



Here are some of the websites we find most useful:

The Samaritans

MIND

Anxiety UK

Mental Health Foundation

Food for the brain (Depression & Nutrition)

Young Minds (Youth mental health issues)

Self Harm Support

Eating Disorder Help

Please don't suffer in silence. You are never alone

We've got your back

We realise that most people experience mental health issues from time to time, and work hard to break the stigma and get people talking.

From a non judgemental ear to listen so that you can unburden, to practical solutions, self help tools and links to external organisations and helplines - we want to make sure that nobody feels alone.

You can keep this booklet with you to access support, advice and self help techniques from our members to support you on your journey, and of course link in with our team on our FB page for confidential support and a friendly, non judgemental and caring ear to listen when you need it.

We have an awesome team running our mental health support network - from experienced professional support workers to offer practical help, advice and useful links, to members of Art & Soul Tribe who have walked the walk and overcome the daily challenges faced when living with the Black Dog.

Brand new for 2020 we will also have TBDP drop in sessions across North Wales and the Northwest of England. Keep an eye out for your closest location!

YOU *totally* GOT THIS



MINDSET MAGIC

Altering your perspective

- 1. Make peace with imperfections—inside and out.**
- 2. Forgive your mistakes—big and small.**
- 3. Accept and appreciate that things come and go.**
- 4. Show gratitude for good moments—and Grace for bad ones.**

It can be hard to change all off these things at once but maybe try to focus on one area at a time and see how it impacts you and your mindset.

For example number 4 you could start making a short 3 point list mentally or physically each day to pinpoint what you are thankful for. Whether that be your job, your pets or family, cold drinks on a warm day, an extra 10 mins in bed this morning, but make it personal to you and your life. Just to start pulling those positives to the front of your mind.

Or for number 1 think of a few things you dislike about your body, mind or personality traits and embrace them. Make peace with them. ... Hold your hands up and own it. It's ok to feel that way but staying that way is not an option - think about what you can do to change it and improve your mood. Make peace with yourself but also acknowledge that you can also change things about your body or mind to make YOURSELF more healthy or happy.

Suicide Prevention— Some simple advice that could be lifesaving

Here' are a few things you can say/do to help someone who opens up to you about feeling suicidal.

1: Listen, listen, listen!!!

Don't talk just listen & don't listen with the intention to understand or reply just listen & hear what is being said & expressed. Just in-case I didn't make myself clear here- LISTEN!!

2: Tell them they are not alone & ask if they have told anyone else. If they haven't then ask if they mind if you let one or two other loved ones know so you can A: show that there is more than one person who is there for them & B: set up a support network for the person who is suffering.

3: Ask them if they have made any solid plans to go through with their suicide. Now this may seem like a trigger but it's not, it's actually a risk assessment for you to see how much danger the person is in & if you need to call professional help right away. Please never be afraid to ask this question it could be the difference between life & death. you should also always at some point phone professional help.

4: If you have never been suicidal then please don't ever pretend that you know what this feels like because you don't, you can't, it is impossible. What you can do though is tell them that you don't understand but you care about them & want to help them.

5: Know both your limits & your resources. These are vitally important to the safety of yourself & the person who is suicidal. Never take on more than you can handle & know who to call when you can't be there or help.

6: Validate their pain let them know that you can see they are suffering & you believe them.

7: Show compassion & empathy at all times & remind them of all the good things they do & have done.

Each one teach one XXX

By Inch (TBDP Warrior)

Here are some quick and easy mindfulness activities. You can print them out and make them into cards to carry and help you in your moment of need. Or you can casually just try them and see if one in particular helps you. Let us know how you find each one and let others know how it helped on our FB page

Mindfulness Activity Card

Place your hand on your belly. Take 10 deep breaths and notice your hand moving up and down as you breathe.

Mindfulness Activity Card

Sit very still and notice one thing that you can see, hear, feel, taste and smell.

Mindfulness Activity Card

Close your eyes and spend one minute thinking about the happiest day of your life. Try to remember as much about that day as you can.

Mindfulness Activity Card

Close your eyes and think about how you are feeling. Happy? Sad? Mad? Scared? Excited? Something else? Think about how you know you are feeling this way.

