



Mental
health &
wellbeing



Support for life

Dealing with mental health and anxiety



One in four people in the UK will experience a mental health problem each year. Mental health issues can range from widely occurring conditions like depression, panic attacks and anxiety, to less common illnesses such as schizophrenia and bipolar disorder.

Sometimes health problems, including mental health issues just occur; it's not a sign of weakness or an inability to cope with life. More and more famous people are talking about their struggle with mental health, which is helping to break down the stigma. If you're faced with a mental health problem then remember that you're not alone and that help is out there.

Ask for help

There is no need to struggle on your own when you have been diagnosed with a mental health problem. There is plenty of professional help out there, from the NHS and mental health charities.

Don't be afraid to also ask your family and friends for help when you're feeling unable to cope. This might involve practical help such as doing the shopping or just having a chat.

Try peer support. Sometimes it may feel that no-one understands, so talking to someone who has experienced the same

problem can be really helpful. Lots of mental health charities run peer support groups.

Peer support or mental health charities may also be able to help if you find yourself faced with discrimination or stigma. This can be very upsetting and difficult to deal with, but again you're not alone, so ask for help on what your rights are and how to handle the situation.

Do something you enjoy

Enjoying yourself can help beat stress and anxiety. Think about an activity you enjoy doing that will take your mind of things.

Learning a new skill can also help to create a sense of achievement and build confidence. You could join a course, use YouTube or Lynda.com

Dealing with debt

Mental health can affect your finances if it affects your ability to work. Equally, anxiety or depression can be brought on by money worries. Debt and mental health issues are not uncommon, there are a number of Ben factsheets available to help you deal with debt.

LOOK AFTER YOURSELF

Get enough sleep

Quality sleep helps to restore the mind and body

Eat healthily

What and when we eat can affect our mental wellbeing as well as our physical health

Get active

Evidence has shown that being active helps to improve mental wellbeing

Personal care

Having a shower, dressing up or even getting a haircut can help to make you feel better about yourself

Avoid drugs or alcohol

Whilst alcohol or drugs may offer a short-term escape, in the long-term they can make things worse

Further sources of help

There is a lot of information out there to help you cope with depression, anxiety or mental health issues. Please have a look at these organisations and charities for further information.

- Mind
www.mind.org.uk
- Mental Health Foundation
<https://www.mentalhealth.org.uk/your-mental-health>
- Sane – Black Dog Tribe
http://www.sane.org.uk/what_we_do/bdt
- NHS Choices
<http://www.nhs.uk/livewell/mentalhealth/Pages/Mentalhealthhome.aspx>
- British Association for Behavioural & Cognitive Psychotherapies
<http://www.babcp.com/Default.aspx>

www.ben.org.uk

f /BenSupport4Auto

t @BenSupport4Auto

Free, confidential helpline:
08081 311 333

Ben - Motor and Allied Trades Benevolent Fund. Lynwood Court, Lynwood Village, Rise Road, Ascot SL5 0FG. A charity registered in England and Wales (no.297877) and Scotland (no.SC039842). Registered with the Homes and Communities Agency (no. LH3766).

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