

# Your mind matters



## Thinking about your mental health

# Information written with you in mind.

This information guide has been produced with the help of older people, carers and expert peer reviewers.

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## What this guide is about

**Being worried, low, out of sorts, or just struggling to work up the energy to do things you used to enjoy aren't just part and parcel of getting older – they're important signs that you're not feeling as well as you could be.**

There are lots of reasons why our moods might change. But it's important to realise that if you've not been feeling yourself lately, there's support available.

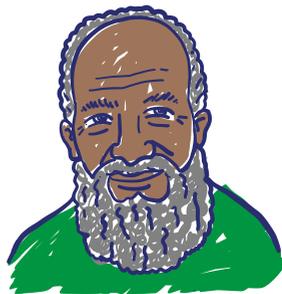
This guide looks at talking about mental health, the common symptoms of mental health problems and what support is available.



This symbol indicates where information differs for Wales and Northern Ireland. As far as possible, the information in this guide is applicable across the UK.

**“I knew something wasn’t right as I’d been feeling down for a while and had been avoiding friends and the family.”**

**Michael, 68**



If you’re feeling low or out of sorts, don’t keep it to yourself. Ask your doctor or nurse about how they could help you get back on track.

Understandably, the idea of talking to someone can be daunting for some, and for others it’s just not in their nature to talk about their feelings. But ignoring it doesn’t make it go away, it’s likely to only make it worse in the long-term. Maybe now is the time to take that first step to helping yourself feel better.

## **Good to know**



There are different organisations you can go to for support with your mental health. Here are just a few, but there are more in the ‘Useful organisations’ section on pages 28-32.

Mind infoline: **0300 123 3393**

Rethink Mental Illness: **0300 5000 927**

Samaritans: **116 123**

Sane line: **0300 304 7000**

# Rethinking mental health

We've all heard how important it is to look after our physical health – to do regular exercise and eat well. But what about our mental health? Looking after our mental health is just as important but can often be sidelined.

But it shouldn't be. Our mental health affects all aspects of our lives – how we think and feel, and how we cope with life's ups and downs.

If you had a pain in your joints, you wouldn't just struggle on without help. You'd tell your doctor so they could sort it. Your mind is no different – you need to look after it too.

**“My anxiety got much worse after I had pneumonia. I didn't realise the two were so linked until I spoke with the doctor.”**

Meera, 83



## It's not just you

Because there are often no outwards signs, you may not be sure anything is wrong, but mental health problems are more common than many people think. It's estimated that 1 in 6 people in the past week experienced a common mental health problem, such as depression or anxiety.

We can all be guilty of putting our feelings to one side and thinking we'll 'deal with it later'. But we shouldn't. Addressing our thoughts and feelings is often the best thing we can do to help ourselves feel better.

**Do any of these sound familiar?**



**"It's just how you feel  
as you get older."**



**"When I was younger,  
it just wasn't the sort  
of thing you spoke  
about."**



**"The doctor has more  
important things to  
worry about."**



**"I wouldn't know who  
to talk to about it."**

It's OK to talk to your doctor if you're worried about your mental health. Times have changed and there's now a focus on making sure your mind is as healthy as your body.

# How you might be feeling

There are lots of reasons why you may not be feeling yourself – it doesn't always mean something more serious is going on.

## Feeling worried

It's common for us all to feel anxious or fearful from time to time – for example, if we're trying something new, or if we're adjusting to life after a bereavement. But for some people, these feelings can be more frequent.

Anxiety is used to describe how we're feeling when we're worried, stressed or afraid. It's a feeling that many of us experience now and again. But if you're feeling anxious for long periods of time, losing your appetite, getting worried about lots of different things or feeling down a lot then you should speak to your doctor. These aren't trivial matters; they're crucial to your health.



## Feeling low

Maybe the things you used to enjoy aren't giving you as much pleasure anymore. That isn't 'just part of getting old' like some people think – life should bring us joy at every age.

Everyone feels down from time to time. Usually these feelings pass, but if you're experiencing a low mood for a while then it's important you speak to someone. It can be hard to admit you're feeling low, but you don't have to keep it to yourself. Talking is often the best way to start feeling better. That could be with a family member, your doctor or nurse – whoever you feel comfortable with.