Mindfulness Activity Card

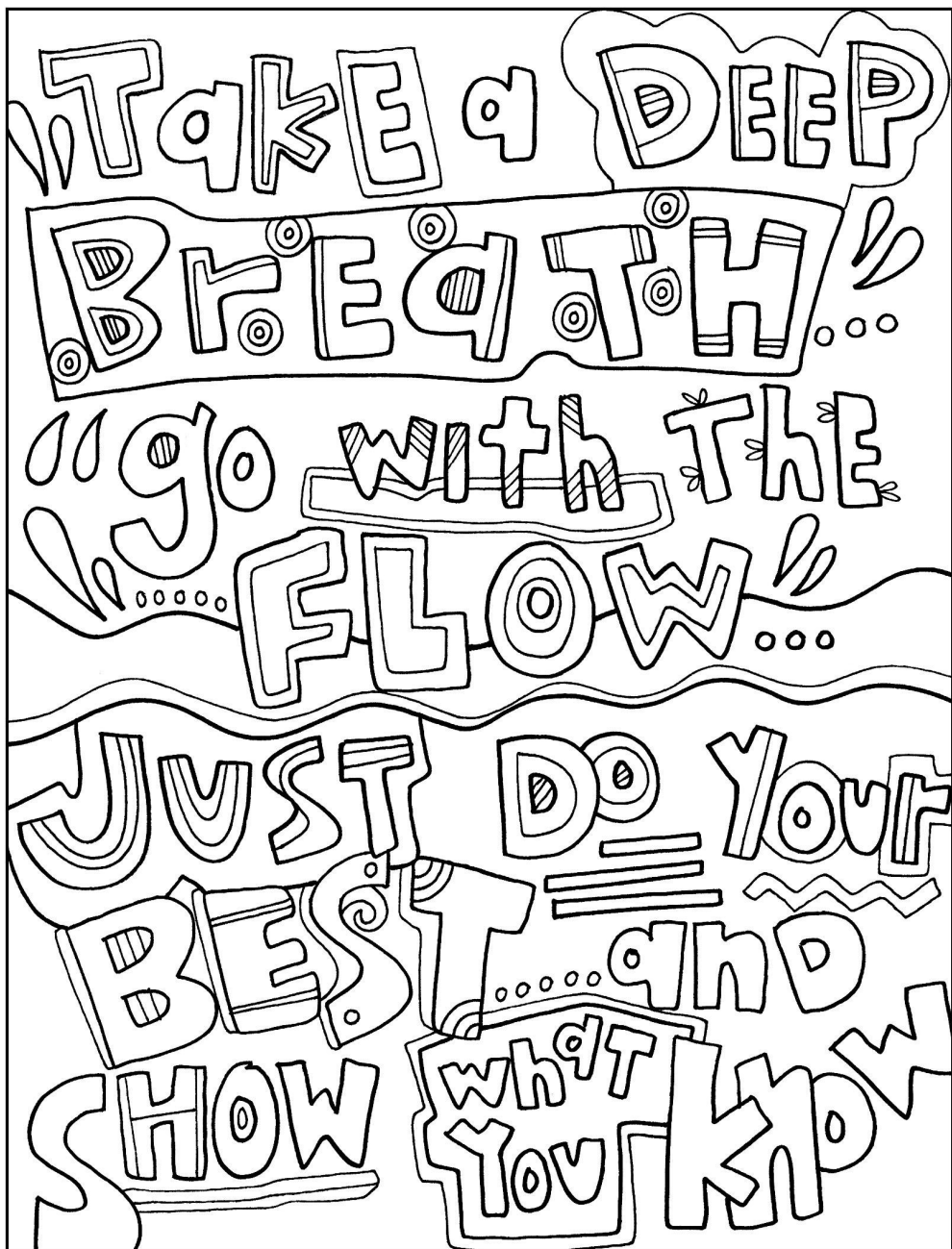
Close your eyes and sit quietly. Notice the way that your clothes feel on your body. Notice your shirt, pants and shoes. Do you notice anything you didn't notice before?

Mindfulness Activity Card

Sit quietly and place a small object in your hand. A pencil, eraser, or something else. Notice how heavy the object is. Think about what it feels like in your hand. Notice one new thing about this object.

