

Mental Health

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QR CODE
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INFO

ADVICE & GUIDANCE

What is Mental Health?

Mental Health is about **how we think, feel and act**. Just like **physical health**, we all have it and we need to take care of it. (*Mind, 2025*)

Mental health is on a spectrum which can range from good to poor (*Mind, 2025*):

- With good mental health, we act calmly, think positively and feel confident.
- With poor mental health, you may find it difficult to cope, not enjoy your usual activities or may feel like we can't control how we feel or behave.

Struggling with your mental health?

- 📞 Call First Response via NHS 111 and select mental health option.
- 📞 Text SHOUT to 85258 - here for you 24/7.
- 📞 Call Samaritans via 116 123.

Scan/click the QR code to access a range of regularly updated resources as well as our mental health training to improve your skills and confidence around mental health.



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