

- Mental health

Treat your mental wellbeing in the same way as you would treat your physical health

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In many ways mental wellbeing is like physical wellbeing; if you experience changes in your body you don't hesitate to seek help, and the same should apply to your mental health.

If you are struggling, feeling low or anxious, or losing interest in activities you normally enjoy, you can take action to address this.

You can also proactively maintain good mental wellbeing – simple things such as a healthy lifestyle, spending quality time with family and friends, volunteering or learning something new can all support your mental health and wellbeing.

There are lots of resources and services available online now to help you look after your mental wellbeing or access the support you need for mild to moderate mental health difficulties:

Better Health - Every Mind Matters

This is an NHS-approved website full of free resources. It helps you tackle anxiety, low mood, stress, and trouble sleeping. You can also access a free personalised Mind Plan as well as selfhelp cognitive behavioural therapy (CBT) techniques.

Visit www.nhs.uk/every-mind-matters

NHS talking therapies

NHS talking therapies are free, effective and confidential treatments delivered by fully trained and accredited NHS practitioners.

The therapies can help with common conditions such as depression, anxiety, phobias, panic attacks, obsessive-compulsive disorder, body dysmorphia and post-traumatic stress disorder.

To be eligible you need to be registered with a GP. To find your local NHS talking therapies service and selfrefer go to