



## What is this factsheet about?

This factsheet gives advice about your health, wellbeing and ways to cope with problems you may be facing. It also lists contact details of organisations which can help boost your positive mental health.

## Why is mental health and wellbeing an important issue?

**Mental health is important to us all. One in six people have a mental health problem at any one time.**

Good mental health is about feeling good about yourself and your life and being able to cope with problems when they happen.

When someone has a more serious mental health problem, they may need treatment. A mental health problem can be big or small but, without the right treatment or support, it can make it difficult for someone to live a normal life.

Good mental health is also important because it means you are more likely to:

- have a happier life;
- be more healthy;
- live longer;
- be able to work; and
- have good relationships.

## 5 simple steps to help achieve good mental health

- **Connect** - Developing relationships with family, friends, colleagues and neighbours will enrich your life and bring you support.
- **Be active** - Sports and hobbies such as dancing or gardening, or just taking a stroll will make you feel good and maintain agility and fitness.
- **Be curious** - Noting the beauty of everyday moments as well as the unusual and reflecting on them helps you to appreciate what matters to you.
- **Learn** - Whether fixing a bike, learning an instrument, or cooking – the challenge brings satisfaction and confidence.
- **Give** - Helping friends and strangers links your happiness to a wider community and is very rewarding.

Everyone needs to care about their own mental health and should also try to make things better for others with mental health problems.

## Health Trainers

Are you interested in keeping yourself healthy? Do you think you could benefit from some advice and support about health and wellbeing?

### The Community Health Trainer Service

The Hounslow Community Health Trainer Programme is a fantastic way of giving people one-to-one support to help them make small, but meaningful changes to their lifestyle. This could mean:

- encouraging good mental health and wellbeing;
- being more active;
- eating more healthily;
- losing or maintaining weight; and
- quitting smoking.

Contact Surjit Sonik, Health Trainer Coordinator:

Tel: 020 8583 3136

Email: [surjit.sonik@hounslow.gov.uk](mailto:surjit.sonik@hounslow.gov.uk)

### Key health messages

You can try these things to help improve your health:

- Eat 5 portions of fruit and veg a day
- Walk for 30 minutes, 5 days a week
- Quit smoking
- Limit alcohol intake
- Take time to unwind and relax

## Useful Resources

### Online Mental Health Checker

A new on line health checker to provide help and advice for people concerned about their mental health or wellbeing. NHS Direct: [www.nhsdirect.nhs.uk](http://www.nhsdirect.nhs.uk)

### Beating the Blues

If you have mild or moderate depression or are suffering from anxiety, Beating the Blues can help change the way you feel. Beating the Blues is a computerised cognitive behavioural therapy programme. It is recommended by the National Institute for Health and Clinical Excellence.

Speak to your GP if you feel you may benefit.

### The Wellbeing Collection - Library service

A range of books and resources to help people understand and cope with common life challenges, situations and mental health problems.

Web: [www.hounslow.info/libraries/The-Wellbeing-Collection.htm](http://www.hounslow.info/libraries/The-Wellbeing-Collection.htm)

(We also produce a factsheet titled 'TheWellbeing Collection Booklist' available to download from our website: [www.hounslow.gov.uk](http://www.hounslow.gov.uk))

## Useful Contacts

### Day Services

Drop-in centres provide a welcoming environment for people experiencing anxiety or depression.

#### Open Door

1-3 Hanworth Road, Feltham, TW13 5AF  
Tel: 020 8844 0309

### Counselling

#### Anchor Counselling Service

Referrals via GPs  
Tel: 020 8867 7660

#### MIND - Community Advocacy

Tel: 020 8992 0303

#### TASHA Foundation

Alexandra House, 241 High Street, Brentford, TW8 0NE  
Tel: 020 8569 9933

### Community Mental Health Teams

Services for people with severe or long-term mental health problems.

#### Feltham Community Mental Health Team

Cardinal Centre, Cardinal Road, Feltham, TW13 5AL  
Tel: 020 8483 1859

#### Brentford, Chiswick and Isleworth CMHT

78 - 80 St John's Road, Isleworth, TW7 6RU  
Tel: 020 8583 3365

#### Hounslow Community Mental Health Team

88 Lampton Road, Hounslow, TW3 4DW  
Tel: 020 8583 3496

#### West London Mental Health Trust

St Bernard's Hospital, Uxbridge Road, Southall, UB1 3EU  
Tel: 020 8354 8354

### Other Services

#### Samaritans - 24 hour helpline

Tel: 020 8560 2345 or 08457 909 090

#### Bereavement Support - for Hounslow

Tel: 020 8459 6818

#### Twining Enterprise - Employment support

Suite A, 2nd floor, 84 Uxbridge Road, Ealing, W13 8RA  
Tel: 020 8840 8833

#### Hounslow Adult and Community Education

Hounslow Manor School, Cecil Road, Hounslow, TW3 1NE  
Tel: 020 8583 6000

For details of all London Borough of Hounslow services, visit our website at:  
[www.hounslow.gov.uk](http://www.hounslow.gov.uk)

#### Translations and accessible formats:

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