

## Transcript

### Mini Lecture

*What can I do about my mental health?*

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Good relationships with other people can support our mental health and can be a source of support when our mental health is challenged. However, some people don't have the support they need, either because they have become isolated for some reason or because they don't feel that they can approach other people. So what can we do to get support when our mental health is challenged?

General practitioners, also known as 'GPs', are used to talking to people about a wide range of problems. So if you have a mental health problem, the GP might be a good place to start. If you don't feel that a GP you have seen before is particularly sympathetic to your problems. The Practice Manager at your local GP centre will probably be able to advise you on any GPs who have a particular interest in mental health issues.

If you want to talk to somebody in confidence, counselling and other forms of psychotherapy may be available in your area. However, there may be a cost associated with this or, if it is on the National Health Service, there may be waiting lists. None the less, it is worth looking to see what's available and a number of voluntary organisations offer low-cost counselling services. If you're not sure where to look, try asking your GP or conduct a search online.

Sometimes it can be helpful to speak to people who have been through similar experiences to yourself. In your area you may find that there are groups and user run services of people who have experienced depression, anxiety, hearing voices, or other mental health issues, who meet on a regular basis. These groups can help you share what you have experienced and find ways of coping with it and you may find useful sources of support from them.

An alternative to talking to other people, or perhaps as well as talking to other people about your mental health issue is to use self-help materials. These could be in the form of books, leaflets or online resources. They may be about relaxation or finding ways to improve your

mental health. If you're not sure where to look, a good starting place is online. The organisation Mind has a series of useful resources that you might like to investigate.

Sometimes when our mental health is challenged, it's easy to stop doing activities or getting exercise but in fact this is something that can actually improve our mental health, so it's well worth considering getting involved in some sort of activities, could be volunteering, sport, or as simple as going for a walk. If you're not sure how to get started, why not go down to your local library and see what resources they have on offer.