Have a go at mindfully colouring this page in

Big thanks to Doodle Art Alley!



COPING TOOLS: What Helps Me

- | | |
|---|--|
| <input type="checkbox"/> Read A Book or Magazine  | <input type="checkbox"/> Ride a Bike or Skateboard  |
| <input type="checkbox"/> Hug or Climb a Tree  | <input type="checkbox"/> Create Origami  |
| <input type="checkbox"/> Journal or Write a Letter  | <input type="checkbox"/> Cook or Bake  |
| <input type="checkbox"/> Use Kind & Compassionate Self-Talk  | <input type="checkbox"/> Ask for Help  |
| <input type="checkbox"/> Make a Collage or Scrapbook  | <input type="checkbox"/> Talk to Someone You Trust  |
| <input type="checkbox"/> Rest, Nap or Take a Break  | <input type="checkbox"/> Weave, Knit or Crochet  |
| <input type="checkbox"/> Go on a Hike, Walk or Run  | <input type="checkbox"/> Build Something  |
| <input type="checkbox"/> Take Good Care of the Earth  | <input type="checkbox"/> Get a Hug  |
| <input type="checkbox"/> Drink Water  | <input type="checkbox"/> Visualize a Peaceful Place  |
| <input type="checkbox"/> Play a Board Game  | <input type="checkbox"/> Stretch  |
| <input type="checkbox"/> Do Something Kind  | <input type="checkbox"/> Make Art  |
| <input type="checkbox"/> Make and Play with Slime  | <input type="checkbox"/> Use Positive Affirmations  |
| <input type="checkbox"/> Discover Treasures in Nature  | <input type="checkbox"/> Take Slow, Mindful Breaths  |
| <input type="checkbox"/> Take a Shower or Bath  | <input type="checkbox"/> Clean, Declutter or Organize  |
| <input type="checkbox"/> Exercise  | <input type="checkbox"/> Use Aromatherapy  |
| <input type="checkbox"/> Drink a Warm Cup of Tea  | <input type="checkbox"/> Cry  |
| <input type="checkbox"/> Forgive, Let Go, Move On  | <input type="checkbox"/> Try or Learn Something New  |
| <input type="checkbox"/> Practice Yoga  | <input type="checkbox"/> Listen to Music  |
| <input type="checkbox"/> Garden or Do Yardwork  | <input type="checkbox"/> Use a Stress Ball or Other Fidget  |
| <input type="checkbox"/> Jump on a Trampoline  | <input type="checkbox"/> Get Plenty of Sleep  |
| <input type="checkbox"/> Cuddle or Play with Your Pet  | <input type="checkbox"/> Kick, Bounce or Throw a Ball  |
| <input type="checkbox"/> Practice Gratitude  | <input type="checkbox"/> Take or Look at Photographs  |
| <input type="checkbox"/> Do a Puzzle  | <input type="checkbox"/> Eat Healthy  |
| <input type="checkbox"/> Blow Bubbles  | <input type="checkbox"/> Play Outside  |
| <input type="checkbox"/> Smile and Laugh  | <input type="checkbox"/> Sing and/or Dance  |

Our inbox is always open but it is always good to have options. Here are some contact details for you.

To talk about anything that is upsetting you, you can contact Samaritans 24 hours a day, 365 days a year. You can call 116 123

If you're experiencing a mental health problem or supporting someone else, you can call SANEline on 0300 304 7000 (4.30pm–10.30pm every day).

If you're under 25, you can call The Mix on 0808 808 4994 (Sunday-Friday 2pm–11pm)

If you're under 35 and struggling with suicidal feelings, or concerned about a young person who might be struggling, you can call Papyrus HOPELINEUK on 0800 068 4141 (weekdays 10am–10pm, weekends 2pm–10pm and bank holidays 2pm–10pm), email pat@papyrus-uk.org or text 07786 209 697.

If you identify as male, you can call the Campaign Against Living Miserably (CALM) on 0800 58 58 58 (5pm–midnight every day) or use their webchat service.

If you identify as gay, lesbian, bisexual or transgender, you can call Switchboard on 0300 330 0630 (10am–10pm every day), email chris@switchboard.lgbt or use their webchat service. Phone operators all identify as LGBT+.

