

# Need to speak with someone today?

## Samaritans

Speak with a volunteer today for help and support on managing your mental health. Available 24 hours a day, 365 days a year.

 116 123

## Crisis Line

In the event of worsening mental health, it's important that you are able to get help quickly. Call this number for help locally.

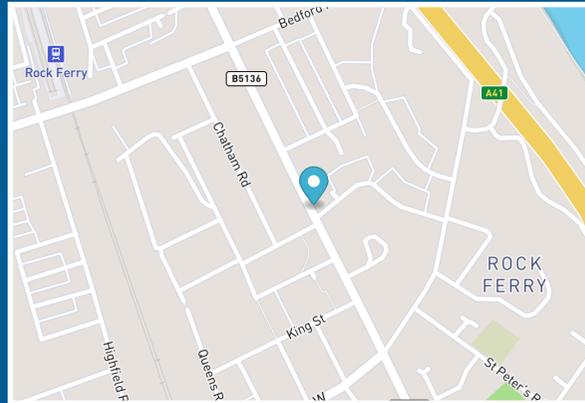
 0800 145 6485

## Out of Hours

If you find it difficult to talk to someone you know, you can call this number to get the right help and support.

 111

Make an appointment today to speak with a doctor about your mental health.



## RIVERSIDE SURGERY



 525 New Chester Road,  
Rock Ferry, Wirral,  
Merseyside CH42 2AG,  
Birkenhead.

 0151 645 3464

 [riversidesurgerywirral.nhs.uk](http://riversidesurgerywirral.nhs.uk)

 Riverside Surgery  
Rock Ferry

Why do I feel down all the time? Is it normal for me to have these negative thoughts in my head? Why do I not feel like eating today? I don't feel like doing anything today. I just want to die. Nobody cares about me. Why do I have to work? I feel so useless all the time. Why can't I get anything right? It's just so difficult for me right now and I don't know what to do. I think I'd be better off dead. Why did I react that way? I don't understand what I'm feeling. It's just so difficult for me right now and I don't know what to do. I think I'd be better off dead. Why did I react that way? I don't understand what I'm feeling. It's just so difficult for me right now and I can't seem to stop thinking about things going wrong. I feel stressed all the time and it's not helping me at work. I'm worried about my family and how they are doing. I'm not sure if I can help them if I can't even help myself. Why do I feel down all the time? Is it normal for me to have these negative thoughts in my head? Why do I not feel like eating today? I don't feel like doing anything today. I just want to die. Nobody cares about me. Why do I have to work? I feel so useless all the time. Why can't I get anything right? It's just so difficult for me right now and I don't know what to do. I think I'd be better off dead. Why did I react that way? I don't understand what I'm feeling. It's just so difficult for me right now and I can't seem to stop thinking about things going wrong.

**Seek help today.**  
We're here to help.

#everymindmatters



## Did you know?

### Fact #1

Depression is a **common** illness worldwide, affecting 264 million people of all ages.

### Fact #2

Depression can lead to suicide. Suicide is the second leading cause of death in 15-29 year olds.

### Fact #3

Being sad and having depression are **completely different**. Depression affects more than just your mood - it is known to also affect your sleep, your appetite, your energy levels and many more.

# Help us, help you.



**Wirral Mind**  
[wirralmind.org.uk](http://wirralmind.org.uk)



**Talking Together Wirral**  
[insightiapt.org/locations/wirral](http://insightiapt.org/locations/wirral)

## Medication

If medication has been prescribed, please remember to take them.

Medication would usually take 2 to 3 weeks before benefits can be felt.



## Self-Help



### Connect with others

Good relationships are important for mental well-being.



### Be active

Exercising can help both physical and mental well-being.



### Learn new skills

Doing something new can help improve your mental health.



### Give to others

Acts of kindness can help.



### Be mindful

Be aware of the present.