

Looking after your mental health and wellbeing in your daily life

1 Connect

Meet with people in person, catch up on the phone or chat online. Find ways to meet new people and try new things near you at

👉 camden.gov.uk/connect



2 Be active

Exercise and movement can improve your sleep, your mood and your mental health. Find free and low cost ways to be active in Camden at

👉 camden.gov.uk/sport-physical-activity



3 Keep learning

Learn new skills or hobbies to boost your confidence and build a sense of purpose. Visit

👉 camden.gov.uk/learn-online-whats-on



4 Give

Do something for a friend, a neighbour or a colleague, or volunteer in the community. Find ways to get involved at

👉 volunteercentrecamden.org.uk/volunteers/



5 Take notice

Be present and spend time out in nature. Camden has fantastic green spaces, parks and scenery to explore, visit

👉 camden.gov.uk/parks-open-spaces



Your wellbeing and mental health matters

If you are feeling worried, anxious or unhappy and these feelings are starting to increase, become overwhelming, or are stopping you from doing things you enjoy, you are not alone. This leaflet contains a range of help and support with mental health, including looking after your mental health and wellbeing on a daily basis and what to do in an emergency situation.

In an emergency financial situation? We're here for you

There's a range of help and support available across Camden – including with food, money worries, debt, energy bills and homelessness. If you're in an emergency financial situation, please get in touch.

Visit 👉 camden.gov.uk/CostOfLiving or call ☎️ **020 7974 4444**. Look at our EasyRead wiki 👉 camden.gov.uk/ER
Register with Money Advice Camden to see if you're eligible for cost of living support 👉 camden.gov.uk/MoneyAdviceService
@ MoneyAdvice@camden.gov.uk
Check you're receiving all the benefits you're entitled to using our Better Off Calculator 👉 camden.gov.uk/BetterOff

Help and support available



In a mental health emergency

- If you or someone you care about needs urgent help for your mental health, call the 24-hour mental health crisis line on ☎ **020 3317 6333** or ☎ **0800 917 3333** or call **NHS 111**.
- The Camden Crisis Sanctuary is a walk in service that offers support if you are in mental health crisis and are unable to cope on your own. No referral is required. It is open from 5pm to 11pm (last admission is 10.30pm), 365 days a year. Drop in at 50-52 Hampstead Road, NW1 2PY or call to arrange an appointment on ☎ **07825 165 464**. You can also email @ **Camden.CrisisSanctuary@hestia.org**
- If you are experiencing suicidal thoughts, call the Samaritans on ☎ **116 123** any time, day or night.
- In a life-threatening emergency or if you or someone else is at immediate risk of harm, always call ☎ **999** or visit your nearest A&E.

Non-emergency support

- If you are concerned about your mental health, talk to your GP for advice, support or treatment. To find your nearest GP, visit 🗑 **nhs.uk/findgp**
- Talking about your problems can really help. You can refer yourself to NHS iCope for free, confidential help for problems such as stress, anxiety, depression, and insomnia. Visit 🗑 **icope.nhs.uk/camden-islington** or call ☎ **020 3317 6670**.
- The Stay Alive App can help manage suicidal thoughts. It provides information and tools to help you stay safe in a crisis. You can download it for free on all smart phones, search in the App Store for 'Stay Alive app'.
- For non-emergency advice and health questions, phone NHS for free on ☎ **111 (option 2)**.
- There are a range of wellbeing resources on the Good Thinking website, including resources in different languages at 🗑 **good-thinking.uk**
- Reach Out Camden (ROC) Wellbeing Alliance can connect you to free mental health support and community. Visit 🗑 **reachoutcamden.co.uk** or call ☎ **020 7241 8984**.

Drug and alcohol services

Change, Grow, Live (CGL), Camden's Integrated Drug and Alcohol Service, help adults over 18 who are struggling with drug and/or alcohol use including steroids and prescription and over-the-counter medications such as sleeping pills and tranquilisers. CGL services are free and confidential. Please contact CGL on:

- ☎ **020 7485 2722** @ **camden.referrals@cgl.org.uk**
- 🗑 **changegrowlive.org/camden/drug-alcohol**

Or visit in person at Kings Studios, 43-45 Kings Terrace, NW1 0JR.

Support for people experiencing domestic abuse

Recognise the signs of abuse and get support for yourself or someone you know at 🗑 **camden.gov.uk/domestic-abuse** or call Camden Safety Net on ☎ **020 7974 2526**.

Bereavement support

There are a number of free and confidential self-referral services to support bereaved people in Camden, including specialist support after suicide. Visit 🗑 **camden.gov.uk/bereavement-support** for more information.

Free therapy services in your language

Self refer to Nafsiyat for free, short term therapy services in over 20 languages and with therapists from diverse backgrounds. Visit 🗑 **nafsiyat.org.uk/individual-therapy** or call ☎ **020 7263 6947**.

Mental health awareness training

There are range of free training courses such as Mental Health Awareness, Mental Health First Aid, Mental Health in the Workplace for Managers and Suicide Awareness training which can empower you to support yourself and your loved ones. These are available for anyone who lives, works, studies or volunteers in Camden. For more information, dates and bookings links, visit 🗑 **rethink.org/aboutus/what-we-do/workplace-mental-health-and-training/mental-health-training-camden**