**“I just didn't know what to do or who to talk to.”**

Geoff, 74



### Good to know



It's not uncommon to feel low and worried at the same time. Doctors are used to seeing people who feel depressed and anxious and know how to help. If you're feeling like this it would be best to go and see your doctor or nurse and talk to them about what you've been experiencing.



## Feeling unmotivated

We've all felt unmotivated before – whether you feel like you can't face doing chores around the house or going out and socialising. But feeling unmotivated, low in energy and losing interest in things you used to enjoy for long periods of time can indicate that maybe there's something else going on. It's always best to speak to your doctor or nurse if you've noticed you've been feeling like this for a while.

**“When I go and visit Dad he doesn't seem himself and the place is never tidy anymore. I'm worried about him.”**

Rebecca, 39



## Feeling lonely

You may be lonely for a number of reasons – perhaps you've lost a loved one, moved away from friends and family, lost the social contact and enjoyment you used to get from work, or have health problems that make it difficult for you to go out and do the things you enjoy.

Loneliness can have a significant impact on our mental wellbeing. And feeling lonely doesn't necessarily mean you have no one nearby. You can be surrounded by friends and family but still feel lonely.

Although it's hard, it's a good idea to think about what is making you lonely. Once you work out why you might be feeling like this, it can help you try and find a way of feeling better. If you speak to your doctor or nurse, they might be able to suggest things you can do to help.

### Good to know



Age UK runs a telephone befriending service which allows you to sign up for a free weekly friendship call. It can be a great way to speak to someone new. Search 'Call in Time' on the Age UK website to find out more or call 0800 434 6105.

You could also visit your local Age UK to see if there are any classes or local groups you could attend.

# Why you might be feeling like this

Knowing what can affect your mental wellbeing might help you understand the feelings you're experiencing and help you think about the steps you can take to look after yourself. Some common things that can affect how you feel include:

## Retirement

Many of us look forward to retirement. But often we're so busy thinking about what we're retiring from that we don't take time to think about what we're retiring to. And while those first few months of not having to set the alarm can be brilliant, for many people the novelty soon wears off and the lack of routine and, for some, a sense of purpose, can have an impact on your mental health.

## Bereavement

Grieving a loss is different for everyone and, for many, can last a long time. You may experience feelings of sadness, anger, frustration or even relief. This process can be a rollercoaster of emotions with good days and bad days. If you're struggling to cope with the loss and your emotions, or you feel you're not coping day to day, then it may be time to seek help and support. Our guide **Bereavement** has more information and advice.

**“I didn't think I was allowed to be happy after John died.”**

Irene, 79



## Being a carer

Looking after your partner, a relative or a friend is rewarding, but it can also be exhausting and even frustrating at times. It's a big undertaking that can feel like it takes over our lives and can affect how we feel mentally. It can be hard to ask for support as a carer, as you feel you should be focused on the person you're caring for, but you shouldn't neglect your own needs. Read our guide **Advice for carers** for more information.

## Money worries

Worrying about money can lead to sleepless nights. If you're having money worries or are living on a low income, contact your local Age UK for a benefits check and see our guide **More money in your pocket**. In Wales, see Age Cymru's version of this guide. And if you're worried about debt, you're not alone and there is help available. It's never too early to seek help for money worries. Our guide **Dealing with debt** has more information.

## Disability or poor health

As we get older, poor health can affect our confidence, make us less independent and make us feel more anxious about the future. It can become harder to get out and do the things we once enjoyed, which can be very frustrating and get us down. Side effects of certain medications can also have an impact on our feelings.

If you think this might be happening, talk to your doctor to see if there's anything they can do. Make sure you don't stop taking any medication before speaking to your doctor as it can be dangerous to stop suddenly.

## Relationship and family problems

Worrying about those we care about most can really affect how we feel. They may be experiencing their own problems, or you might be worrying about things that could come up down the line. If possible, try to talk about any problems before they have a chance to escalate. If you feel like you can't talk or relate to family and friends, consider speaking to your doctor instead.

