



Produced by the Public Health Agency, Ormeau Avenue Unit.  
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## Chill out

**Watch TV, read a magazine, listen to some music; whatever helps you switch off. Get a good night's sleep and make sure you eat healthily too.**

**Using alcohol or drugs to help you relax won't make things better. They can bring their own problems.**

## Keep busy

**Join a club, meet up with friends, do a course, learn something new... just try not to spend long periods alone. Going out and mixing with other people will help you stop focusing on your worries and fears. And after a while they'll not seem so overwhelming.**

## Get wise

**Learn to recognise the signs of poor mental health in yourself and in your friends and family.**

**These include:**

- **Changes in sleeping or eating patterns**
- **Being angry for no reason**
- **Feeling anxious, worried or overwhelmed by problems**
- **Finding it hard to concentrate and make decisions.**

## Get help

**If you've got anything on your mind, take the first step and talk to someone.**

**If you don't want to discuss it with someone who's close to you, you can also go to the doctor, or contact one of the many organisations that can help.**

**Get more information at [www.mindingyourhead.info](http://www.mindingyourhead.info)**

**Don't cover up your problems.**



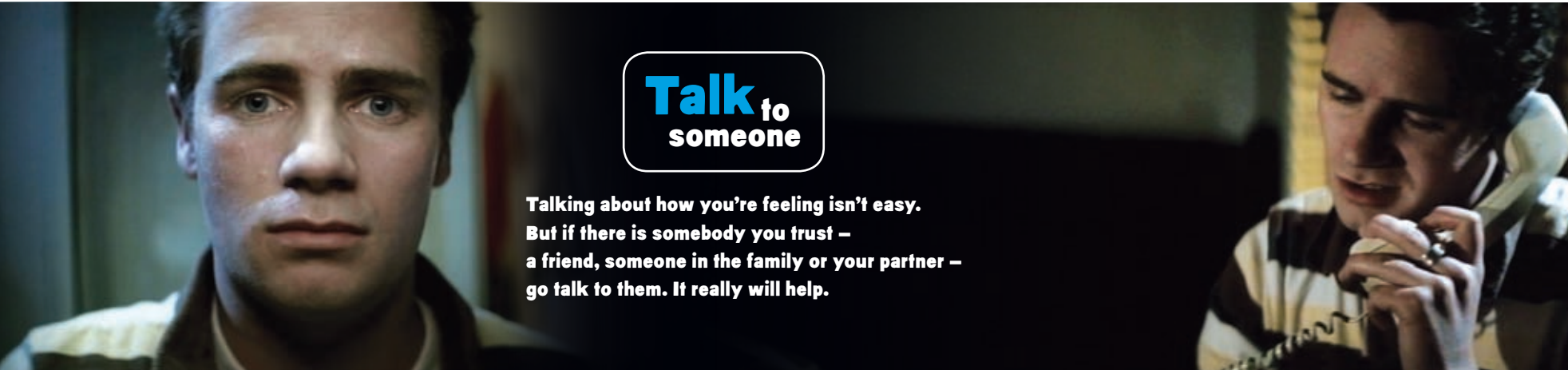
**Don't cover up your problems.**

**A short guide to minding your head.**



**If you ever feel stressed, anxious, afraid, angry, depressed or that you can't cope, it's normal.**

**But if you feel like that for long periods you may have a mental health problem. You're not alone; at least one in five of us suffer from mental health problems at some time. The good news is there's a whole lot you can do to make things better.**



**Talk** to  
someone

**Talking about how you're feeling isn't easy. But if there is somebody you trust – a friend, someone in the family or your partner – go talk to them. It really will help.**

Get  
**active**

**Regular physical activity can help you feel more positive. Find something you enjoy, whether it's football, cycling, the gym or even just going for a walk. It might be hard to make the effort, but if you do you'll feel better.**

