

10 Point Plan and resources for all Mental Health Conditions (including Anxiety and Depression)

Find below attached a resource pack for Mental Health conditions and some top tips. They may not all apply to you, but I am sure you can determine this yourself.

1. Assess yourself. Fill out the forms and return the GAD7 (anxiety) and PHQ9 (depression) self assessments to the surgery.
2. The “Books on Prescription...” are a good resource for patients, who haven’t got the time or inclination to go to a counsellor, but rather do something in the privacy of their own home. They are available for free at the Bracknell Library in town. There is also a synopsis attached, called “books outlines2”.
3. Stop drinking, it worsens any Mental Health condition. New Hope can help Alcoholics. Stop smoking, it worsens Anxiety and Depression. Text QUIT to 66777
4. Exercise is very important. It releases natural endorphins from the brain. A mixture of different exercises is also excellent. We now know that isometric exercises like Yoga and Pilates have great health benefits in depression.
5. There are numbers for NHS, private, charity and specialist counselling agencies on the sheet “local counselling services available.
6. Also, have a look at your diet. A good diet is important for good mental health.
7. In Winter, a lot of people are deficient in sunlight and therefore Vitamin D. This is now thought to maybe play a role in Seasonal Affective Disorder (SAD). Consider Vitamin D tablets in Winter. The correct dose of a normal adult is 1 tablet of 800-1000iU = 10mcg.
8. A structure to your day is very important. Sleep at night, not too long, wake no later than 8 and work through the day. If you are not in work, think about a charity. If you feel too exhausted start with a few hours a day and build up. Take responsibilities. Feeling valued is part of good mental health.
9. Read about mindfulness. There are many books. Find the one that suits you. One that may be useful is “Mindfulness – a practical guide” Finding peace in a frantic world by Mark Williams and Danny Penman, but others are equally good and may be more useful as there are different life situations for different people.
10. Activity is excellent in any mental health condition. Find more local activities on www.nhsevents.info

Dr M Kittel