



BEACON
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Mental Health

What is “Mental health”?

Everyone has mental health. It involves our emotional, psychological, and social well-being, and it affects how we think, feel, and act. Struggling with mental health is very common – roughly 1 in 4 people will suffer from a mental health problem during their lifetime. We need to look after our physical health, and sometimes we can become physically unwell which requires treatment; the same is true for mental health.

Do I need help?

If you feel that your mental health is impacting your day to day functioning most days for a few weeks or more, or if you just want advice or someone to talk to, then you may benefit from help.

What help is available?

Different treatments are available free through the NHS for people struggling with their mental health. These include medications, which your GP can prescribe if necessary, and different types of therapy.

What is therapy?

Therapy involves trying to change your thoughts, behaviours and emotions through exercises and practice. The type of therapy that may be appropriate depends on what mental health issue you are struggling with and how severe it is, along with your own preferences. The options available are online self-help resources, talking therapies (also known as Cognitive Behavioural Therapy or CBT) or more specialist therapies.

Self-help resources

If you have the motivation to fully engage with self-help resources, these can be as effective as supervised therapy. These can also be useful for people who would prefer not to speak to a therapist regularly. A collection of resources tailored to different mental health problems is on the next page.

NHS treatment and therapy

The local NHS mental health treatment service is called Plymouth Options and is accessed via a self-referral form through <https://www.livewellsouthwest.co.uk/plymouth-options> or **01752435419**. They can arrange an assessment and offer appropriate therapies such as online CBT, group sessions or one-to-one talking therapy. More complex or severe mental health issues may need treatment by the Community Mental Health Team, which your GP, Crisis Response or Plymouth Options may refer you to if necessary.

Help in a crisis

If you feel that you are at crisis point and are worried for your own or someone else’s safety, the most important thing is to speak to someone. The contacts below offer free 24/7 advice by trained professionals and volunteers that can help.

Plymouth NHS Mental Health Crisis Number - **0800 923 9323**

Plymouth Community Mental Health Team (*only if already under their care*) - **0845 207 7711**

Samaritans – **116 123** or <http://www.samaritans.org/>

SHOUT (24/7 text service) – Text “**Shout**” (or “**YM**” if you are under 19) to **85258**

Papyrus (for young people) – Call **0800 068 4141**, text **07860039967** or email pat@papyrus-uk.org

Childline (aged under 19) – **0800 1111** or childline.org.uk

Combat Stress (Military veterans) – **0800 138 1619**

NHS national Urgent Advice – **111**

Emergency situations – Call **999** or visit your local Emergency Department

Mental Health Self-help Resources

This is a collection of free resources that can be useful to help manage your mental health. They do not replace formal NHS treatments for mental health issues, but they can be helpful while you are waiting for formal assessments and treatments, in addition to treatment that you are already receiving or if you do not wish to have formal treatment. Use a smartphone to scan a QR code for help with each of the areas below, or if this an electronic document simply hold "control" and left click the subject name.

If you want NHS formal treatment for any of these problems, please see page 1 for more information.



Alcohol



Anger



Anxiety



Chronic Pain



Depression



Domestic Abuse
(men)



Domestic Abuse
(women)



Drugs



Eating Disorders



Gambling



Grief



Money Worries



OCD



Panic



Phobias



PTSD



Parenting
Support



Sleep



Social Care



Stress