

## Helplines and information

**MIND** [info@mind.org.uk](mailto:info@mind.org.uk)  
tel: 0300-123-3393

**Better Help** <https://www.betterhelp.com>

**SANEline** on **0300 304 7000**

**CALM** tel: 0800585858

**The MIX** tel: 0808084994



# CONTACT:

Call us or pop in  
TACTIC  
for more  
information



01525 373838



[tactic@leightonlinlade-tc.gov.uk](mailto:tactic@leightonlinlade-tc.gov.uk)



TACTIC



[www.tactic-centre.co.uk](http://www.tactic-centre.co.uk)



# TACTIC

# MENTAL

# HEALTH



**INFORMATION AND  
SUPPORT LEAFLET**

17 HOCKLIFFE STREET



## WHAT IS MENTAL HEALTH ?

Mental health problems can affect the way you think, feel and behave.

They range from common mental health problems (such as depression and anxiety) to more rare problems (such as psychosis and bipolar disorder).

## MOST COMMON TYPES OF MENTAL HEALTH

Anxiety

Panic Attacks

Depression

Eating Disorders

Self Harm

Obsessive Compulsive Disorder (OCD)

Phobias

Suicidal Feelings

Trauma

Post Traumatic Stress Disorder (PTSD)

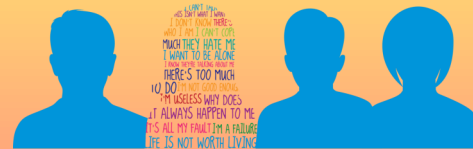
Stress

Drug addiction (recreational)



## SOME POSSIBLE SYMPTOMS OF MENTAL

- ◆ Aches and pains
- ◆ Spends more time alone
- ◆ Less energy
- ◆ Trouble concentrating
- ◆ Fidgety, unable to sit still
- ◆ Easily distracted
- ◆ Feels sad / unhappy
- ◆ Irritable / Angry
- ◆ No interest in friends
- ◆ Drop in grades at school
- ◆ Trouble sleeping
- ◆ Worries a lot
- ◆ Does not show feelings
- ◆ Seems to be having less fun
- ◆ Takes unnecessary risks



1 in 4 MENTAL HEALTH AWARENESS

## WHAT YOU CAN DO TO HELP YOURSELF ?

- ◆ Eat healthily
- ◆ Exercise
- ◆ Drink plenty of water
- ◆ Get enough sleep
- ◆ Surround yourself with good people
- ◆ Learn how to deal with stress
- ◆ Avoid alcohol, drugs and smoking
- ◆ Set yourself some realistic goals
- ◆ Talk about your feelings
- ◆ Peer support
- ◆ Get help when needed



It's OK to get help