

## One in Four adults will have a mental health related concern each year

Stress is not a mental illness, but it can contribute to one if ignored and unaddressed.

- Reflect on how you feel each day - are you under pressure or are you stressed?
- What are the causes of the stress?
- What is within your control to change?
- Who can help?
- Has it gone beyond stress?
- Do you need to see a G.P?

## Common mental illnesses

### Anxiety

- To experience persistent and excessive worry about lots of things in life.
- Feel paralysed by fear and worry
- A constant feeling of dread

### Depression

- A low persistent mood which lasts for a very long time
- Affects every day life
- Feelings of hopelessness/helplessness

## What can you do?

- Reach out for support and help early on
- Make an appointment with a G.P
- Talk to friends/family for support
- Address it with someone you feel comfortable talking to at work
- Assess your work-life balance
- Reduce alcohol
- Healthy eating

**What's worked for you? We'd love to hear your ideas!**