## The time of year

It's not uncommon for our mood to change at different times of the year. Many of us feel better in the summer and feel low in the colder, darker winter months. You may commonly hear this referred to as the 'winter blues'. But for some people, the different seasons can have a significant impact on their mental wellbeing and leave them feeling tired, withdrawn and depressed or anxious. If the time of year has a significant impact on your mood, it's important to visit your doctor and ask for information and support.

These are just some of the most common things that can affect how we feel. There are plenty of other things that can affect affect our moods. There also might not be any clear reason at all to explain how you're feeling, and that's fine too. Whatever the reason, the important thing is to talk about how you're feeling with someone - whether that's your doctor or a loved one.

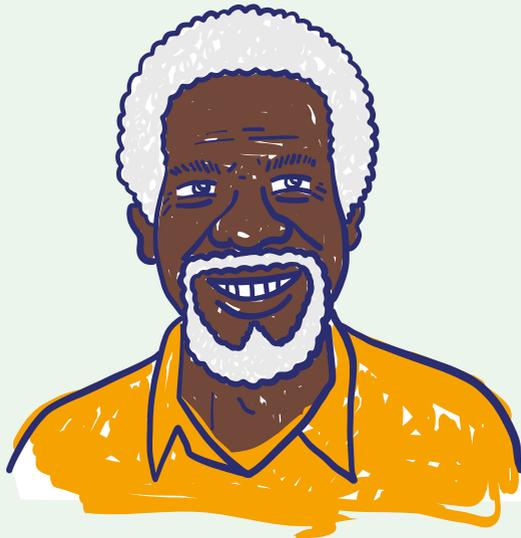


## After Joe retired he found himself missing the routine and structure of work.

'I'd looked forward to retirement for a few years and at first it was great not having to set my alarm.

'But people don't tell you that retirement isn't always so easy once you get there. After a couple of months I felt myself wondering what I had to get up for. I was spending a lot of time sitting on the sofa watching TV. I knew I should get out and do something but it was hard to motivate myself. Then one day I was reading my local paper and I saw an advert for a walking group. I wasn't sure at first.

'It wasn't easy turning up by myself the first few times but one of the regulars, Ron, made a real effort to introduce me to everyone and make me feel welcome. I go on two walks a week now – and I really look forward to them. The thing is that you don't even realise you've gone into yourself until you start doing things again.'



# Spotting the signs and symptoms

It can be hard to recognise the symptoms of mental health problems and this means they can often be overlooked or mistaken for physical health conditions – or just part of getting older.

Recognising the symptoms and knowing it's not something to ignore is the first step in helping yourself to start to feel better.

If you're experiencing these feelings it doesn't necessarily mean you have a mental health problem, but it might be worth speaking to your doctor or nurse about them because they might be able to help.

## Changes in how you feel:

- Feeling low.
- Feeling irritable/restless/tense.
- Feeling guilty/worthless/hopeless.
- Feeling numb.
- Feeling isolated.
- Feeling like bad things will happen to you.
- Feeling tired all the time.
- Finding no pleasure in things you used to enjoy.

## Changes in what you do:

- Worrying a lot.
- Avoiding social activities.
- Constantly worrying about your health.
- Having difficulty speaking/thinking clearly or making decisions.
- Unable to relax.
- Eating or sleeping more or less than usual.

## Changes within your body:

- Physical aches and pains with no obvious physical cause.
- Moving very slowly, or being restless and agitated.
- Getting pins and needles a lot.
- Faster breathing.
- Feeling lightheaded, dizzy or nauseous.
- A fast, thumping or irregular heartbeat.
- Sweating or experiencing hot flushes.
- Having panic attacks.

# Getting help

We all feel a bit low sometimes, but if life's been getting you down don't keep quiet about it. If you've not been feeling yourself, ask your doctor or nurse about what help's available.

## When you should seek help

If you've been struggling with your mental wellbeing and it's affecting your life, it's time to make an appointment to see your doctor. Talking about your mental health can be daunting but your doctor will be used to having these conversations and won't judge you. They're there to help and will know what to do.

