





What to do when you are feeling down

Winter 2022





Easy Read information



How to use this guide

This guide is to help you if you are feeling low or struggling with your mental health.



It has information about where to get help if you are feeling low or struggling.



You can ask someone you know to help you read this information.

Some of the websites mentioned in this document are not in Easy Read. You may need help to understand the information on these websites.

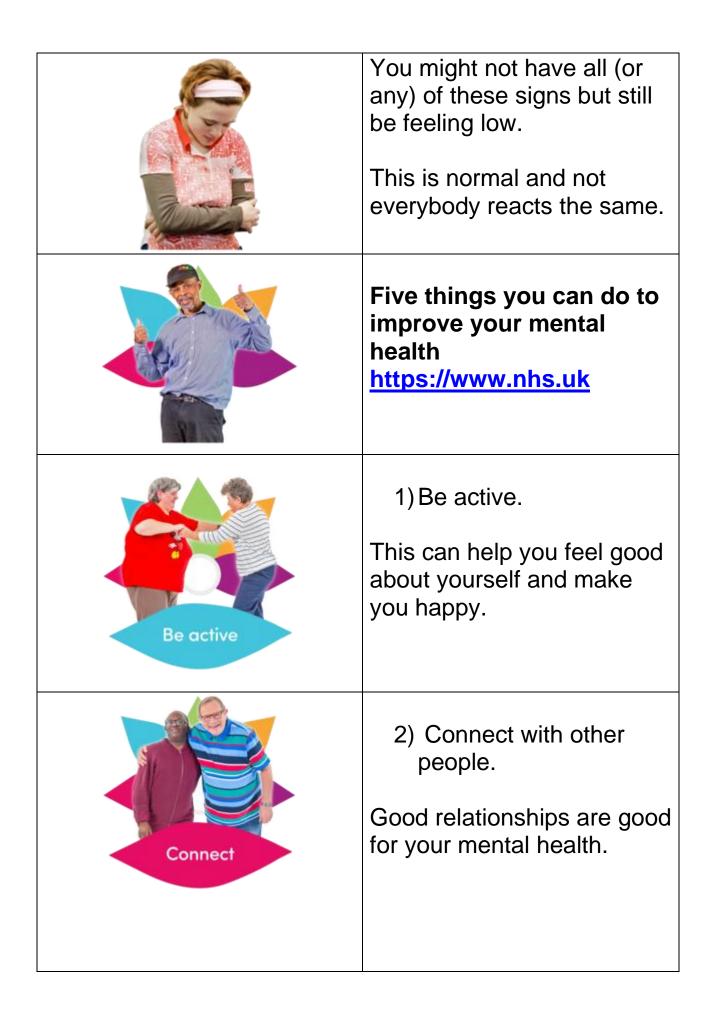




My House	Being homeless or living in bad housing conditions.
BEER	Problems with drugs and alcohol.
	The breakdown of a relationship.
	Experience of domestic violence, bullying or abuse as an adult.
	Childhood abuse, trauma or neglect.

	What are the signs you may be struggling with your mental health? https://www.mind.org.uk/
	Feeling sad and upset all the time.
	Feeling alone and not wanting to see your friends.
	Finding it hard to sleep or sleeping too much.
	Finding it difficult to remember things.

Finding it difficult to concentrate on things.
Not wanting food and losing weight.
Aches and pains.
Thinking about hurting yourself or wanting to die.





3) Take notice of what is happening around you.

A good way to do this is by going out and connecting with nature. Nature has big benefits to your wellbeing.



4) Learn new skills.

This can make you feel confident and connect you with other people.



5) Help others.

Acts of kindness can make you feel happy and give you a feeling of purpose.



Who can you speak to when you are feeling low?

If you are feeling low, you do not have to struggle on your own.

You can call:



Your GP (doctor) – You can find your GP surgery phone number here

GPs - NHS Cambridgeshire
And Peterborough CCG NHS (www.nhs.uk)



Lifeline – 0808 808 2121 11.00am – 11.00pm every day

Samaritans – 116 123 A 24-hour listening service



NHS First Response Service – dial 111 then choose option 2

A 24-hour service for those who need immediate help



Websites you can look at



Cambridgeshire & Peterborough Adult Mental Health

KeepYourHead

Keep Your Head

<u>Keep Your Head Mental</u>

<u>Health Service (keep-your-head.com)</u>

Mental health and wellbeing support across Cambridgeshire and Peterborough.





How Are You (H.A.Y.)

H.A.Y. Home - How Are

You Cambridgeshire and

Peterborough

(haycambspboro.co.uk)

Mental health and wellbeing activities across Cambridgeshire.





Stay Well this Winter

Stay Well This

Winter | Peterborough

Information Network

Here you can find information and support many topics, like health and money.

Worries about the cost-of-living crisis



What is the cost-of-living crisis?

The **cost-of-living crisis** is when the cost of things people need is going up, such as food, electricity, gas, and petrol.

This means that your shopping and household bills might cost more than usual.



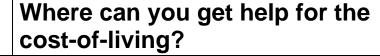
Wages and benefits are not going up as quickly, meaning it is more difficult for people to pay for these things.



The cost-of-living can make you worry more about money.



Money worries can sometimes cause you to feel low.





Visit a Warm Hub in your area
Stay Well this Winter 2022 / 2023
- Be Well in Cambridgeshire
(bewellcambridgeshire.co.uk)

At Warm Hubs you can find a safe, warm and friendly place.



Visit a library in your area

<u>Libraries to guarantee a warm</u>

<u>welcome throughout winter -</u>

<u>Cambridgeshire County Council</u>

Libraries are offering activities and free use of their facilities this winter.



For more information

This Easy Read resource was created using information from the following websites:



CPSL Mind

https://www.cpslmind.org.uk/

NHS Mental Health Mental health - NHS (www.nhs.uk)

Keep Your Head

<u>Keep Your Head Mental Health</u>

<u>Service (keep-your-head.com)</u>

How Are You Cambridgeshire and Peterborough H.A.Y. Home - How Are You

Cambridgeshire and

Peterborough

(haycambspboro.co.uk)

Be Well in Cambridgeshire

Be Well - Be Well in

Cambridgeshire

(bewellcambridgeshire.co.uk)

Healthy Peterborough - 2022