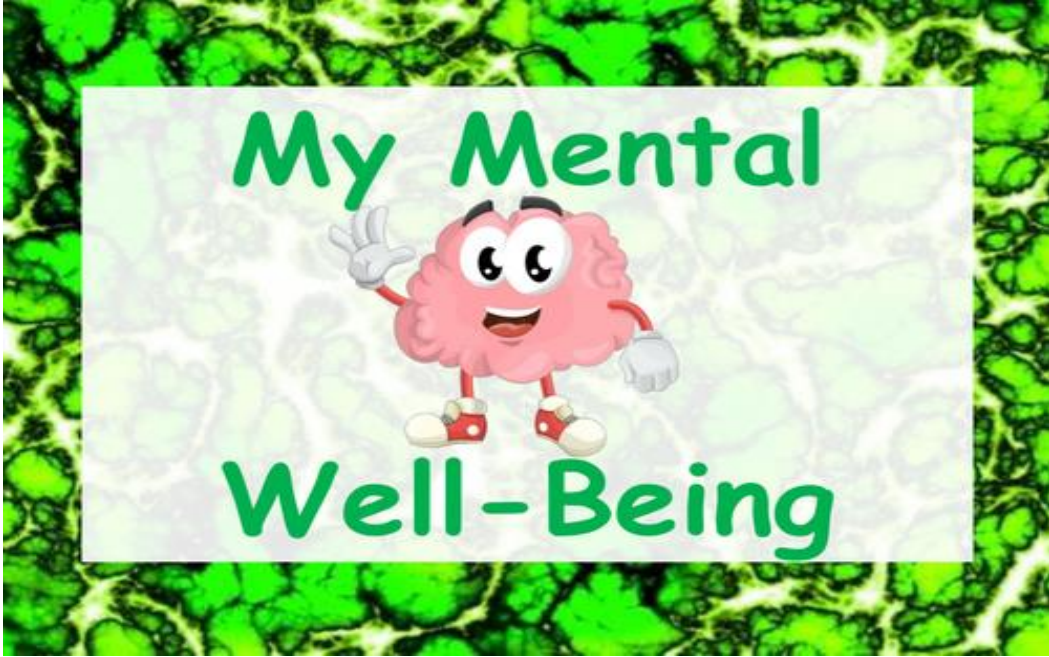


# Black Country Health & Well-being Foundation

Project: Creating Better Chances



سیرک گنر مرک ہارپوت ے ئاج یک ینامچرت یک تامولعم مک وہ ے تہاچ پآ رگا 07734 952908  
If you want Information translated or explained please ring 07734 952908

Funding from the Coronavirus Community Support Fund, distributed by The National Lottery Community Fund, has helped us to raise awareness about Mental Well-Being. Thanks to the Government for making this possible.

## Introduction

According to evidence suggested by NHS there are currently 5 steps that an individual can implement in order to help improve ones mental health and wellbeing. Some of these include:

Connecting with other people:

Keeping good relationships can often help an individual

- Build and maintain self-worth and a sense of belonging to family and friends, which would help boost one's self esteem.
- It would give an individual the opportunity to share positive experiences with family and friends
- It would provide emotional support and allow support from others.

## Physical Activity

Exercise is an integral part of life. Maintaining an active lifestyle greatly contributes to improving ones mental health and well being

Believe it or not, exercising regularly actually causes chemical changes in the brain, which helps to positively change ones mood and helps to set and achieve personal goals and challenges.

## Learning new Skills

Learning new skills can significantly improve ones mental health and well being. For example, a new skills or knowledge, can help to raise ones self-esteem and self-confidence. In addition to this, it can also help an individual network with other people and share new ideas etc Some of the things that people are trying nowadays include:

- Working on DIY projects such as building or repairing things in the house
- Taking up new hobbies such as creating online YouTube blogs to reach a wider audience
- Learning to cook something new is something that many people are taking up as a hobby, especially in the advent of the popularity of Social Media Apps



If you would like to get involved in this project, we will be running regular cricket, football and other health and well-being activities. You can contact some of the volunteers that will be running this project. We also have a Wellbeing WhatsApp community group, if you wish to join please contact:

For volunteering and sports activities participation, please visit our website or get in touch by sending us an email:

[www.blackcountryhwhf.org.uk](http://www.blackcountryhwhf.org.uk)

[info@blackcountryhwhf.org.uk](mailto:info@blackcountryhwhf.org.uk)

## **Useful contacts related to Mental Health:**

### **MIND**

Promotes the views and needs of people with mental health problems.

Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm)

Website: [www.mind.org.uk](http://www.mind.org.uk)

### **SAMARITANS**

Confidential support for people experiencing feelings of distress or despair.

Phone: 116 123 (free 24-hour helpline)

Website: [www.samaritans.org.uk](http://www.samaritans.org.uk)

### **YOUNG MINDS**

Information on child and adolescent mental health. Services for parents and professionals.

Phone: Parents' helpline 0808 802 5544 (Monday to Friday, 9.30am to 4pm)

Website: [www.youngminds.org.uk](http://www.youngminds.org.uk)

### **MENS HEALTH FORUM**

24/7 stress support for men by text, chat and email.

Website: [www.menshealthforum.org.uk](http://www.menshealthforum.org.uk)

### **EVERY MIND MATTERS | ONE YOU**

Feeling stressed, anxious, low or struggling to sleep?

Every Mind Matters and One You can help with expert advice and practical tips. Start the fightback to a healthier you today.

<https://www.nhs.uk/oneyou/every-mind-matters/>

**Please note that the information in this article is for general information and BCHWF holds no responsibility for the contents of the websites above. You should contact your GP for health concerns including mental health and well-being.**



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