

In many ways, mental health is just like physical health: everybody has it and we need to take good care of it.

Good mental health means being generally able to think, feel and react in the ways you need and want to live your life. But if you go through a period of poor mental health, you might find the ways you're frequently thinking, feeling or reacting become difficult, or even impossible to cope with. This can feel just as bad as physical illness, or even worse.

Mental health problems affect around one in four people in any given year, they range from more common illnesses such as depression and anxiety to more rare issues such as schizophrenia and bipolar disorder.



Recognising the signs

Recognising the signs of mental health issues in ourselves and others is crucial for early intervention and support.

- Persistent sadness, irritability, mood swings or sudden changes in mood can indicate underlying mental health concerns.
- Avoiding social activities, withdrawing from friends, or isolating oneself may suggest feelings of loneliness or depression.
- Notable changes in behaviour such as increased aggression, reckless behaviour, or difficulty concentrating could signal underlying issues.
- Difficulty sleeping, oversleeping or experiencing frequent nightmares may be indicators of underlying anxiety or depression.
- Increased alcohol or drug use, especially as a coping mechanism, can be a sign of attempting to self-medicate underlying mental health issues.
- Significant changes in appetite, such as overeating or undereating, may indicate underlying emotional distress or eating disorders.
- Persistent feelings of hopelessness, helplessness or an inability to cope with daily stressors may signal mental health concerns.



We're here to help

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Mental Health First Aiders are a point of contact if you or someone you are concerned about are experiencing a mental health issue or emotional distress. They are not therapists or psychiatrists but they can give you initial support and signpost you to the appropriate help if required.

If you feel you have a problem, the sooner you do something about it the better!

If you need help, reach out to one of our Mental Health First Aiders by email or mobile, this can be done anonymously if you wish.



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If you have any questions about Mental Health First Aid at Boston Energy, please contact our team.

Mental Health Support Lines & Crisis Contacts:

- **Call 999 and go to your local A&E department in an emergency.**
- Are you in a mental health crisis? Call NHS 111 (Option 2)
- Contact your GP and request an emergency appointment.
- **Contact the Samaritans** - 116 123 (lines are open 24/7)
- **Use the 'Shout' crisis text line** - text SHOUT to 8525
- **Lifeline:** 0808 808 21 21 (free) phone lines open from 7pm - 11pm
- **CALM:** 0800 58 58 58 (for men, lines open from 5pm - midnight)
- **SANE:** 0300 304 7000 (lines open 6pm - 11pm)

5 ways to Wellbeing

Be curious. Savour the moment and enjoy here and now.

Try something new, learn a new instrument, learn about a new topic or take on a new challenge.

Connect with friends and family, invest time into these relationships to enrich your every day.

Exercise makes you feel good, Discover a physical activity you can enjoy

Do something nice for a friend or stranger

It's okay to talk

Andy's Man Club are a men's suicide prevention charity, offering free-to-attend, peer-to-peer support groups across the United Kingdom and online.

“We want to end the stigma surrounding men's mental health and help men through the power of conversation. #Itsokaytotalk.”



#ITSOKAYTOTALK

It's okay to talk

Around one in five women suffer from a common mental health problem, while there can be many reasons why these develop its important to ensure that access to the appropriate support systems is available to anyone who needs them.

Mind and Agenda, the alliance for women and girls at risk, worked together on a programme of peer support for women, called Women Side by Side. It aimed to increase the availability of high-quality peer support for women.



Just remember,

You are not alone.

Scan the QR code to be directed to relevant contacts who can help.