



**HELP US  
HELP YOU**  
STAY WELL THIS WINTER

## **What to do when you are feeling down**

**Winter 2022**



## **Easy Read information**



## **How to use this guide**

This guide is to help you if you are feeling low or struggling with your mental health.



It has information about where to get help if you are feeling low or struggling.



You can ask someone you know to help you read this information.

Some of the websites mentioned in this document are not in Easy Read. You may need help to understand the information on these websites.



## What is mental health?

Mental health is about your emotions, feelings and thoughts.



If your mental health is good, you feel happy and well.



If you feel sad and/or worried about yourself and things in your life, it may be a sign of poor mental health.



## What might make you feel down?

Being lonely.



Money worries.



Someone close to you dying.



Experience of hate crime.

**Hate crime** is when someone does something to hurt someone because of who they are – for example because of their race, sexuality or disability.



Being unemployed or losing your job.



Being homeless or living in bad housing conditions.



Problems with drugs and alcohol.



The breakdown of a relationship.



Experience of domestic violence, bullying or abuse as an adult.



Childhood abuse, trauma or neglect.



**What are the signs you may be struggling with your mental health?**

<https://www.mind.org.uk/>

Feeling sad and upset all the time.



Feeling alone and not wanting to see your friends.



Finding it hard to sleep or sleeping too much.



Finding it difficult to remember things.



Finding it difficult to concentrate on things.



Not wanting food and losing weight.



Aches and pains.



Thinking about hurting yourself or wanting to die.



You might not have all (or any) of these signs but still be feeling low.

This is normal and not everybody reacts the same.



## Five things you can do to improve your mental health

<https://www.nhs.uk>



1) Be active.

This can help you feel good about yourself and make you happy.



2) Connect with other people.

Good relationships are good for your mental health.





3) Take notice of what is happening around you.

A good way to do this is by going out and connecting with nature. Nature has big benefits to your wellbeing.



4) Learn new skills.

This can make you feel confident and connect you with other people.



5) Help others.

Acts of kindness can make you feel happy and give you a feeling of purpose.



**Who can you speak to when you are feeling low?**

If you are feeling low, you do not have to struggle on your own.

You can call:



Your GP (doctor) – You can find your GP surgery phone number here

[GPs - NHS Cambridgeshire And Peterborough CCG - NHS \(www.nhs.uk\)](#)



Lifeline – 0808 808 2121  
11.00am – 11.00pm every day

Samaritans – 116 123  
A 24-hour listening service



NHS First Response Service – dial 111 then choose option 2

A 24-hour service for those who need immediate help



**Websites you can look at**



SCAN ME

Cambridgeshire & Peterborough Adult Mental Health

**KeepYourHead**

Keep Your Head  
[Keep Your Head Mental Health Service \(keep-your-head.com\)](http://keep-your-head.com)

Mental health and wellbeing support across Cambridgeshire and Peterborough.



SCAN ME



How Are You (H.A.Y.)  
[H.A.Y. Home - How Are You Cambridgeshire and Peterborough \(haycambspboro.co.uk\)](http://haycambspboro.co.uk)

Mental health and wellbeing activities across Cambridgeshire.



SCAN ME



Stay Well this Winter  
[Stay Well This Winter | Peterborough Information Network](#)

Here you can find information and support many topics, like health and money.

## Worries about the cost-of-living crisis

What is the cost-of-living crisis?



The **cost-of-living crisis** is when the cost of things people need is going up, such as food, electricity, gas, and petrol.

This means that your shopping and household bills might cost more than usual.



Wages and benefits are not going up as quickly, meaning it is more difficult for people to pay for these things.



The cost-of-living can make you worry more about money.



Money worries can sometimes cause you to feel low.

### **Where can you get help for the cost-of-living?**



Visit a Warm Hub in your area  
[Stay Well this Winter 2022 / 2023 - Be Well in Cambridgeshire \(bewellcambridgeshire.co.uk\)](#)

At Warm Hubs you can find a safe, warm and friendly place.



Visit a library in your area  
[Libraries to guarantee a warm welcome throughout winter - Cambridgeshire County Council](#)

Libraries are offering activities and free use of their facilities this winter.



### **For more information**

This Easy Read resource was created using information from the following websites:



CPSL Mind

<https://www.cpslmind.org.uk/>

NHS Mental Health

[Mental health - NHS](#)

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

Keep Your Head

[Keep Your Head Mental Health](#)

[Service \(keep-your-head.com\)](http://keep-your-head.com)

How Are You Cambridgeshire and  
Peterborough

[H.A.Y. Home - How Are You](#)

[Cambridgeshire and](#)

[Peterborough](#)

[\(haycambspboro.co.uk\)](http://haycambspboro.co.uk)

Be Well in Cambridgeshire

[Be Well - Be Well in](#)

[Cambridgeshire](#)

[\(bewellcambridgeshire.co.uk\)](http://bewellcambridgeshire.co.uk)

Healthy Peterborough

[Healthy Peterborough - 2022](#)