**One Moment Cards**

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|  **One****Moment** | **Having good Mental Health can help us relax, achieve more and enjoy our lives.*** 1 in 4 people have mental health problems
* Depression is the number 1 cause of disability and ill health worldwide affecting over 300 million people

**But there is help out there for you**.You could talk to one of our Mental Health First Aiders – make sure you know who they are. | **It’s okay not to be okay.**If you are struggling take 40 seconds to kickstart a conversation with someone you trust about how you are feeling.**Sometimes it just takes One Moment to*** **Change a life**
* **Make a difference**
* **Take control**
 | **Help and advice can be found at**Every Mind Matters [www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters) Mind - [www.mind.org.uk](http://www.mind.org.uk) Mental Health and Wellbeing in Bury -[www.healthwatchbury.co.uk](http://www.healthwatchbury.co.uk) Employee Assistance Programme -Contact number -  0800 174319Website -  [www.carefirst-lifestyle.co.uk](https://protect-eu.mimecast.com/s/55ucC9828Tx832hEE4v4?domain=carefirst-lifestyle.co.uk)Username: Thera001 Password: Trust456 |

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| **Helping ourselves - 6 areas of life we can make simple changes for good mental health.*** Reframe unhealthy thoughts
* Be in the present – be mindful
* Get good sleep
* Connect with others
* Live a healthy life
* Do something for yourself
 | **Helping others - Top things you can do to help another*** Express concern and say you can help
* Reassure them
* Offer your time to listen
* Act as you usually do together
* Be patient
* Listen - if they do not want to get support
* Do not force people to talk or get help
* Look after yourself
 | **Better Health – Every Mind Matters**Positive action you can take -Complete your Mind PlanAnswer 5 questions to get top tips and advice that work for you.Visit the link below and take the quizMental wellbeing tips - Every Mind Matters - NHS (www.nhs.uk) | **Employee Assistance Programme**You can access free information, answers and advice to a range of workplace and personal issues.When life is good it’s easy to hold your head up and smile.But occasionally you might experience a time when nothing seems to go your way; that’s when things can start to feel like they are getting on top of you.Support and counselling is free of charge to all our staff members. |