

HACVS E-bulletin Number 19

World Mental Health Day 2009: Friday 9th October

Dear Member,

Herewith some information in respect of World Mental Health Day forwarded by Paul Baker:-

World Mental Health Day 2009: Friday 9th October is time to talk

Mental health problems affect one in four people. And people working in health and social care experience personally challenging jobs, and the responsibility of helping others.

As individuals and teams shaping and providing services, it's time to talk about emotional well-being. As part of this week's focus on emotional health, please consider two questions:

- 1. Do you talk about your feelings and practice nine other ways to better emotional health?**

<http://www.mentalhealth.org.uk/information/how-to-look-after-your-mental-health/>

It's time to talk. For example, do you know your neighbours in your street? How are you helping your children to develop as good listeners? Can core skills in coaching help develop resilience for you and your colleagues? Are you able to promote emotional health as part of contact with those who experience long-term health problems?

- 2. Can you make more use of mental health promotion resources in your area of practice?**

This week, the PCT Health Promotion Resource Service is distributing mental health promotion posters to help GP surgeries to take the lead in providing environments that welcome discussion of emotional problems.

<http://www.westsussexpct.nhs.uk/healthy-living/health-promotion-resource-service/>

The Health Promotion Resource Service can supply posters and self-help booklets. See the link above, or see the publications section of the Mental Health Foundation website to download free resources and order other materials

Kind regards, Paul –

Paul Baker
Mental Health Advanced Practitioner
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West Sussex Primary Care Trust
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I do trust the above is of interest to yourself and your organisation –
Janet

Many thanks –
Janet

JANET BROWN

Please note below our new email address for all general communications – all previous email addresses are now obsolete and should no longer be used, thank you.

HORSHAM AREA COUNCIL for VOLUNTARY SERVICE

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