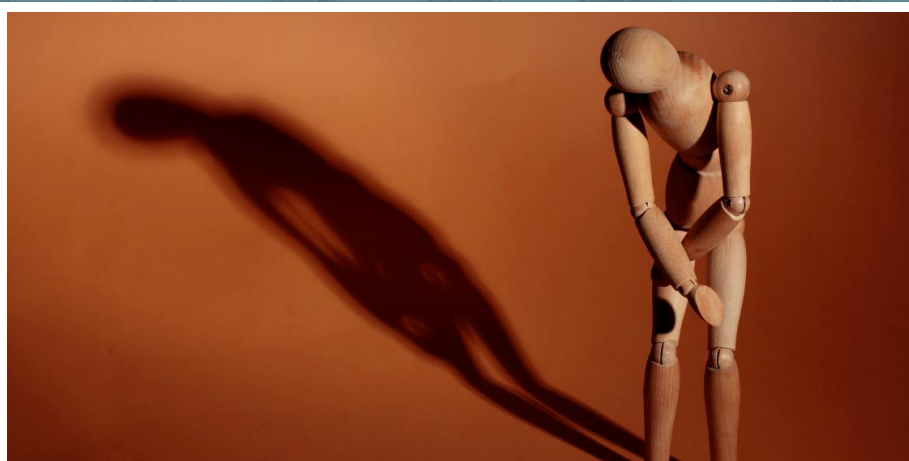


MINDFUL MOMENTS

OCTOBER: MENTAL HEALTH ACCESSIBILITY

Introduction

It's important that anyone who is struggling with their mental health should have access to support and treatment. The aim of World Mental Health Day is to raise awareness and support each other, to enable mental health support to be accessible for anyone who might need it.



Mental Health Tips backed up by research

Protecting our mental health is easier than you might think. These tips are proven to benefit our mental health.

Get closer to nature to help you feel calmer, more hopeful and less alone. To get the best out of nature's healing effects, try tuning your senses to what's around you.

Learn to understand and manage your feelings - It often helps to give our feelings our attention without judging them.

Talk kindly to yourself the same way you would talk to someone else or reassuring a small child.

Talk to someone you trust – this can provide some relief and may change the way you feel about a situation.

Be kind, if you have ever felt lonely you know how even a small connection with someone feels, something as little as a smile.

Look after yourself – eat well, be active and get enough sleep!

What support is available in ESS?

- [HSE website](#) has an entire section on supporting mental health, you can find the MHFA booklet, healthier mind newsletters, mindful moments, how to guides and much more!
- L&D portal provides specific courses on supporting your mental health e.g., You Matter Campaign.
- Employee Assistant Programme.

Support Available

- [Employee Assistant Programme \(AXA\)](#) – counselling and online portal providing tools, information, guidance and accessible support. Username: compassgroup Password: supported
- **Find your local GP surgery [HERE](#).**
- **Mental health charities** – Mental Health UK, Mind, Rethink, YoungMinds.

How you can access mental health services:

1. **Talk to your GP** – to use some services you may need a GP referral. Your GP can talk to you about mental health and help introduce you to the right services for you.
2. **Self-referral** – you may be able to refer yourself for help with drug and alcohol problems or to access talking therapies through a service called Improving Access to Psychological Therapies (IAPT).
3. **Get help through work** – if your problem is because of stress at work, your employer might be able to refer you to occupational health services.
4. **Get help from schools or colleges** – they may be able to refer you directly to a specialist mental health service.
5. **Mental health charities** – aim to support individuals mental health through different programmes.

Don't forget you can contact or 'Ask Your ESS Nutrition and Wellbeing' specialist: ESS.Wellness@compass-group.co.uk