



About Mental Health

Understanding my feelings

Sometimes our feelings can be really upsetting or scary, especially if you're not sure why you feel this way. Are you upset, scared or worried and you don't know why? There is support to help you understand.

Whats happening
to me?

There are lots of things that can change the way you feel:

- Problems at home, school or in relationships
- Peer pressure
- Being bullied or abused
- Worrying about the news you hear

Thoughts and feelings can be hard to understand:

- I'm not feeling myself
- Something is not right
- I feel sad and angry
- I want to be alone

Why am I feeling
this way?

What can I do right now?

Right now you can:

- Talk to someone you trust
- Show how you feel
- Seek support
- Relax by doing something you enjoy

It is always ok to ask for help:

- Support groups
- Visit your doctor
- Councillor
- Mental Health Expert

Who can help?

Get expert Advice



www.mentalhealth.org.uk

Do you need urgent help?

If your mental or emotional state quickly gets worse, or you're worried about someone you know - [help is available](#).

You're not alone; talk to someone you trust. Sharing a problem is often the first step to recovery.

SAMARITANS

Call us any time, day or night

Whatever you're going through, you can call us anytime, from any phone for FREE

Contact a Samaritan

If you need someone to talk to, we listen. We won't judge or tell you what to do.

Call 116 123

Free Call from any phone

The Health Village

Monaghan Street
Newry BT35 6BW
T: 028 3026 5853

Banbridge Health & Care Centre

10 Old Hospital Road
Banbridge BT32 3GN
T: 028 4066 2866

5 Steps to look after your mental health whilst staying at home



Connect - Keep in touch with friends and family. Use phone calls, text or video calling apps such as FaceTime and Whatsapp.

Be Active - Play sports, exercise join an online yoga class, take a walk outside (Keep a 2m distance).



Give - Caring for others can help your own mental health. Offer support to a friend or neighbour in isolation.

Keep learning - read books, watch documentaries, or learn a new craft.



Take notice - Notice the beauty around you. Feel the sun on your skin. Listen to the birds. **Breathe....**



Take5
steps to wellbeing



Contact:

- **Support email:** pcoghlan@nmea.net
- **Support line:** 07955580542 Mon-Fri 3-5pm
- **Facebook:** www.facebook.com/work4Uplus
- **Web:** www.work4uplus.com
- **Online support groups via Zoom**
- Email pcoghlan@nmea.net to register

