

MENTAL HEALTH AWARENESS



Unite is here for you – contact your Rep

www.axa-unite.org

Are you ok?

Thursday 10th of October is mental health awareness day and here are ways to recognise when you may be affected by mental health.

It is normal to feel sad, angry, frustrated, upset and/or confused, but when these feelings start to take over your life, its time to get help.

Depression is the most common mental illness, alongside general anxiety, bipolar, anorexia, schizophrenia, all of which can be equally debilitating and you're unaware of what is actually going on.

Changes to look for

- A change in appetite be it an increase or decrease
- If your sleep pattern changes
- You lose interest in pleasurable activities (including sex)
- You start to obsess about your appearance more so than normal which is preventing you from having a social life
- You are struggling to complete day to day tasks you wouldn't normally give a second thought to such as, going to the shop, getting on the tube, talking to people or even a task as simple as getting out of bed

Some people do lack insight into the fact that they are ill, but it can be obvious to everyone else around them. If people you trust suggest you are becoming unwell, it may be worth consulting your doctor.

If you're in crisis and need urgent help, or would just like to speak to someone about how you are feeling:

If you don't feel safe right now, seek immediate help...

Go to any Accident & Emergency (A&E) department.

Call **999** and ask for an ambulance to take you to A&E.

Ask someone else to call **999** for you or take you to A&E.

If you need urgent support but don't want to go to A&E.....

Call Samaritans on **116 123**, they are always open and there to listen.

Contact your GP surgery for an emergency appointment.

Call NHS24 on **111** or your local out of hours service.