

# KEEPING YOUR MENTAL HEALTH IN CHECK

**NHS**

Portsmouth Hospitals  
NHS TRUST

**SAMARITANS**



**Alan Mak MP**

A FREE information  
booklet from your local  
Member of Parliament

# INTRODUCTION FROM YOUR LOCAL MEMBER OF PARLIAMENT

Our mental health and our physical health are just as important as each other. That's why we need to make sure that we, our friends and our family look after our mental health as much as possible.

I hope that this short guide will give you tips and information to help you look after your mental health and the mental health of your family and friends.

You can find additional information and support for your mental health by visiting [nhs.uk/mental-health](https://www.nhs.uk/mental-health) or the contacts and websites listed later in this booklet.

To keep in touch with my work locally, please signup for my monthly e-mail newsletter by visiting [AlanMak.org.uk/Newsletter](https://AlanMak.org.uk/Newsletter) or following me on social media including [Facebook](#), [Twitter](#) and [Instagram](#).



**Alan Mak MP**  
**Member of Parliament for the Havant Constituency**



# EVERYDAY TIPS FOR YOUR MENTAL HEALTH

**It's really important to make sure that you have a structure to your day, so here's a 6-point plan with tips for your mental health:**

## 1. Plan

Keep a regular routine that will keep your confidence up. And try to start your day at the same time every day, because your body will stay in its natural rhythm.

## 2. Move

Keeping active and exercising when you are able to is key to reducing stress and increasing energy levels and helps your sleep pattern. And if you're stuck for motivation, there are plenty of exercise routines on YouTube that you could look at!

## 3. Relax

The NHS website has plenty of relaxation techniques for you to try. They can help relieve stress and help give you a sense of well-being.

## 4. Connect

Be sure to keep in touch with your friends, colleagues and family, whether it's in person, over the phone or via social media or video calling. Have an online coffee break with your colleague if you're working from home or an after work call with your friends or family.

## 5. Reflect

At the end of the day, think about what went well and what you could improve on. What were you grateful for during the day? How can you make tomorrow better? Think about writing down your thoughts so you can go back to them at a later date.

## 6. Sleep

Sometimes, you might have trouble getting a good night's sleep. To improve your sleep, try and stick to a regular bedtime and get up in the morning at the same time every day. And try to avoid using your phone, tablet, computer or TV before bedtime.



# MENTAL HEALTH ADVICE FOR OLDER PEOPLE

**It's especially important to make sure that you look after your own mental health if you are over 55 and living alone or caring for a vulnerable loved one.**

**1. Keep up a routine**, which will be helpful to give your day a sense of order and will help you stay in control.

**2. Limit your intake of news**, so that you aren't overwhelmed. News often focuses on the worst things happening in the world, which can be stressful and worrying. Some people have found it easier to limit themselves to checking the news twice a day.

**3. Keep yourself entertained** by watching more films or television or listening to the radio.

**4. Stay in touch with your friends and family** by planning when you will call or video-call them. This also helps you look forward to something later on in the week.

**5. Try and stay as active as possible** by moving around your house or flat and trying to do some light exercise outdoors if you can.



# HELPING OTHERS WITH MENTAL HEALTH PROBLEMS

**Each year, around 1 in 4 people experience mental health problems. Most of us know a family member, colleague or friend who has struggled with their mental health.**

According to the **Every Mind Matters** campaign, there are a number of things you can do to help:

- **Express concern** by letting someone know you're worried. It's a good way to start a conversation about how they are feeling, and it also shows the person that you care and that you have time for them.
- **Reassure them**, because the first time someone mentions their worries is a huge step. Let them know that you're there for them if and when they need to talk.
- **Be patient** as you won't always know the full story. Just being there for someone can be a huge help if they want to open up to you at a later date.
- **Look after yourself** when looking after others. It can be upsetting to hear someone you care about in distress. Make sure that you make time for yourself so that you can relax and do things that you enjoy.
- **Offer some practical help** like an act of kindness. Offer to do some shopping for them or try and find some practical information if they are not in a position to do it themselves.



# USEFUL CONTACTS AND WEBSITES

## **Samaritans**

Call: 116 123 E-mail: [jo@samaritans.org](mailto:jo@samaritans.org)

Calls to 116 123 are free and will not appear on itemised phone bills

## **NHS 111 online**

[111.nhs.uk](http://111.nhs.uk)

## **NHS Mental Health Information**

[nhs.uk/mental-health](http://nhs.uk/mental-health)

## **NHS Every Mind Matters Campaign**

[nhs.uk/every-mind-matters](http://nhs.uk/every-mind-matters)

## **Mental Health Foundation**

[mentalhealth.org.uk](http://mentalhealth.org.uk)

## **Mind – The Mental Health Charity**

[mind.org.uk](http://mind.org.uk)

Call: 0300 123 3393 (open 9am–6pm, Mon–Fri)



**I hope you found this guide useful. To keep in touch with my work locally, please sign up for my monthly e-mail newsletter by visiting [AlanMak.org.uk/Newsletter](http://AlanMak.org.uk/Newsletter)**

**You can also contact me by e-mail**  
[AlanMak.org.uk/Contact](mailto:AlanMak.org.uk/Contact)

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Nothing in this booklet constitutes individual medical, legal, financial or other advice from Alan Mak MP or his staff. Every resident should consult their own advisors for such matters on an individual basis taking into account their own circumstances.

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