

## URGENT HELP

If your life or someone else's is in immediate danger - call 999 now.

If you need to talk to someone right now, you can also:

- Call **The Samaritans** on 116 123  
Calls to the Samaritans are free, or you can email them at: [jo@samaritans.org](mailto:jo@samaritans.org)

- Text **'Shout'** to 85258

Texts to Shout are free on all major mobile networks.

- Call **Sheffield Helpline** on 0808 801 0440

Calls to Sheffield Helpline free from landlines and most mobiles.

- Visit the **Sheffield Suicide Support** website:

<https://www.sheffieldsuicidesupport.co.uk/>

Search for help and support services if you or someone you know is suicidal, or if you have been bereaved through suicide.

## CONTACT US

Our **Link Workers** can offer support with issues like isolation on a one to one basis, either face to face or over the phone. They can help to understand your needs, and work with you on ways to support you. Link Workers can also refer a person on for additional support, if needed.



Darnall Well Being, Darnall Primary Care Centre, 290 Main Road, Darnall, Sheffield S9 4QH



0114 249 6315



[dwb.enquiries@darnallwellbeing.org.uk](mailto:dwb.enquiries@darnallwellbeing.org.uk)



<https://darnallwellbeing.org.uk/>



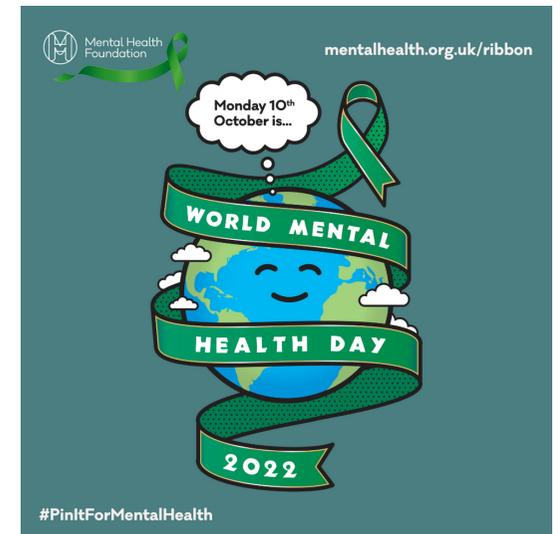
@darnallwb

Darnall Well Being, a Company Limited By Guarantee in England and Wales (04027680) and a Registered Charity: 1197748



**Darnall  
Well Being**

**YOUR  
MENTAL  
HEALTH**



## MANAGING YOUR MENTAL HEALTH

There are little things we can all do to help look after our mental health. Having good mental health helps us relax more, achieve more and enjoy our lives more.



**Physical activity** can do wonders for our mental health. Even a short burst of 10 minutes of brisk walking increases our mental alertness, energy and positive mood. Taking part in regular physical activity can increase our self-esteem and can reduce stress and anxiety.



**Get closer to nature.** To get the best out of nature's calming effects, try tuning your senses to what's around you – the trees, plants and birds, for instance, and water such as ponds and rivers. Take some deep breaths and see how you feel.

## HOW CAN DWB HELP?

Our **Green Social Prescribing** walks are designed for people who are experiencing isolation, loneliness or stress, living with mental health conditions or long-term physical health conditions. Join us to explore green spaces around the city and beyond - see how it helps your mental health!



Our **Activity Schedule** lists all of our group sessions, from chairbics to craft group, Dementia Cafes to fun football. Life can feel more interesting and rewarding when we are open to trying new experiences and getting together with other people.



## USEFUL CONTACTS

**Your GP** Talk to your GP about your mental health - they'll listen, give you advice and introduce you to the mental health service they think will be most helpful to you.

**Sheffield Health & Social Care** provide a range of mental health, learning disability and substance misuse services to the people of Sheffield.

0114 2716310

<https://www.shsc.nhs.uk/services>

**Sheffield Samaritans** You can get in touch about anything that's troubling you, no matter how large or small the issue feels.

116 123 free from any phone  
0330 094 5717 local call charges

**Sheffield Mind** - provide mental health support services to the people of Sheffield.

<https://www.sheffieldmind.co.uk/>  
0114 258 4489

**Sheffield Flourish** - a mental health charity, supporting the community to share stories, get involved in activities: 0114 273 7009