
Mental Health Awareness



Mental Health Awareness Week May 2022

This year the emphasis is on loneliness.

The longer someone is lonely and feel they have nobody to turn too, the more at risk they are of mental health issues. Everyone can feel lonely from time to time and this is normal, but extended periods of loneliness can seriously impact your mental health.

At [mentalhealth.org.uk](https://www.mentalhealth.org.uk) you can find some excellent help and advice, download reports, read other peoples experiences of loneliness and find the tools you need to help improve your mental health and help you to deal with your loneliness.

Certain factors can increase the feeling of loneliness including;

Being widowed, Being single, Being unemployed, Living alone, Having a long-term health condition or disability, Living in rented accommodation, Being between 16 and 24 years old, Being a carer, Being from an ethnic minority community, Being LGBTQ+

Loneliness can have a severe impact on your life and be deeply distressing, recent events such as the pandemic increased the amount of people feeling lonely and needing help.

How can you help you cope with your loneliness;

Do something enjoyable and keep busy, Exercise, take a walk, Socialise with people who understand, Be around pets, If using social media avoid negative posts and visit accounts that are positive and are there to help improve your situation, stimulate your mind, challenge it, learn something new, and if needed seek professional advice, speaking to someone that you are not connected to can be the way forward for some people.

At Sutton Medical Consulting Centre we offer a range of Psychology and Psychiatric support, for more information call 01213087774 or email admin.team@suttonmed.co.uk