



Mental Health Awareness Week

Theme: 'Community'

12-18 May 2025

At our GP practice, we value mental health just as much as physical health. During Mental Health Awareness Week, we want to emphasise the importance of community in supporting mental wellbeing. Feeling connected can reduce stress, combat loneliness, and boost your mood. Small acts, such as chatting with a neighbour, joining a local group, or volunteering, can significantly enhance your mental health.

How can we support you?

- 🌿 If you're feeling low or anxious, reach out to our GPs or nurses. We're here to help.
- 🌿 We can connect you to talking therapies or support groups.
- 🌿 Our social prescriber can assist you in finding local activities and wellbeing services.

Ways to nurture your mental health:

- 🌿 Talk to someone you trust; you're not alone.
- 🌿 Spend time outdoors; a short walk can uplift you.
- 🌿 Maintain a routine for stability.
- 🌿 Take breaks from screens and social media.
- 🌿 Be gentle with yourself; seeking help is okay.

Remember, you are not alone in this journey.

If you need immediate support, you can call the NHS on 111 or contact the Samaritans on 116 123 (or visit their website at www.samaritans.org).

Let's use this week to open up the conversation about mental health. Your wellbeing truly matters to us.



**MENTAL
HEALTH
AWARENESS
WEEK**



SPILSBY SURGERY

For additional resources, please visit:

www.mentalhealth.org.uk

www.shinelincolnshire.com