Depending on your symptoms, your doctor may use a questionnaire to understand how you're feeling. Sometimes they might ask about whether you're feeling like ending your life, so don't be surprised by this question. You might even feel relieved that you're being asked to talk about it.

You can talk to your doctor or nurse at any time, in complete confidence – they're there to listen and help you get back on track. But if you're feeling nervous about talking to your doctor, it's fine to ask someone to go with you to your appointment.



## Different types of help

Once the doctor has looked at what could be causing your feelings, they'll talk to you about different treatment options. These will depend on the feelings you've been having, how long they've been going on, whether you've had treatment before and if so, how helpful it was. Think about what you might find most helpful and discuss the pros and cons of your treatment options with your doctor.

### Talking treatments

There's something called 'talking therapies'. These can really help people who are feeling low, anxious or out of sorts. They allow you to talk to someone who is trained to help you manage your thoughts and feelings and the effect they have on your mood and behaviour. They are available for free on the NHS and may be offered in one-to-one sessions or in a group.

Talking therapies are proven to work. You can refer yourself to see someone locally, or your doctor or nurse can do it for you if you prefer.

There are different kinds of talking therapies. The most common are Cognitive Behavioural Therapy (CBT) and counselling.

### Good to know



Talking therapies are often referred to as IAPT (improving access to psychological therapies). You can find out what might be available locally by searching 'IAPT in my area' on the NHS website. You can then self refer.

## **Cognitive Behavioural Therapy**

This helps you by looking at and changing how you think and behave. It's based on the idea that the way we feel is affected by our thoughts, beliefs and behaviour.

## **Counselling**

Counselling lets you talk about your problems and feelings in a safe environment. Counsellors are trained to listen and empathise. They won't give you advice but will support and guide you to understand your problems and deal with negative thoughts and feelings.

## **Medication**

Depending on your symptoms, you may be prescribed medication. Antidepressants are a common type of medication. They work by boosting the level of brain chemicals that lift your mood. There are different types and your doctor should explain which they think is best for you.

Antidepressants can make you feel better so you're able to deal with some of the problems you might be facing. It often takes around two weeks before you feel any benefits. You may experience mild side effects in the beginning such as feeling sick or dizzy, but these should quickly improve. It's important to take the antidepressants for as long as your doctor recommends and follow their advice when coming off them as stopping them suddenly can cause side effects.

Antidepressants are often combined with talking therapies. You should try and see your doctor after four weeks when you first start taking antidepressants. They'll just want to check how you're feeling on them and see if they should change your dose or try a different antidepressant.

**“My GP suggested talking treatments to me a while ago. I refused, I didn’t think they were for me. But I changed my mind and now wish I’d started sooner.”**



Gary, 72

### **‘Wait and see’ or ‘watchful waiting’**

If your symptoms are mild, they may improve by themselves. In this case, you should be given information about the nature of your symptoms and advice on coping with them. Your doctor may then monitor your symptoms over a period of time to see if they improve by themselves.

### **Self-help**

Your doctor might suggest you have a look at self-help resources or groups. Self-help groups can be a way to get support, share ideas on what helps, boost your mood and gain self-confidence. Meeting other people who understand what you’re going through can be helpful, especially if you’re feeling isolated or lonely.

Along with other treatment options, your doctor may suggest you work through a self-help book, or they may tell you about computerised therapy programmes that you can work through to learn new skills to prevent and cope with your symptoms. Some types of self-help involve very little contact with a healthcare professional, while others will involve talking to a healthcare professional every few weeks to review your progress.

## Applied relaxation

If you're experiencing anxiety, you may be offered applied relaxation. This focuses on relaxing your muscles and teaches you to use these techniques to help you cope in situations where you feel anxious. It's delivered by trained practitioners and usually consists of 12–15 weekly sessions, with each session lasting one hour.

## St John's Wort

St John's Wort is a herbal remedy for depression that is available from health shops and pharmacies. There is some evidence that it can be an effective remedy but it's not recommended by doctors or the National Institute for Health and Care Excellence (NICE). This is because there is a variation in the amount of active ingredients within different brands and batches, making the effects of the remedy unpredictable. St John's Wort can also cause serious health problems by interacting with medications such as those used to treat epilepsy, and conditions where a patient is at risk of developing life threatening blood clots. It can also interact with prescribed antidepressants. If you're already taking any other medication, you should always check with your doctor before using St John's Wort.

