

A large, light blue heart outline is centered on the left side of the page. Inside the heart, the letter 'W' is formed by three overlapping, colorful shapes. The left shape is orange and blue, the middle is red and green, and the right is purple and yellow. The background is a dark blue gradient with several overlapping circles in shades of blue and purple.

Plymouth Mental Health & Wellbeing Signposting e-Toolkit

What's included?

-  Introduction of THRIVE Plymouth
-  Introduction to the 'Five Ways to Mental Health & Wellbeing'
-  Signposting to local services

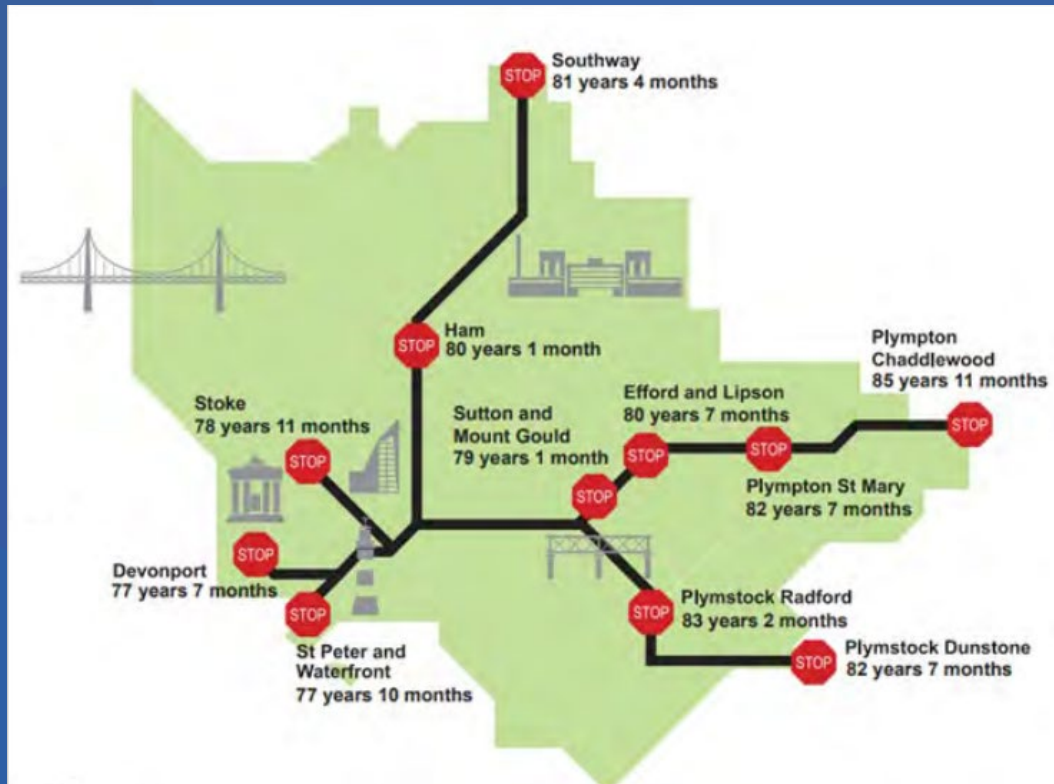


THRIVE Plymouth

- 💖 THRIVE Plymouth is our 10 year programme to get everyone working together to improve health and wellbeing and narrow the gap in health inequalities between people and communities in the city.
- 💖 Everyone has a role to play to support and make positive health-enabling choices.




Plymouth Bus Journey



What is mental health & wellbeing

[Click here and find out more](#)

 If you want to learn more, improve your own wellbeing and support others we can offer further training. Please find details on our courses at One You Plymouth – links can be found in the Resources section.

Please note Livewell Southwest do not specifically endorse Maudsley, the content above is being used to demonstrate 'what is mental health'

Winning Ways to Wellbeing



Evidence suggests there are five steps we can all take to improve our mental wellbeing. If you give them a try you may feel happier, more positive and able to get the most from life.

CLANG



CLANG - Connect



Nurturing our relationships can help us feel happier and more secure, and can give us a greater sense of purpose.

Please click the link below:

[Relationships-missing-piece-wellbeing-puzzle](#)



Connect

Link up
with people
around
you

CLANG - Learn



By exposing yourself to new educational experiences, you might also become more socially active.



