

What is mental health?

Mental health includes our emotional, psychological and social wellbeing. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others and make choices.

Mental health, like physical health, can fluctuate from 'good' to 'poor'. Good mental health is important to a person's overall wellbeing, so finding ways to stay in good health means we can be resilient to the pressures of everyday life.



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What is 'mental ill health'?

Mental ill health covers a number of different conditions, ranging from depression, anxiety, bipolar disorder and obsessive compulsive disorder (OCD).

Mental health problems can affect any of us regardless of age, personality or background. They can appear as a result of experiences or challenges in our personal and working lives - or they can just happen.

A total of 1 in 4 people will experience a mental health problem each year, according to Mind. Despite the fact that it's very common, it's not always easy to talk about. Nearly half of people who suffer with mental health challenges feel uncomfortable talking to their employer about it (Time to Change).

It's important to take mental health seriously as 15 million absence days are linked to stress, anxiety and depression (ONS 2016).

Top tips for good mental health



Talk about your feelings



Eat well



Keep in touch



Take time for you



Accept who you are



Stay active



Drink sensibly



Ask for help



Do things you are good at



Care for others



Get enough sleep (recharge)



Maintain your hygiene

Always here for you

Visit www.ben.org.uk for self-help tools and online chat

Call our free and confidential helpline **08081 311 333**

Text **07764 411911** or email supportservices@ben.org.uk

We're here Monday to Friday 8am - 8pm.

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