Visit Mind's website to find out more about different types of therapy, antidepressants and other kinds of help (page 30).

**“I didn't know what help was out there. Age UK suggested I went to my GP.”**

Cynthia, 60



# Things you can do that might make you feel better

Just as you can look after your physical health, you can take care of your mental health too. This handy list shows you the things you can do to help take care of your mind and moods.

## 1. Be kind to yourself

It's important to have a treat from time to time and do the things that make you laugh and have fun. Perhaps you enjoy cooking or going out for lunch with your friends. Or simply take some time by yourself to sit down with a good book.

Talking to friends is a great way to relive old memories and remind you of all the positive things in your life. Spending time with other people can prevent you from feeling lonely or anxious and give you a chance to share experiences, thoughts and ideas. If you like having a chat but find it hard to get out, you could contact your local Age UK to see if they offer friendship services. Alternatively, contact the national Call in Time Service at Age UK on **0844 225 0320** to find out about their weekly telephone friendship calls. Think about what helps you relax and keep things in perspective.

## 2. Get enough sleep

Sleep patterns change as we get older and lack of sleep can directly affect the way we feel. If you're having difficulty sleeping, try cutting back on daytime naps and reduce the amount of caffeine you drink. Try to make time to relax and unwind each evening, perhaps by reading a book or listening to the radio.

### 3. Eat well and drink sensibly

What we eat and drink affects how we feel. Try not to fill up on the wrong things, but also don't ignore any signs you may not be eating enough, such as losing weight unexpectedly. Our guide **Healthy living** has more information about having a healthy diet and drinking sensibly.

### 4. Keep active

As well as keeping you healthy, exercise is a great way to improve your mood as it increases the production of endorphins – brain chemicals that make you feel happy. It can also be a good way to clear your mind and relax. It's never too late to get active. Simply getting outside for a few minutes every day can improve your mood. Perhaps you could think about joining a walking group or local activity class?

### 5. Create structure to your day and set yourself goals

Most of us look forward to retirement and having time to ourselves, but when it comes it can be hard to adjust to the loss of structure in our day, and the purpose that working life gave us. Setting goals and making plans gives our lives meaning and purpose. Start small and make sure you're realistic, for example you could set yourself a goal to go for a 10 minute walk every day.

**“My husband has depression. I make sure we do something out and about at least once a week.”**

Pat, 73





## If you're worried about someone

When it comes to talking about mental health, we've all got a part to play. If you're worried that a friend, partner or relative may need support with their mental wellbeing, there are various ways you can help. The best thing you can do is support them, listen to them, remind them they're not to blame for the way they're feeling and reassure them that things will get better with time and help.

Talking to someone about their mental health might be the key to getting them back on track. Asking questions like "How are you feeling in yourself?" can give somebody the opportunity to talk.

**Be there.** Simply being there for the person can let them know that someone cares. Don't be afraid to ask them how they're feeling and if there's anything you can do to help. Having someone who is willing to listen could be a great comfort.

**Encourage them to get help.** Reassure your friend or relative that it's possible to feel better with the right help. If they're reluctant to see the doctor about their feelings, suggest they go for a physical check-up instead. The doctor should spot underlying problems. You could offer to go along for moral support.

**Support their treatment.** It can take several weeks to feel the benefits of treatment, so encourage them to take any medication and attend appointments.



**“I’m so glad mum got the help when she did.”**

Victoria, 36



**Encourage them to be healthy and active.** Eating well and exercising can help improve mental wellbeing. Suggest things you've always liked to do together, like going for a walk or a trip to a museum. Or perhaps you could arrange to have dinner with them, or go out for lunch occasionally.

**Offer practical help.** Your loved one may be low on energy and motivation, so practical assistance like helping with household chores, picking up prescriptions and organising appointments could be a big help. Try to do things together where possible – being included will be good for their self-esteem.

**Be patient.** When people are living with poor mental health they may get irritable or feel misunderstood by others. You may need to offer gentle reassurance.

