

How to Access Urgent Support with your Mental Health

Often when people are referred to us, they have been struggling to manage practical tasks and/or have been having a really difficult time with their mental health recently.

Sometimes people have established coping mechanisms include changing the way they use food and drink – binge eating or restricting what they eat.

For other people, life has become chaotic recently and eating healthy meals on a regular basis has been replaced by eating snacks/processed food irregularly – losing or gaining weight, which affects their self-esteem and mood levels.

Food is a big part in all our lives' and we spend a lot of time supporting people with budgeting and planning meals, shopping for them and preparing them.

If you feel you would like help with this, please let us know. Eating healthily and establishing a routine around meals can have very positive benefits for your mental and physical health. Cooking together is also a social activity that the vast people we support with this say that it is really important to their recovery. We will encourage you to be creative and staff will work with you to try new recipes and if you haven't really cooked much before, we can support you learn to cook some basic meals that you can practice with us and on your own once you are feeling more confident.

Useful Information

There is a lot of useful information online but here are a few suggestions -

<https://www.healthline.com/nutrition/mood-food> - this article has a lot of information about which food groups are good for your mental health

<https://www.nhs.uk/live-well/eat-well/eight-tips-for-healthy-eating>

<https://www.helpguide.org/articles/healthy-eating/healthy-eating.htm>

<https://www.verywellmind.com/foods-for-depression-4156403>