

Mental health tips



Understanding mental health

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and behave. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Many factors contribute to mental health problems, including:

- Biological factors, such as genes or brain chemistry
- Life experiences, such as trauma or abuse
- Family history of mental health problems
- Relationship issues, bereavement,
- Work related issues including redundancy, work related stress, bullying

Benefits of good mental health

People with good mental health realise their potential, feel happier, enjoy better quality of life and cope well with stress.

Signs of poor mental health

Poor mental health manifests itself in different ways and some of the symptoms include:

- Physical signs:
 - Eating or sleeping too much or too little
 - Having low or no energy
 - Having unexplained aches and pains
- Emotional signs:
 - Feeling numb or like nothing matters
 - Feeling helpless or hopeless
 - Feeling unusually confused, forgetful, on edge, angry, upset, worried, or scared
 - Experiencing severe mood swings that cause problems in relationships
 - Thinking of harming yourself or others



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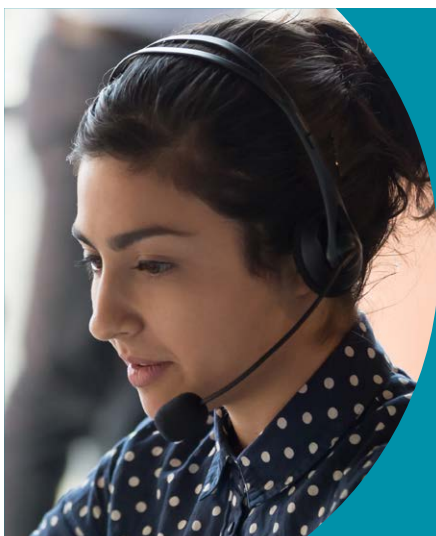
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- Changes to the way you think:
 - Having persistent thoughts and memories you can't get out of your head
 - Hearing voices or believing things that are not true
- Changes to the way you behave:
 - Pulling away from people and usual activities
 - Smoking, drinking, or using drugs more than usual.
 - Inability to perform daily tasks like taking care of your kids or getting to work or school
 - Yelling or fighting with family and friends

How to promote good mental health?

Just as we look after our physical health, we can look after our mental health and the best way to achieve that is by:

- Looking after your physical health including your diet, quality of sleep, physical exercise etc
- Looking after your relationships and making sure you stay connected with family and friends. Investing in relationships will allow you to have a strong support network when you need it
- Appreciating nature and practicing mindfulness (link to help sheet on mindfulness)
- Developing resilience (link to help sheet on resilience)
- Helping others. People who are kind and compassionate see benefits to their wellbeing and happiness. Kindness can also help reduce stress and improve our emotional wellbeing
- Valuing yourself and others. Having positive personal regard can be the difference between feeling good about and taking care of yourself and not. And valuing others helps to built positive relationships
- Getting involved and making a contribution. You'll receive a self-confidence boost and feel better about who you are
- Asking for help when you need it. Licensed Trade Charity offers a free and confidential helpline, available 24/7 with our trained counsellors available to offer emotional support and counselling when you need it. You can also get help from your GP and many other charities specializing in mental health and wellbeing



The Licensed Trade Charity are available 24/7, if you'd like to talk about your situation, we can help you. Contact us for confidential, free of charge support. If you are experiencing any of the issues covered in this fact sheet, in the first instance call our helpline on:

0808 801 0550

Our Helpline Team will listen without judging and will work with you as best they can to achieve a positive outcome. If you prefer, you can email: enquiries@ltcharity.org.uk or visit our website at www.licensedtradecharity.org.uk, it's full of useful information about the kind of issues we know people who work in the licensed trade face.



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Note: This guide is not exhaustive. It has been produced by the Licensed Trade Charity to provide you with an overview of the issue in question. We are grateful to all specialist organisations who support our charity and are available to you should you be experiencing this particular issue.
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