

You have been given this leaflet because your doctor feels that you may be experiencing difficulties with your mood.

Problems with depression and/or anxiety are very common but there is a lot of help available.

Taking care of your emotional health is very important. The information in this leaflet will give you ideas and suggestions to improve your mood and help you to feel better.

If, after using self help, you do not feel any better or you feel worse, contact the surgery for an appointment with a GP.

Mental Health Crisis

If you have a **mental health crisis** you can contact:

Samaritans Telephone: 116 123 (free to call service open 24 hours a day, 365 days a year for people who want to talk in confidence) Email: jo@samaritans.org

Local Crisis Service: 0800 0516 171

All information for what to do in a mental health crisis can be found here: <https://www.lewv.nhs.uk/services/crisisadvice/>

If the situation is **life threatening** dial 999

MANAGE YOUR MOOD Self Help Information



Providing NHS services

Managing your mood with self help

Your doctor will have made an assessment of your difficulties and may have decided to do one or more of the following:

- ❖ **Prescribe medication** - this will take a while to take effect and you may experience mild side effects for a short time.
- ❖ **Make a referral** for a further assessment/ treatment from specialist mental health services
- ❖ **Ask you to self refer** and contact the local Psychological Therapy Service at Whitby Hospital
Telephone:
01947 899270
- ❖ **Wait** to see whether you can get well by using the information in this leaflet.

Whatever your GP has decided, using one or more of the strategies suggested in this leaflet will help you to manage your mood and improve your wellbeing.

Manage your mood by reading:

There are many books available to help with depression and anxiety. Here are a few suggestions:

- Overcoming Depression by Paul Gilbert (this, and other books are available from the local library)
- Overcoming Worry and Generalised Anxiety Disorder by Mark Freeston
- Biographies about those who have experienced emotional difficulties. (See reading-well.org.uk for suggestions).
- **Whitby library has free resources dedicated to mental well being - Contact:**, Windsor Terrace, Whitby, North Yorkshire, YO2 1ET Tel: 01609534350; <https://www.northyorks.gov.uk/whitby-library> - ask for **books on prescription** and/or **wellbeing packs**

Manage your mood using the internet:

Some caution is needed when using the internet when you have emotional difficulties but there are some excellent resources that can be very helpful. Here are some examples:

- Living Life to the Full - <https://lltlf.com> - lots of resources and a **free self help course**.
- Mind - www.mind.org.uk - lots of information and resources
- overcoming.co.uk - A range of resources and **free downloads**
- reading-well.org.uk - a great resource for information on self help books and biographies

Manage your mood by activity:

It is well known that engaging in activities helps improve mood and wellbeing. This can be difficult when you feel low but just ten minutes a day walking, exercising, listening to music or talking with someone can make a big difference.

Manage your mood using mindfulness:

Whilst it is not for everyone, there is good scientific evidence that meditation can help. For information see: <http://franticworld.com/free-meditations-from-mindfulness/> or headspace.com
There are also many good books available on mindfulness.