

Child Death Prevention

NewsletterMental Health Awareness

This newsletter is designed to raise awareness of the work of the Child Death Overview Panel for Staffordshire and Stoke-on-Trent



The theme for 2019 is **Body Image** – how we think and feel about our bodies.

This is an issue that affects us all throughout our lives. Our body image can change as our bodies change – whether that's in puberty, or in later life. Our sex, gender identity, ethnicity, sexual orientation, disability and the way we, and the world sees our diversity can all play a part.

Approximately 1 in 4 people in the UK will experience a mental health problem each year. Mental health problems can affect the way you think, feel and behave, leaving you feeling confused, ashamed, isolated and exhausted.

You can help by providing :

- An ear to listen
- A hand to hold
- A shoulder to cry on
- A heart to understand
- An open mind

- Look after your loved ones
- Look after your colleagues

Getting Help

If you are concerned that you, or someone you know is developing a mental health problem you should **seek the advice and support of your GP** as a matter of priority.

If you are in distress and need immediate help and are unable to see a GP, you should visit **your local A&E**.

Services and organisations that offer help and support directly to people with mental health problems:

- The Samaritans – 24 hours a day in full confidence Call 116 123 – it's free
- Rethink 0300 5000 927 for practical advice
- Mind 0300 123 3393
- Tell someone you trust – talk to partner or friend about your problems
- Talk to your GP