# Useful organisations

## Age UK

We provide advice and information for people in later life through our Age UK Advice line, publications and website.

**Age UK Advice: 0800 169 65 65**

Lines are open seven days a week from 8am to 7pm.

**[www.ageuk.org.uk](http://www.ageuk.org.uk)**

Call Age UK Advice to find out whether there is a local Age UK near you, and to order free copies of our information guides and factsheets.

In Wales, contact Age Cymru: **0800 022 3444**

**[www.agecymru.org.uk](http://www.agecymru.org.uk)**

In Northern Ireland, contact Age NI: **0808 808 7575**

**[www.ageni.org](http://www.ageni.org)**

In Scotland, contact Age Scotland: **0800 470 8090**

**[www.agescotland.org.uk](http://www.agescotland.org.uk)**

## Alzheimer's Society

Offers advice, information and support in England and Wales to people with dementia, their families and carers through its helpline and local branches.

Helpline: **0300 222 1122**

**[www.alzheimers.org.uk](http://www.alzheimers.org.uk)**

**[www.alzheimers.org.uk/wales](http://www.alzheimers.org.uk/wales)**

In Northern Ireland, contact Alzheimer's NI Helpline:

**028 9066 4100**

**[www.alzheimers.org.uk/about-us/northern-ireland](http://www.alzheimers.org.uk/about-us/northern-ireland)**

## Anxiety UK

Provides information, support and help if you've been diagnosed online, or suspect you may have, an anxiety condition.

Tel: **08444 775 774**

**[www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)**

## British Lung Foundation

Offers advice, information and support to people affected by lung disease, their families and carers.

Tel: **03000 030 555**

**[www.blf.org.uk](http://www.blf.org.uk)**

## Contact the Elderly

Organises monthly Sunday afternoon tea parties for people aged 75 or over who live alone with little or no social contact.

Tel: **0800 716 543**

**[www.contact-the-elderly.org.uk](http://www.contact-the-elderly.org.uk)**

## Dementia UK

Provides information for those affected by dementia, their family, friends and carers. They have a helpline staffed by Admiral Nurses who can offer advice and support.

Tel: **020 7697 4160**

Tel: **0800 888 6678** (Admiral Nurse helpline)

**[www.dementiauk.org](http://www.dementiauk.org)**

## **Depression UK**

National self-help organisation that helps people cope with their depression.

**[www.depressionuk.org](http://www.depressionuk.org)**

## **Independent Age**

Provides advice and support for older people, their families and carers.

Tel: **0800 319 6789**

**[www.independentage.org](http://www.independentage.org)**

## **Macmillan Cancer Support**

Provides practical, medical and financial support for people facing cancer, their carers and loved ones.

Tel: **0808 808 0000**

**[www.macmillan.org.uk](http://www.macmillan.org.uk)**

## **Mental Health Foundation**

Provides information and support on mental health.

**[www.mentalhealth.org.uk](http://www.mentalhealth.org.uk)**

## **Mind**

Provides advice and support on mental health issues.

Tel: **0300 123 3393**

**[www.mind.org.uk](http://www.mind.org.uk)**

## **The National Council for Voluntary Organisations**

Provides details of local volunteer centres and opportunities across England.

**[www.volunteering.org.uk](http://www.volunteering.org.uk)**

In Wales, contact Volunteering Wales

**[www.volunteering-wales.net](http://www.volunteering-wales.net)**

In Northern Ireland, contact Volunteer Now

**[www.volunteernow.co.uk](http://www.volunteernow.co.uk)**

## **NHS website**

Find out about local NHS services in England and get information on mental wellbeing.

**[www.nhs.uk](http://www.nhs.uk)**

The NHS website has an action planner, which can help you understand why you might be feeling the way you do.

**[www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters)**

In Wales, contact NHS Direct Wales

Tel: **0845 4647**

**[www.nhsdirect.wales.nhs.uk](http://www.nhsdirect.wales.nhs.uk)**

In Northern Ireland, contact NI Direct

**[www.nidirect.gov.uk](http://www.nidirect.gov.uk)**

## **Online Centres Network**

Provides access to computers and the internet, and helps people gain basic digital skills. Use the 'find a centre' facility to locate your nearest Online Centre.