If you live in Wales, you can call the Community Advice and Listening Line (C.A.L.L.) on 0800 123 737 (open 24/7)

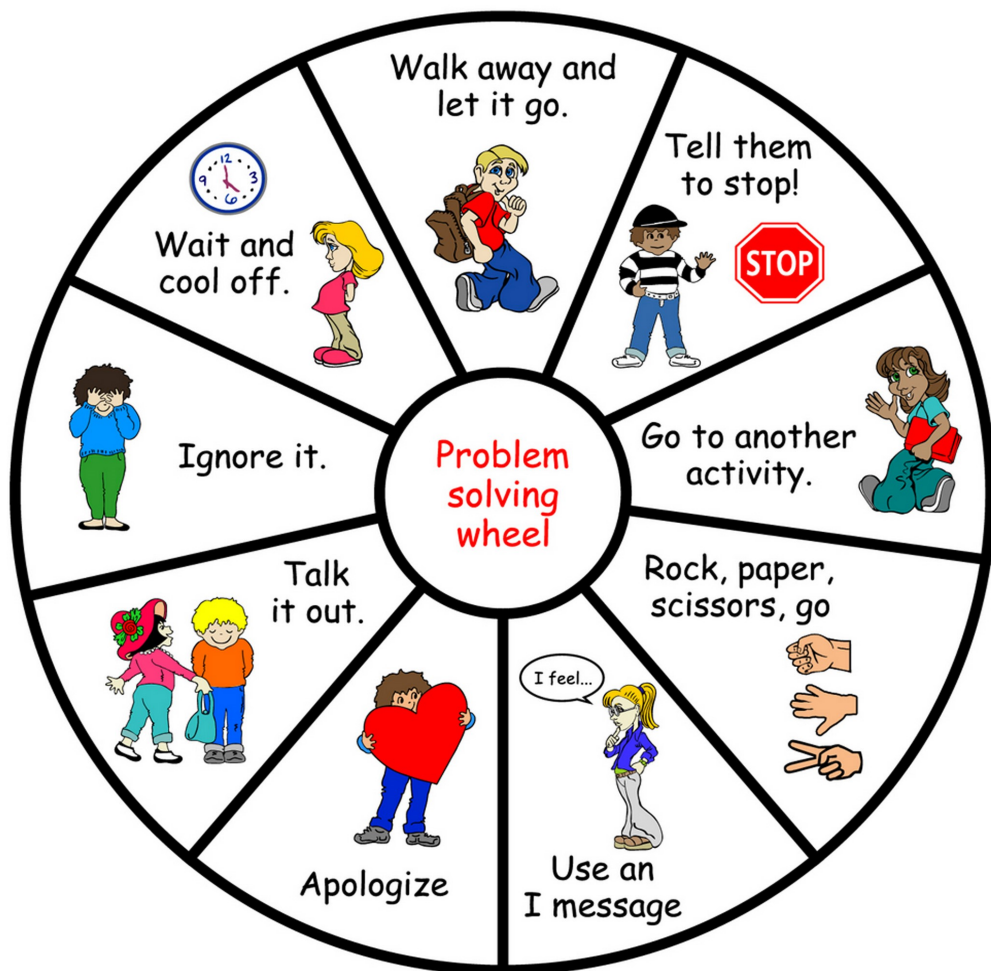
10 Steps for Self Care

1. If it feels wrong - dont do it
2. Don't be a people pleaser
3. Trust your instincts
4. Stay away from drama and negativity
5. Never speak badly about yourself
6. Set goals and never give up on your dreams
7. Don't be afraid to say 'No'
8. Don't be afraid to say 'Yes'
9. Be kind to yourself
10. Let go of what you can't control

We find this a great tool to use for most situations when you
need a little clarity and a helping hand to find the right way
forward

Give it a go!

What can I do?





These are especially for you. Take what you need, and if you feel like passing it on then why not photocopy this page and head out on a #TBDP mission to spread the love and place them in some cool locations and let us know on FB?!

#eachoneteachone

dear you,

yes...



YOU ARE

amazing!

have a beautiful day!

please take one

& then feel free to pass it on...



you are beautiful

you are worth it

you can do it

you are loved

you are talented

your smile is beautiful

you are appreciated

you can make it happen

you are inspiring