

## WHAT IS MENTAL HEALTH?

**"A state of wellbeing**  
in which the **individual** realises  
his or her own **abilities**, can cope  
with the normal stresses of life,  
can **work productively** and  
fruitfully, and is able to make a  
**contribution** to his or her  
community."

(World Health Organization, 2004)

## THE FIVE WAYS TO WELLBEING ARE SIMPLE ACTIONS YOU CAN DO EVERYDAY TO FEEL GOOD AND FUNCTION WELL...



Make time each day to connect. With family, friends, neighbours & your community.



Look for ways to be active every day. Discover an activity you enjoy. Dance, run, garden.



Be aware of the world around you and what you are feeling. Be curious. Catch sight of the beautiful.



Try something new. Rediscover an old interest. Sign up for that course. Cook a new recipe.



Giving to others is good for you. Do something nice for someone else. Thank someone.

(New Economics Foundation, 2008)

## WHY TALK ABOUT MENTAL HEALTH?

Asking and talking about mental health lets your colleagues and friends know it's **OK to talk** to you about how they are feeling and seek **support when it is needed**. Remember you don't have to have the answers, **listening is one of the most important things** you can do. If asked you can help by signposting them to professional supports.



**Mental Health  
Ireland**

[www.mentalhealthireland.ie](http://www.mentalhealthireland.ie)



**Mental Health  
Ireland**

Promoting Positive Mental Health  
& Wellbeing

# LET'S TALK MENTAL HEALTH & WELLBEING



## WHAT DO I SAY?

If you are concerned about someone just talk to them. There is no perfect thing to say.

"How are you doing?"

"You don't seem yourself lately, how's it going?"

"I've noticed you've been a bit quiet this week, you OK?"

"How are you getting on?"

"How's life?"

"Work's been pretty full on this month, how're you managing?"

## WHAT IF THEY SAY THEY'RE NOT OK?

That's ok. Don't panic. You don't have to have the answers or know what to do. You can be supportive by helping your friend or colleague identify their own strengths and next steps.

### You could ask:

"Have you felt like this before?"

"What helped then?"










"What supports do you have?"

"What's the first thing you need?"

"How can I help you to do that?"

## IS THERE ANYTHING ELSE I CAN DO?

One of the most important things you can do is to ask a person how they are and really listen to what they say.

-  Avoid giving advice
-  Avoid trying to fix
-  Listen
-  Withhold judgement
-  Reflect back what is said
-  Clarify & summarise
-  Empathise
-  Signpost
-  Seek help if needed

## WHERE DO I SIGNPOST TO?

- Local GP
- [www.yourmentalhealth.ie](http://www.yourmentalhealth.ie)
- [YourMentalHealth Information Line 24/7 \(HSE\) Freephone 1800 111 888](#)
- Samaritans 24/7. Freephone 116 123  
Email [jo@samaritans.ie](mailto:jo@samaritans.ie)

If someone tells you they are feeling suicidal or if you suspect they are thinking of taking their own life, they or you should contact: emergency services on 112 or 999