Tel: **0114 349 1666**

**[www.onlinecentresnetwork.org](http://www.onlinecentresnetwork.org)**

## **Rethink Mental Illness**

Provides information and support to anyone affected by mental health problems.

Tel: **0300 5000 927**

**[www.rethink.org](http://www.rethink.org)**

## **Royal National Institute of Blind People (RNIB)**

Information and support for blindness and visual impairment.

Tel: **0303 123 9999**

**[www.rnib.org.uk](http://www.rnib.org.uk)**

## **SANE**

UK-wide charity to raise awareness and combat stigma about mental illness.

Tel: **0300 304 7000**

**[www.sane.org.uk](http://www.sane.org.uk)**

## **Samaritans**

Confidential helpline offering support to talk about your feelings. Lines are open 24 hours a day, 365 days a year.

Tel: **116 123**

**[www.samaritans.org](http://www.samaritans.org)**

## **Switchboard – the LGBT+ helpline**

Gives information and support for anyone in the UK dealing with issues relating to their sexuality.

Tel: **0300 330 0630**

**[www.switchboard.lgbt](http://www.switchboard.lgbt)**

## **Thrive**

Helps people with disabilities enjoy gardening.

Tel: **0118 988 5688**

**[www.thrive.org.uk](http://www.thrive.org.uk)**

## **University of the Third Age**

Local groups of older people who learn together informally.

Tel: **020 8466 6139**

**[www.u3a.org.uk](http://www.u3a.org.uk)**

## **Visit Britain**

Provides ideas and suggestion for things to do across Britain.

**[www.visitbritain.com](http://www.visitbritain.com)**

## **Walking for Health**

Runs a network of health walk schemes across England.

Tel: **020 7339 8541**

**[www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)**

In Wales, contact Ramblers Cymru

Tel: **029 2064 4308**

**[www.ramblers.org.uk/wales](http://www.ramblers.org.uk/wales)**

In Northern Ireland, contact Walk NI

Tel: **028 9030 3930**

**[www.walkni.com](http://www.walkni.com)**





# Help us be there for someone else

We hope you found this guide helpful. When times are tough, it's so important to get some support. Did you know you could help us reach someone else who needs a little help? Here's how:

1

## Give your views on guides like this

Our Readers' Panel helps make sure the information we produce is right for older people and their families. We'd love you to join. Go to [www.ageuk.org.uk/publications/readers-panel](http://www.ageuk.org.uk/publications/readers-panel).

2

## Donate to us

Every donation we receive helps us be there for someone when they need us. To make a donation, call us on **0800 169 8787** or go to [www.ageuk.org.uk/donate](http://www.ageuk.org.uk/donate).

3

## Volunteer with us

Our volunteers make an incredible difference to people's lives. Get involved by contacting your local Age UK or at [www.ageuk.org.uk/volunteer](http://www.ageuk.org.uk/volunteer).

4

## Campaign with us

We campaign to make life better for older people, and rely on the help of our strong network of campaigners. Add your voice to our latest campaigns at [www.ageuk.org.uk/campaigns](http://www.ageuk.org.uk/campaigns).

5

## Remember us in your will

A gift to Age UK in your will is a very special way of helping older people get expert support in the years to come. Find out more by calling **020 3033 1421** or visit [www.ageuk.org.uk/legacy](http://www.ageuk.org.uk/legacy).

## What should I do now?

You may want to read some of our other relevant guides, such as:

- **Healthy living**

You can order any of our guides or factsheets by giving our Advice Line a ring for free on **0800 169 65 65** (8am-7pm, 365 days a year).

Our friendly advisers will also be able to help answer any questions you have about anything you've read.

All of our publications are available in large print and audio formats.

There's plenty of really useful information on our website, too. Visit [www.ageuk.org.uk/yourmindmatters](http://www.ageuk.org.uk/yourmindmatters) to get started.

If contact details for your local Age UK are not in the below box, call Age UK Advice free on **0800 169 65 65**.



**0800 169 65 65**  
[www.ageuk.org.uk](http://www.ageuk.org.uk)



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