Embrace a hobby – it's all about distracting your brain whilst using different parts of your brain in order to help memory and cognitive skills.



Take on a different responsibility, for example fixing a bike, or learn how to cook.



When you choose your own goals that you feel are consistent with your values, you'll be more likely to be engaged in your life.



Learn

Explore
something
new

CLANG - Active

💖 Being active can protect people against depression and anxiety, regular physical activity reduces the risk of depression possibly by as much as a third.

💖 There are lots of reasons to exercise:

💖 It fills your time.

💖 A healthy body + healthy mind = healthy immune system.

💖 It releases feel good chemicals. Why not dance it out – we're talking limb flinging, full-bodied, no-holds-barred joyous dancing. Dance like nobody's watching!



Active

Discover an
activity you
enjoy

CLANG - Notice



You may think of wellbeing in terms of what you have, your income, home, car, or job.



Evidence shows that what we do and the way we think have the biggest impact on wellbeing. We sometimes find it hard to simply stop and do something for ourselves, feeling we should think of others. If we don't look after ourselves we will be unable to look after others.



Self-care could mean logging out of social media and listening to your favourite music. Or mindfully working your way through your favourite home-cooked meal, meditating, going for a walk and taking in the view. The key is to slow down, take a step back, take notice. Put yourself first – even if it's just for an hour.



Notice

Be curious about
the world you
enjoy

CLANG - Give



Most people would agree that giving to others is a good idea.



Small acts of kindness towards other people, or larger ones – such as volunteering in your local community – can give you a sense of purpose and make you feel happier and more satisfied about life.



