

SEARCH "MENTAL HEALTH CORNWALL" FOR ADVICE AND SUPPORT



Cornwall and the Isles of Scilly
Health and Care Partnership

Five ways to wellbeing

To stop mental health getting to crisis point, try five ways to wellbeing. Doing these daily or weekly will help you feel good.

Connect with others



Be active – even if it's just a
10 minute walk

Learn something new



Giving your time to help others
is a great mood booster

Take notice of your environment
– list five things you can see/hear/
smell/touch



Find out more www.cornwall.gov.uk/fiveways

Mental health support

- For guidance visit www.cornwall.gov.uk/wellbeingguides or email phdesk@cornwall.gov.uk for a hard copy (note the guide and your address)
- Or use our downloadable or interactive **Safety Plans** by visiting www.cornwall.gov.uk/mentalhealth; designed to help you with your mental health

For more help, you can call

- The Cornwall and Isles of Scilly 24/7 NHS mental health response line (**0800 038 5300**)
- Call **116 123** to talk to Samaritans, or email: jo@samaritans.org for a reply within 24 hours
- Citizens Advice Cornwall (**03444 111 444**) for financial advice simply text **"ADVICE"** for general queries or for financial advice text **"DEBT"** to **78866**

5 ways to wellbeing for young people

To stop mental health getting to crisis point, try five ways to wellbeing. Doing these daily or weekly will help you feel good.



with your friends
virtually if you can't
see them face to face



even if it's just a 10 minute
walk, we promise you'll
feel better



to stop and take time
out for yourself



your time to help others
is a great mood booster



of what's around you –
list 5 things you can see/
hear/smell/touch

Find out more www.cornwall.gov.uk/fiveways

Call or text

- Text “YM” to **85258** to contact the Shout Crisis Text Line
- Call **116 123** to talk to Samaritans, or email: jo@samaritans.org for a reply within 24 hours
- Live chat with Your Way
www.your-way.org.uk/coronavirus
- Online wellbeing community for young people
www.kooth.com
- The Cornwall & Isles of Scilly 24/7 NHS mental health helpline (**0800 038 5300**)

Online guides

- Online mental health guides for young people, young carers or if you have OCD, anxiety visit www.cornwall.gov.uk/wellbeingguides
- Make yourself a mental health action plan
www.startnowcornwall.org.uk/actionplan
- Every Mind Matters shows parents and carers the steps they can take to look after their children's mental wellbeing, visit www.nhs.uk/oneyou/every-mind-matters