children and young people, visit **The NCL waiting room** – a directory of mental health and wellbeing support for children and young people.
- **Amparo** is a specialist service to support anyone impacted by suicide. Call **0330 088 9255** or email amparo.service@listening-ear.co.uk. You can also **fill in a referral form online**.



For further information on the Mental Health support and services available in Islington, scan the QR code below or visit: **Mental health | Islington Council**

Additional support

Healthwatch can point you in the right direction. From maternity services to mental health support, they can help you find the care you need. Find out more information <https://www.healthwatchislington.co.uk>

