

# A Picture of Health

## In focus this month: Mental Health

Picture of Health is produced by Tameside's Population Health Team. We're here to research and understand the big health matters that affect our borough. Our goal is to find ways to improve the physical and mental wellbeing of the people living here, to give them happier, healthier and longer lives. But enough about us. You are the most important person in your health, so read on to see what you can do for yourself and your family to stay fit and well.

**1** **Mental Health Awareness Week is here again on the 14th of May,** and this time the theme is Curry and Chaat. This is all about getting together with friends and colleagues to share good food and talk openly about mental health. You can even raise funds for the Mental Health Foundation to help support the work on achieving good mental health for all. If you want to get involved download your event pack here



**2** **Research tells us men are less likely to talk about their feelings than women.** It's difficult to know whether men naturally internalise their emotions, or whether social traditions mean they feel less comfortable speaking out. Either way, it makes for a noticeable difference in the way men cope with feelings of stress, depression and anxiety. For men (and women!) who want to talk about their feelings, but find it difficult to confide in friends and family, TOG Mind offers a range of support, including talking therapies and counselling. Click through to find out what is on offer.



**3** **1 in 4 people will experience mental health problems in their life.** Healthy Minds is the local, free support and advice service for people experiencing depression, stress, anxiety, low mood and sleep problems. If you are struggling to cope with a mental health problem, you can get group, 1-2-1 or telephone support to overcome them from the team of NHS professionals at Healthy Minds. Watch this video to see more

### HEALTHY MINDS

Got something on your mind?



**4** **We're all responsible for taking charge of our own health.** When it comes to our bodies we all know to eat a balanced diet, quit smoking, and get active, but when it comes to our mental health the answers aren't so well known. If you have a thirst for knowledge and fancy getting to grips with your own health, Pennine Care run the Health and Wellbeing College. Based in Ashton, the college offers a full prospectus, including cost free courses like Coping with Change, Mental Health Awareness, and Out of the Blues. Find out about the college and its courses here



**5** **The Anthony Seddon Fund is a local charity that was set up to offer support to people and the families of people experiencing mental health issues.** They host several support groups, including ones for young LGBT people, those bereaved by suicide, and those with caring responsibilities. As well as a drop in service for anyone who needs it, there is a good variety of regular activities to bring people together and get informal support. See their 'What's on' guide here, or give them a call on 0161 376 4439

**The Anthony Seddon Fund**  
...young minds matter



**6** **Tragically, suicide rates in Tameside are increasing.** Men under 50 years old are most likely to be at risk of taking their own lives, in particular those who have suffered the breakdown of a relationship. Suicide is an avoidable death. We can all play a part in spotting the signs, talking to people who we think might be at risk, and signposting them to help. This Zero Tolerance training is an online course. Take 20 minutes out of your day to complete it, and you might use it to save a life. For suicide crisis support call The Sanctuary on 0300 003

### Zero Suicide Alliance



**7** **Human beings weren't made to sit still indoors all day,** and whether we realise it or not, our minds and bodies crave green space and physical activity. Moving more and getting your heart rate up releases feel-good hormones, increases self-esteem, and can provide good social opportunities. It also protects against mental health problems like depression and anxiety. Being out in the elements can be a real mood boost too, and Tameside has plenty of green spaces for you to enjoy. If you want to get out and about, but aren't quite ready to hike or bike, think about volunteering with our local conservation team. Click here to see what's on.



**8** **Loneliness can affect us at any age, and can have a huge impact on our physical and mental health.** Those who are most likely to feel it may have lost a loving spouse and now live alone, and will be living with a long term health condition that can make it difficult to get out and see people as much they used to. The Live Active scheme helps people who are managing a long term condition by taking some regular physical activity. As an added bonus, it can help build a busy social life with fun group activities taking place every week. Find out more about it here.



**9** **LGBT Mental Health Lesbian, gay, bisexual and transgender people tend to experience more mental health problems than the wider population.** The reasons why are varied, but self-acceptance, bullying, discrimination, and attitudes of friends and family can all play a part. In an LGBT Foundation survey, 44% of LGBT people said they had thought about suicide; double the number of heterosexual and non-trans people. LGBT Foundation offers advice to young people who may be experiencing mental health problems as a result of their sexuality or gender. If that's you, take a look and you'll see that help is never far away.

**LGBT foundation**



**10** **Mental health problems aren't the preserve of adults.** Children and young people can experience problems from a really young age for many reasons, like parental divorce, bereavement, bullying, school worries, or even the pressures of caring for sick family members. As parents or guardians it's tempting to try and fix problems for them, but the fact is that some young people need professional help to overcome their mental health issues, and face life's ups and downs with resilience. This is where Healthy Young Minds comes in. Watch this video to learn more

**HEALTHY YOUNG Minds**  
A CHILD AND ADOLESCENT MENTAL HEALTH SERVICE



**11** **Being out of work has a huge impact on mental health.** Whether it's money worries, feeling a lost sense of purpose, or being cut off from networks and the hum drum of daily routine, it all affects our feelings of wellbeing. Once mental health problems come into play, finding the motivation to tackle the job market can be really hard. It's important to get help as soon as possible, and find ways to stay positive till you're back on the horse. Motiv8 is open to Tameside people over the age of 25, to help overcome problems that might be holding you back from work, including mental health issues, dependency, abuse and physical health matters.



**12** **Research from the Mental Health Foundation shows that helping other people is good for our own mental health.** It can reduce stress, get rid of negative feelings, and reduce isolation. So whilst we're always told you should never give to receive, there's just no escaping the rewarding feeling of knowing you've helped someone else. You don't have to be the Secret Millionaire to get the giving buzz. Small random acts of kindness are just as good, like letting someone jump in front of you at the checkout, or leaving 50p credit in the vending machine. Click here to see more

