

Mental Wellbeing

Prioritising mental wellbeing is a key ingredient for leading a vibrant and enriching life. Elevating your mental health positively influences your thoughts, emotions, and actions, creating a ripple effect that enhances every aspect of your daily experience. Investing in your mental wellbeing equips you with valuable tools to not just cope with stress but to thrive in the face of challenges, fostering a resilient spirit.

A positive mental state cultivates strong relationships, effective communication, and emotional equilibrium, creating a foundation for a joyful and fulfilling life. Additionally, the dynamic interplay between mental and physical health means that a happy mind contributes to overall wellbeing. By focusing on mental health, you're empowering yourself to think creatively, adapt easily, and approach life's ups and downs with a positive mindset. It's not just a personal choice; it's a celebration of a vibrant and compassionate community where everyone's wellbeing matters.



NHS Guides to support and services

Navigating mental health services can be hard, especially when you're unwell. Find information about the different types of support available for mental health problems - including crisis services, talking therapies, advocacy and more.



Staying safe

If you're struggling and are having thoughts of suicide, hold off making this decision and scan the QR to watch the videos for ideas about how to get through.



Relaxing and calming exercises

If you are feeling anxious, scared or panicked there are many things you can do to help yourself cope. Here are some simple exercises you can try that might calm you down.

Sustaining Resilience at Work (StRaW) – Individual mental health support

If you're feeling anxious, worried, or stressed you can book a 1-1 confidential and non-judgemental conversation with one of our trained practitioners to help support your mental and emotional wellbeing 01332 787703 ddicb.wellbeing@nhs.net



Scan the QR codes to view useful resources associated.