

Mental Health and Wellbeing

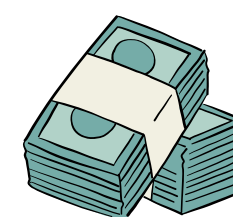


1 in 4
people will
experience a
mental health
problem each
year.

Poor mental health impacts:



Individual



Income



Quality of Life



Families



Education

5 Ways to Support Your Mental Health (from the New Economics Foundation):

- Connect – Stay in touch with family and friends, even virtually. Sharing experiences builds belonging and support.
- Be Active – Physical activity boosts both physical and mental wellbeing, even with simple movement.
- Keep Learning – Try new skills to build confidence and connect with others—cook, do DIY, start a course.
- Give – Acts of kindness or volunteering can create a sense of reward and positivity.
- Take Notice – Practice mindfulness by staying present and aware of your thoughts, body, and surroundings.



For the latest signposting guide on mental health and wellbeing, please scan here for the *Healthy Mind* section of the *Live Well Havering* booklet.