

Vantage Pharmacy

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Opening Times

Monday - Friday 8.30am to 7pm

Saturday, and Sunday Closed

Bank Holidays Closed

Your FREE Healthy Living Leaflet for April 2025

1. How many people experience a mental health illness at some point in their lives?
2. What percentage of adults reported their mental health as "bad" in 2024?
3. What is the cost of poor mental health in England per year?
4. What is the life expectancy of people with a severe mental illness?
5. How many people are there on the waiting list for NHS mental health support in England?
6. How many suicides were registered in 2023?
7. What are the 5 steps to mental wellbeing?
8. How does being physically active improve your mental wellbeing?
9. Why is connecting with people important?
10. What should you do to build stronger relationships?



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Answers on the bottom of P2

Why is mental wellbeing a problem?

Mental health is an issue because 1 in 4 people experience a mental health illness at some point in their lives. 15.5 % of adults in England described their mental health as "bad" in 2024 and 6069 people committed suicide in 2023. The cost of poor mental health to the NHS in England is £300 billion each year with 2 million people on the waiting list for NHS mental health support. The life expectancy of people suffering from severe mental illness is 15-20 years less than those without any mental health issues. So it is important to find ways that you can help your own mental health.



What can you do to improve your mental health

Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these could help you feel more positive and get the most out of life:

1. **Connect with other people** - good relationships are important for your mental wellbeing because they can help you build a sense of belonging and self-worth. They also give you the opportunity to share positive experiences, provide emotional support and allow you to support others. There are lots of things you could try to help build stronger and closer relationships:
 - a) If possible, take time

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- each day to be with your family for example eating a meal together.
- b) Arrange a day out with friends you have not seen for a while
 - c) Try switching off the TV to talk or play a game with your children, friends or family
 - d) Have lunch with a colleague
 - e) Visit someone who needs support or company
 - f) Volunteer at a local school, hospital or community group
 - g) Make the most of technology to stay in touch with friends and family.



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2. Be physically active - evidence shows it can improve your mental wellbeing by raising your self-esteem, helping you set goals and achieving them and causing chemical changes in your brain which can help to positively change your mood. Do:

- a) Read about running and aerobic exercises to improve your fitness
- b) Read about strength and flexibility exercises to increase muscle strength, improve balance and reduce joint pain
- c) If you are a wheelchair user read advice for wheelchair users.

3. Learn new skills - research shows that learning new skills can also improve your mental wellbeing by boosting self-confidence and raising self-esteem, helping you build a sense of purpose and connecting to others Do:

- a) Learn to cook something new
- b) Take a new responsibility at work such as mentoring a junior member of staff
- c) Work on a DIY project like fixing a garden gate
- d) Consider signing up for a course at a local

collage

- e) Try new hobbies that challenge you, such as writing a blog, taking up a new sport or learning to paint.

4. Give to others - research suggests that acts of giving and kindness can help improve your mental wellbeing by creating positive feelings and a sense of reward, giving you a feeling of purpose and self-worth, helping you connect with other people.

Do:

- a) Say thank you to someone for something they have done for you
- b) Ask friends, family or colleagues how they are and really listen to their answer
- c) Spend time with friends or relatives who need support or company
- d) Offer to help someone you know with DIY or a work project
- e) Volunteer in your community, such as helping at a school, hospital or care home.

5. Pay attention to the present moment (mindfulness) – paying more attention to the



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present moment can improve your mental wellbeing. This includes your thoughts and feelings, your body and the world around you. Some people call this awareness

“mindfulness”. Mindfulness can help you enjoy life more and understand yourself better. It can positively change the way you feel about life and how you approach challenges.

For more information on this or any other health related issue you may have, chat to one of our trained colleagues.

Answers: Q1, 1 in 4. Q2, 15.5%. Q3, £300 billion. Q4, About 15-20 years less than those without any mental health issues. Q5, Over 2 million. Q6, 6,069. Q7, Connecting with other people, being active, learning new skills, giving to others and mindfulness. Q8, It raises your self-esteem, helps you set goals and causes chemical changes in your brain which can help to positively change your mood. Q9, It helps build a sense of belonging, gives you an opportunity to share positive experiences, it provides emotional support. Q10, Rely on technology or social media, play games and eat together.