Give

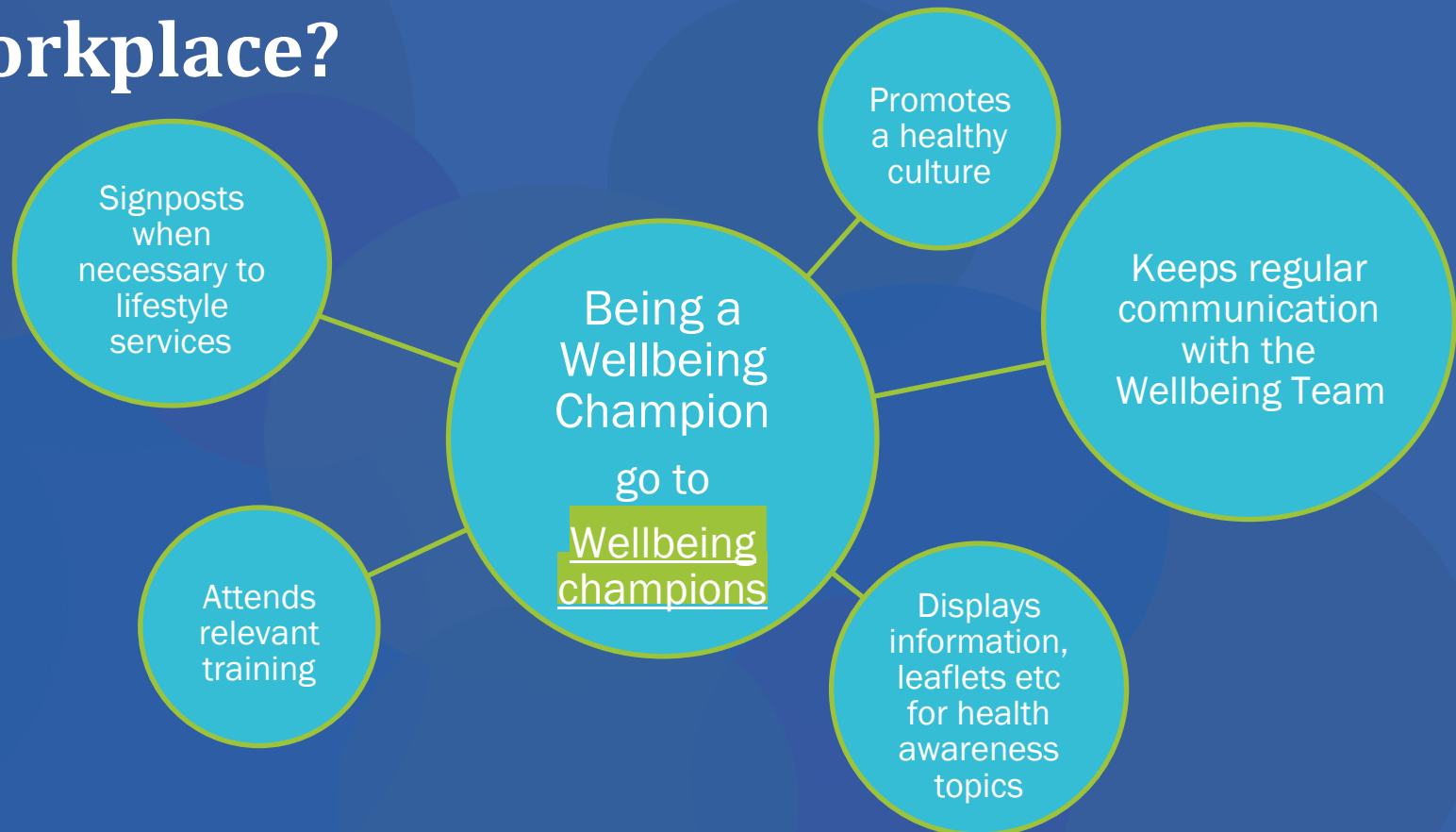
Share something
with others

The power of CLANG

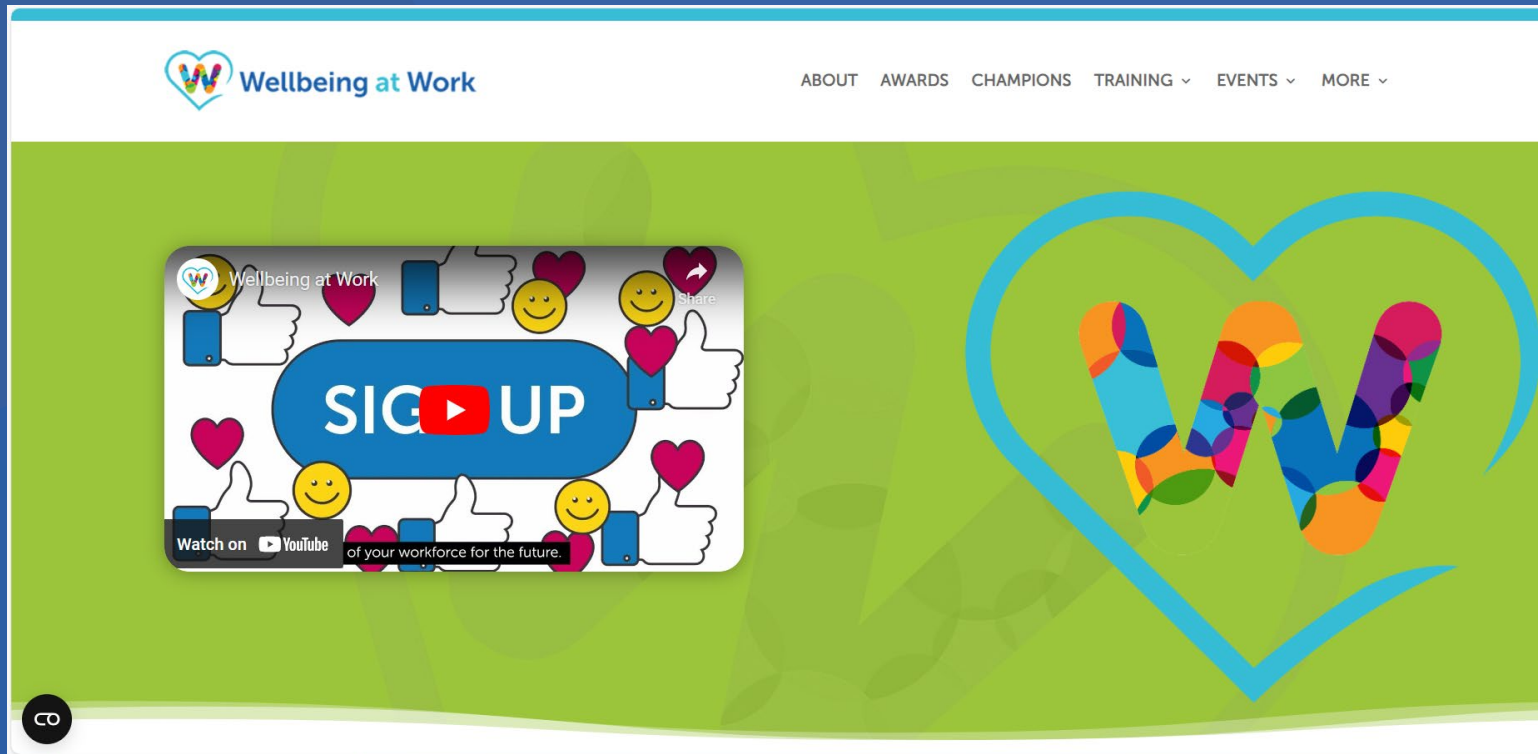
- 🧡 Boosts self confidence
- 🧡 Rise to a challenge
- 🧡 More secure
- 🧡 Self-esteem
- 🧡 Self control

