

Mental health problems can affect anyone, any day of the year, but 10 October is a great day to show your support for better mental health and start looking after your own wellbeing.



World Mental Health Day is run by the World Federation for Mental Health and takes place on 10 October each year. The theme for this year's event is 'Access to Services - Mental Health in Catastrophes and Emergencies'. For more details click [here](#).

Today is an opportunity for people to talk about all aspects of mental health, how we need to look after our own and others wellbeing, and how important it is to talk and get help if you are struggling.

Taking care of your mental health is as important as taking care of your physical health.

Mental health problems affect one in four of us*, yet many people can feel isolated, ashamed and worthless because of this. Poor mental health can affect anyone, of any age, gender or background.

They range from common problems, such as depression and anxiety, to rarer problems such as schizophrenia and bipolar disorder.



It is important that we all as individuals do what we can to look after ourselves and each other. You may have concerns about how others are coping.

Starting a conversation with someone around their mental health can feel daunting. You may be worried that you will say the wrong thing but remember saying nothing is far worse.

Like adults, the emotional wellbeing of children and young people is just as important as their physical health. Good mental health will allow them to develop the resilience to cope with life's ups and downs and to grow into well-rounded, healthy adults.

For more details on supporting your children, read our Children's mental health guide [here](#).

According to the Police Federation, research has shown that emergency services workers are twice as likely as the public to identify problems at work as the main cause of their mental health problems, but they are also significantly less likely to seek help. So it's even more important to look after your own mental health when working on the frontline.

Here are some tips:

Think about your purpose: Be clear about why you are doing this job.

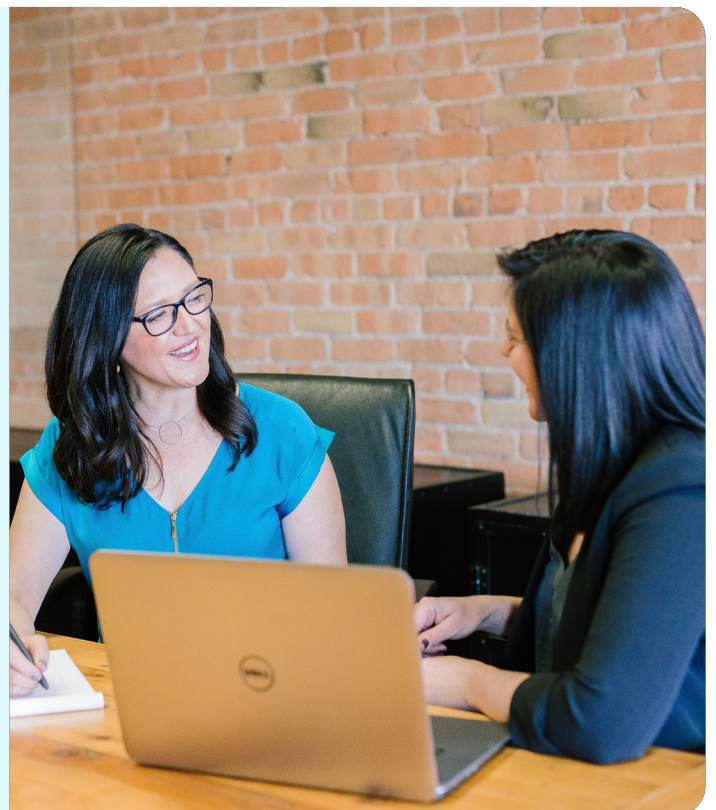
Be clear on expectations: Make sure you know what is expected of you and whether it is realistic.

Keep your boundaries: Establish clear boundaries between work and personal life, don't take work home with you.

Talk to colleagues: Make time to talk to your colleagues about your experiences and share fears and concerns.

Value your own family and relationships: While work is important, your family and relationships need to be valued.

Exercise: Regular exercise can boost your self-esteem, can help you concentrate, relax and increase your overall wellbeing.



Get plenty of sleep: Sleep helps regulate the chemicals in our brain that transmit information. These chemicals are important in managing our moods and emotions and an imbalance in those chemicals can result in us becoming depressed or anxious. Read our sleep guide [here](#).

Eat well: A balanced diet that is good for your physical wellbeing is also good for your mental wellbeing. Your brain needs a mix of nutrients to stay healthy and function well. For more information read our guide [here](#).

Avoid alcohol: The numbing effects of drinking are only temporary and can often lead to mental health issues. It's advised that if you do drink, that you stay within the governing bodies recommended unit guidelines.

Keep in touch: It's good for you to catch up with friends and family face to face or over the phone.

Take a break: A change of scenery or pace is good for you.

Do something you're good at: Enjoying yourself can help beat stress.

Care for others: Supporting others uplifts you as well as them.

Ask for help: If at times, life gets too much for you, it's important that you speak to someone, this may be a family member or trusted friend, your GP or a professional organisation, see the list at the end of this guide for details.



Making positive change is important but it's difficult to know where to start. Do one thing today, whether it's going for a walk, learning a new skill or doing something creative, taking the first steps to getting support for yourself, or reaching out to someone else, take the opportunity to do one thing this World Mental Health Day.



Whatever you've been through this year,
World Mental Health Day
is a chance to make a positive change for your mental health.

Where to get help:

[NHS](#)

[Samaritans](#)

[Mind](#)

[AnxietyUK](#)

[Mental health org](#)



Police Mutual Services

Worrying about money can be extremely stressful and may lead to mental health conditions. Police Mutual are here to help. We want to break down the stigma surrounding debt and get people talking about money.

We've teamed up with **PayPlan****, one of the UK's leading free debt advice providers, who offer free and confidential advice to anyone in serious financial difficulties.

They're able to advise you on a range of debt solutions suited to your individual circumstances, helping to protect you and your family with a sustainable way to manage your debt.

Get free and confidential help to combat your debt, call **PayPlan**** on **0800 197 8433**.

Our Care Line Service provided by Health Assured can offer advice and information, helping with a range of concerns including emotional support.

To read more of our wellbeing guides take a look at our Wellbeing Hub [here](#).

Call us 0151 242 7640 Visit policemutual.co.uk. We're open from 9am - 5pm Mon - Fri

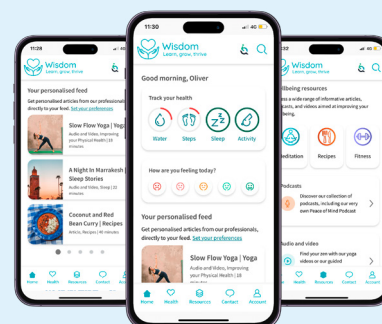
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Wisdom

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Download the Health Assured App and register today - your code is MHA107477

*The Five Year Forward View for Mental Health report from the independent Mental Health Taskforce to the NHS in England, February 2016.

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