

Free, safe and anonymous mental health support.

For adults in County Durham and Tees Valley.

Sign up today at qwell.io



Scan me!



NHS
Durham, Darlington and Teesside
Mental health and
learning disability partnership

What Qwell offers:



Professional support

Our team of professionals aim to provide an early response to emotional well-being as well as emerging mental health needs via our online platform and counselling sessions.



Community support

Relate to and connect with others by sharing similar experiences, and gain valuable self-care tips and tools from our engaged community and professional team.



Magazines

Helpful articles, personal experiences and tips from our community and professional team.



Personal tools

Set personal goals, write in your journal, or start a discussion with the community.

Further adult mental health support can be accessed through the following:

Middlesbrough, Redcar and Cleveland, Hartlepool and Stockton-on-Tees

Impact on Teesside provide life changing support and services to those struggling with depression, stress, anxiety and other mental and emotional issues. Our specialist teams can provide treatment and support that works for you and your needs. To refer into our service please use one of the methods below:

Email: admin@impactonteesside.com

Telephone: 0164 257 3924



Durham and Darlington

Talking Changes is a self-help, counselling and talking therapies service designed to help anyone living in the County Durham and Darlington area to deal with common mental health problems such as stress, anxiety or depression, as well as panic phobias obsessive compulsive disorder (OCD) and post traumatic stress disorder. Find out more or self-refer to the service by:

Online: www.talkingchanges.org.uk/contactus

Telephone: 0191 333 3300



Top Tips for Mental Wellbeing

Just as we take steps to care for our physical health, it's important to look after our mental and emotional wellbeing too. The good news? There are a number of small lifestyle changes you can do that will help to boost your mood. These tips are a starting point.



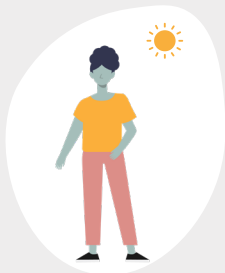
Move Your Body!

When you exercise, your body releases chemicals called endorphins which can improve your mood. Try to fit in some form of moderate physical activity everyday. If it's too cold to go outside, you can download an exercise app like Active 10 or Couch to 5K. If you don't have a lot of time, you could try fitting in several 10-minute workout throughout the day. The NHS Live Well webpages has some options for quick routines that can be done from the comfort of your home!



Stay social.

It's important to make sure that you're enjoying some kind of social interaction on a regular basis. Plan some enjoyable activities that you will look forward to and aren't likely to cancel. Meet up for a walk with family, ask a friend to go for coffee, or volunteer your time. Social interaction can help to lift your spirits (and theirs!)



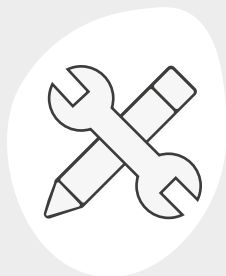
Check your vitamin D levels.

Studies have shown that Vitamin D, also known as the sunshine vitamin, can boost mood. Vitamin D is produced when our skin is exposed to the sunlight and UV rays or by eating certain foods like salmon, eggs, and yoghurt. Ask your GP to test your vitamin D levels to see if you should be taking additional supplements.



Eat mood-boosting foods.

Studies show that people who follow a nourishing and well-balanced diet filled with plenty of lean protein, complex carbs, and fruits and vegetables have lower rates of depression. Eating well can help to improve concentration levels and give you more energy. Include foods that are high in B vitamins and magnesium, such as Marmite, salmon, legumes and leafy green vegetables as they can help to reduce anxiety and boost mood.



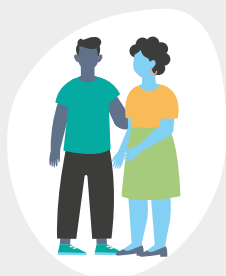
Learn something new.

Learning a new skill is not only enjoyable, but it can also help improve your mental health. Is there something that you have always wanted to do but have never got round to trying? Maybe it's learning a new language, trying out a new cake recipe or signing up for a craft course? Developing skills will give you a sense of accomplishment and boost your confidence.



Get mindful.

Did you know that practicing mindfulness techniques can help alleviate symptoms of depression and improve feelings of positivity? Find activities that relax you such as yoga, deep breathing or mindful stretching. You could also try downloading an app and listening to some guided meditations and techniques. [Headspace](#) and [Calm](#) are highly rated.



Talk to someone.

If none of the above tips seem to do the trick, don't be afraid to reach out for help and support. You could try speaking to your doctor, a family member or friend, or a professional mental health service. Struggling isn't a sign of weakness. Recognising when you need support, and being honest about it is a sign of strength.