

MENTAL HEALTH & WELLBEING

FACTS AND FIGURES

5 ways to wellbeing



Talk & listen,
be there,
feel connected



Do what you can.
Enjoy what you do.
Move your mood



Remember the
simple things
that give you joy



Embrace new experiences.
See opportunities.
Surprise yourself



Your time,
your words,
your presence



1 in 4

People will
experience a
mental health
problem each year

Poor mental health impacts:

individuals



families

income



education

quality of life



HELP AND ADVICE

- You are not alone. 1 in 4 of us experience problems with our emotional health and wellbeing at some point in our lives.
- Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing: Connect. Be Active. Keeping learning. Give. Take notice.
- **Connect with other people.** Take time to be with and stay in touch with family, friends or colleagues. Make use of video-chat apps if you live far apart. You can share positive experiences, build a sense of belonging and provide emotional support to each other.
- **Be physically active.** Not only good for your physical health – it can also improve your mental wellbeing and positively change your mood through even the simplest activities.
- **Learn new skills.** This can boost self-confidence, build self esteem and help connect with others. Why not try learning to cook something new, or starting a DIY project, take up a new sport or sign up for a course.
- **Give to others.** This can create positive feelings and a sense of reward. You could try small acts of kindness such as offering help to someone you know or volunteering in your community.
- **Take notice.** Pay attention to the present moment (mindfulness), including your thoughts, feelings, your body and the world around you.

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BARNET
LONDON BOROUGH

MENTAL HEALTH & WELLBEING

LOCAL SERVICES AND ONLINE SUPPORT

Service	Type	Description	Details
Barnet Wellbeing Service	<ul style="list-style-type: none"> ▪ Face-to-face ▪ Phone ▪ Online 	<p>Based in Hendon, London, with a focus on improving your individual needs and wellbeing. The aim is to improve your mental and emotional health.</p> <p>During COVID-19 pandemic, all service provision is online and via phone, including yoga classes, virtual wellbeing cafes and emotional health checks.</p>	<p>Phone: 03333 449088</p> <p>Email: info@barnetwellbeing.org.uk</p> <p>Address: Meritage Centre, Church End, Hendon, London NW4 4JT</p>
Mind in Barnet IAPT	<ul style="list-style-type: none"> ▪ Face-to-face ▪ Phone ▪ Online 	Mind in Barnet IAPT (Improving Access to Psychological Therapies) are offering counselling support.	<p>Phone: 020 8343 5703</p> <p>Email: Counselling@Mindinbarnet.org.uk</p> <p>Website: www.mindinbarnet.org.uk</p>
Let's Talk IAPT in Barnet	<ul style="list-style-type: none"> ▪ Face-to-face ▪ Phone ▪ Online 	Let's Talk Barnet IAPT (Improving Access to Psychological Therapies) offers assessments and short-term therapy for people with mild to moderate low mood or anxiety to people aged 16 and over registered with a Barnet GP.	<p>Phone: 020 8702 5309</p> <p>Email: lets-talk-barnet@nhs.net</p>
BEHMHT Crisis Resolution Team	<ul style="list-style-type: none"> ▪ Phone 	If you require crisis mental health intervention and support please contact the Barnet, Enfield and Haringey Mental Health Trust (BEHMHT) Crisis Resolution Team.	Phone: 020 8702 4040
North Central London Support After Suicide Service	<ul style="list-style-type: none"> ▪ Online ▪ Phone 	Support for people bereaved by suicide in North Central London. The service offers one-to-one support as well peer group support by a Suicide Bereavement Worker and a volunteer with lived experience of bereavement by suicide.	<p>Website: www.rethink.org/ncl-supportaftersuicide</p> <p>Phone: 07483 368 700</p> <p>Email: supportaftersuicide@rethink.org</p>
Barnet Mental Health & wellbeing services	<ul style="list-style-type: none"> ▪ Online 	See the full range of mental health and wellbeing services and support available to you in Barnet.	<p>Phone: 033 3344 9088</p> <p>Website: www.barnet.gov.uk/mental-health-and-wellbeing</p>

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Good thinking	<ul style="list-style-type: none"> Online 	A London-wide NHS digital wellbeing service designed to support mental health needs such as sleep, anxiety, low mood and stress. It offers digital self-assessment followed by a range of personalised, clinically approved digital and local interventions based on your preferences and location.	Website: www.good-thinking.uk
Samaritans	<ul style="list-style-type: none"> Phone 	Samaritans is a safe place for you to talk at any time, in your own way, about whatever is getting to you. You don't have to be suicidal.	Phone: 116 123 for free Email: jo@samaritans.org
One You Barnet & National	<ul style="list-style-type: none"> Online Apps 	<p>One You Barnet is here to help you get healthier and feel better with free tips, tools and support.</p> <p>The national One You Every Mind Matters website has expert advice and practical tips to help you look after your mental health and wellbeing, from advice to other support helplines.</p>	<p>Barnet website: www.oneyoubarnet.org</p> <p>National website: www.nhs.uk/oneyou/every-mind-matters</p>
NHS Moodzone	<ul style="list-style-type: none"> Online 	NHS mental health and wellbeing resource containing advice, mood self-assessments, self-help materials and treatments and other people's stories.	Website: www.nhs.uk/mental-health
Mindfulness Apps: <ul style="list-style-type: none"> Insight timer Headspace Calm 	<ul style="list-style-type: none"> Apps 	Practicing mindfulness can help calm anxieties should you start to feel overwhelmed. There are several freely available apps.	<p>Websites:</p> <p>Insight Timer: https://insighttimer.com/</p> <p>Headspace: https://www.headspace.com/</p> <p>Calm:https://www.calm.com/</p>