

Quick tips: looking for help with your mental health

We know that finding the right help isn't always easy, especially when you're not feeling well. But remember, you deserve support with your mental wellbeing. There are different types of help and places to find it in your community.

Here are some free ways to get support, information or treatment.

Someone you trust

Most of us turn to a friend, family member or colleague if we need some **support or encouragement**. It can help to talk to someone you trust about how you're feeling, or if you're worried about your wellbeing.

They could help you to find more information if you're feeling overwhelmed. You could ask them to come with you to appointments or help out with everyday tasks.

Community groups

Lots of us find it helpful to talk to people who are going through something similar. You could **join a support or activity group** that meets regularly, or an online group. There may also be mentoring or befriending services in your area.

You might find community activities supportive and helpful. For example, arts and crafts sessions, group physical activities or cooking and gardening clubs.

Charities and organisations

Some charities offer free support like **helplines, listening services or information** about mental health. This might include local support, depending on where you live.

Local and national charities might be able to help you to find support from **other people with similar experiences**, or provide free counselling. Some can help with employment and housing support.