

The month of May is Mental Health Awareness Month and we will be promoting awareness of Mental Health across St Helena.

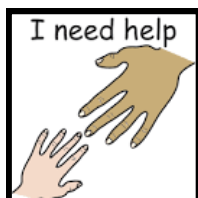


Mental Health issues affect everybody, and most people will be able to relate to feeling anxious, low in mood or not quite themselves. Sometimes this is a response to an event like a bereavement, a relationship break-up, or if anxious for an interview or exam. At other times there is no clear trigger and the feelings seem to come from nowhere. Whether we are feeling low or ok, it is still important to look after our emotional well being. There is no simple

solution, but taking an active role in your Mental Health can help you on your way. Here are a number of things that you can do to look after your Mental Health:

1 in 4 of us
will experience
MENTAL HEALTH
PROBLEMS
in our LIFETIMES.

1. Don't be afraid to ask for help



2. Keep active - physical activity can benefit mental well being



3. Connect with others - combat isolation by engaging with friends and family, meet people at local community groups and/or organisations



4. Drink and eat sensibly - manage your consumption of alcohol and be careful not to exceed the recommended daily limit. Eat well and maintain a healthy and nutritious diet



5. Sleep well - a regular sleep pattern can improve mental and physical health



6. Relax - take steps to manage stress - keep active, implement a regular sleep pattern, and eat well. Do activities that you enjoy



We will have a stall in front of the Canister and will be holding some information sessions in schools. We are also planning to hold an event at the CCC. If you are struggling with your Mental Health then you can call the Mental Health Team on 22593 or alternatively the Samaritans offer a 24/7 service 365 days a year. They can be contacted via the confidential and freephone telephone number 20000.

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