**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 174319  Website -  [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 Plan  Answer 5 questions to get top tips and advice that work for you.  Visit the link below and take the quiz  Mental 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. |