

But if things aren't going so well, ask for help...

If you're concerned about your state of mind and are feeling low or anxious, it's a good idea to start by talking about your feelings with friends and family. If you prefer, you can visit your GP. Don't feel ashamed of how you're feeling. Worries about mental health are the second most common reason for visiting a doctor, so you're not alone. If you feel depressed or anxious ring Lambeth's free Psychological Therapies Service.

You can also access healthy living books available in every Lambeth library, which you can borrow for free on topics such as anxiety, depression or teaching yourself mindfulness. For more information visit your local library or GP. You could also log on to

www.lambethandsouthwarkmind.org.uk or call **020 7501 9203** for information about local counselling services and helplines.

Lambeth Psychological Therapies Service (IAPT): 020 3228 6747
SANEline: 0845 767 8000
Samaritans: 0845 790 9090
Lambeth Advice Network:
www.lambethadvice.org.uk



Acknowledgment:

These actions are taken from the Foresight project Mental Capital and Wellbeing published in October 2008. The project commissioned the Centre for Well-being at nef (the new economics foundation) to develop 'five ways to wellbeing': a set of evidence-based actions to improve personal wellbeing. For more information visit: www.neweconomics.org

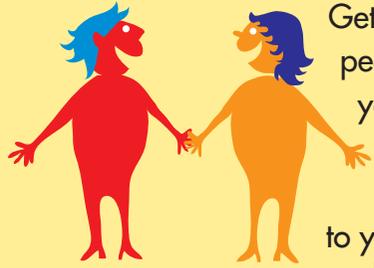
Five Ways to Wellbeing in Lambeth



www.nhs.uk


Lambeth

Connect



Getting to know the people who live around you helps to give you a sense of community. Say hello to your neighbour or ask your local shopkeeper how they are. Work together to resolve a local issue. Hold a street party. Ring up an old friend or family member you haven't heard from in a while. Rather than eating sandwiches at your desk or skipping lunch, ask a work colleague to join you for a proper break.

It costs nothing to get out and explore your local area, but the benefits can be priceless. A browse through the colourful stalls at Brixton Market is a great way to brighten your day. Watching the street performers on the South Bank is also free and fun.

Be Active



Keeping active makes you feel good. Find something you enjoy – cycling, swimming, dancing and just do it!

Walking is a free and easy way to get moving, and there are many ways to explore Lambeth on foot. You could join a weekly guided Active Walk on Streatham Common, Brockwell Park, The Embankment or Kennington Park.

It costs nothing to get out and explore your local area, but the benefits can be priceless. A browse through the colourful stalls at Brixton Market is a great way to brighten your day. Watching the street performers on the South Bank is also free and fun.

Take Notice



Be mindful of the moment and how you are feeling. Reflecting on your life experiences will help you appreciate what matters to you. Take some time out from your daily schedule to relax, take stock and notice the world around you.

It costs nothing to get out and explore your local area, but the benefits can be priceless. A browse through the colourful stalls at Brixton Market is a great way to brighten your day. Watching the street performers on the South Bank is also free and fun.

Keep Learning



Learning a new skill can make you feel good about yourself, confident and adventurous. Rediscover an old interest. Learn to play an instrument, roller skate or cook a new dish. Plant something. There are plenty of things to try in Lambeth from amateur dramatics theatre groups to low cost adult learning courses. If you don't want to do a whole course, you can learn in your own time in one of Lambeth's libraries. They are free to join and run lots of different activities, including book groups.

Give



Helping someone else can make you feel better about yourself. Help your neighbour or friend out by lending a hand. Smile at a stranger in the street. Thank someone. Your actions will make other people feel good too. Volunteer at a local community group or charity and you will meet new people, learn new skills and gain valuable experience. You could join one of Lambeth's time banks, where you can swap skills with other members of the scheme.

For more information and tips on how to improve your wellbeing visit www.nhs.uk

