

World
Mental
Health Day
10 October
2019

Staying mentally well in later life

Getting older and retirement both involve a change in lifestyle for most people. Whilst for many this is positive for others it may lead to loneliness or a loss of identity.

Admitting that times are emotionally tough isn't always easy and asking for help can be even harder. Talking about how you are feeling and your emotions isn't a sign of weakness, if you feel you are struggling with your mental health you need to ask for help. Feeling down or anxious will impact your family as well as yourself and can stop you enjoying life.

How to improve your mental wellbeing

- Be prepared and plan for change
- Talk about problems and concerns
- Ask for help – practical and emotional
- Care for others – grandchildren, elderly parents, partners and friends
- Take care of yourself
- Keep in touch with friends and family
- Stay physically active – just a short daily walk is enough
- Sleep well
- Stay mentally active – do puzzles and games
- Eat and drink sensibly – enjoy a balanced diet
- Do things that you enjoy
- Relax and have a break

If you think a friend or relative is experiencing symptoms of depression or anxiety, try to talk to them about it. There are various ways you can help them, such as:

- Offer your support, listen and reassure them that how they're feeling can be improved.
- Stay in touch, call or visit regularly. The risk of depression increases when people feel alone and unsupported.
- Encourage them to make an appointment with their GP or another health professional. Offer to go with them to appointments.
- Encourage them to keep active and healthy. Plan occasional outings to get them out of the house.

Supporting a relative or friend with depression can be both rewarding and stressful, so ensure you also look after your own wellbeing.



**Police
Mutual**
ALL PART OF THE SERVICE



Mental
health
awareness
week 13 -19
May 2020

Police Mutual Products and Services

Our Care Line Service provided by Health Assured can offer advice and information at the end of a phone, helping with a range of concerns including coping with a bereavement.

To talk to someone please call 0800 028 1708 or take a look at the e-portal:

Health & Wellbeing e-portal:
www.healthassuredeap.co.uk

Username: policemutual
Password: careline

GETTING HELP:

www.nhs.uk

www.mind.co.uk

www.mentalhealth.org.uk

www.ageuk.org.uk

www.citizensadvice.org.uk

www.gov.uk

www.carersuk.org

Samaritans

Cruse Bereavement Care

Your GP

Police Mutual offer a range of wellbeing support services, for more details check out our website: www.policemutual.co.uk

Visit policemutual.co.uk



**Police
Mutual**
ALL PART OF THE SERVICE

Police Mutual Assurance Society Limited, trading as Police Mutual, is an incorporated friendly society. PMHC Limited, trading as Police Mutual, is registered in England & Wales No. 03018474. Registered office: Alexandra House, Queen Street, Lichfield, Staffordshire, WS13 6QS.