- 🧡 Greater sense of purpose
- 🧡 Feel happier
- 🧡 Satisfied about life
- 🧡 Self-worth

Do you have a Wellbeing Champion in your workplace?



Wellbeing at work







What is One You Plymouth?



The image shows a screenshot of the One You Plymouth website. At the top, the logo "ONE YOU PLYMOUTH" is displayed in a white header bar, with "YOU" in green. To the right of the logo is a yellow button that says "BOOK YOUR APPOINTMENT". Below the header is a dark grey navigation bar with the following menu items: "ABOUT", "STOP SMOKING", "MOVE MORE", "NHS HEALTH CHECKS", "LATEST NEWS", and "RESOURCES". The main content area has a teal background. On the left, there is a photograph of a woman in a pink shirt sitting at a desk while a healthcare professional in a blue shirt takes her blood pressure. A sign in the background reads "CHECK YOURSELF". To the right of the photo, the text reads: "GET YOUR FREE NHS HEALTH CHECK", "Keep your blood pressure under control to reduce the risk of heart attack and stroke.", and "It's never been easier to get it checked. If you're between 40 - 74 without certain pre-existing cardiovascular conditions, call us today for a free NHS Health Check". At the bottom right of this section is a yellow button that says "BOOK YOUR APPOINTMENT HERE".

One You – Smoke Free

-  The Wellbeing Team offer 1 – 1 behavioural support and advice to be smoke free.
-  Your practitioner can discuss with you all pharmacotherapy options including support with vaping.
-  For those who smoke but who do not presently want to quit, support from the Wellbeing Team will be available to help manage nicotine withdrawal whilst at work.
-  Contact the Wellbeing line on 01752 437177.

One You – Eat Well



New offer around healthy eating and weight management coming soon.



Contact the Wellbeing line on 01752 437177.

One You – Move More



Walking | One You

**ACTIVE
10**

The Active 10 app helps you monitor and gradually increase your brisk walking levels over time. Click below

[Active 10](#)










**COUCH
TO 5K**

Couch to 5K is a running plan for absolute beginners and involves 3 runs a week for 9 weeks. Click below

[Couch to 5k](#)

Signposting

-  [Wellbeing at Work](#)
-  [MIND-tips For Sleeping](#)
-  [Blurt it out](#)
-  [Marbles Lost & Found](#)
-  [Action for Happiness](#)
-  [NHS Mood Self Assessment & Audio Guides](#)
-  [Samaritans](#)
-  [Plymouth Online Directory](#)
-  [MIND - Tips for Everyday Living](#)

-  [Head Space](#)
-  [One You Plymouth](#)
-  [Alcohol Awareness](#)
-  [Alcohol and mood](#)
-  [Suicide Prevention](#)
-  [LGBT Helpline](#)
-  [NHS Talking Therapies Counselling & support](#)
-  [Anxiety.org](#)
-  Text SHOUT to 85258 UK's first 24/7 text service for anyone in crisis anytime, anywhere



oneyou.plymouth@nhs.net
www.livewellsouthwest.com
@livewellsouthwest
wellbeingat.work@nhs.net