

# "IT'S OKAY NOT TO BE OKAY."



Often, because struggles with our mental health are not as visible or evident as struggles with our physical health, such as having an injury or a cold, we sometimes tend to overlook or give less care and attention to our mental and emotional needs. This sometimes might be due to our busy schedules, the lack of having someone trustworthy to talk to or even the fear, stigma and shame attached to opening up about how we really feel. Other times, we simply might not know our emotional and mental health are running on low battery.

## Symptoms that may indicate poor mental health :

**1.**

Poor concentration

**2.**

Low moods and/or being uninterested

**3.**

Becoming easily irritated or annoyed

**4.**

Overeating or poor appetite

**5.**

Fatigue or struggling to sleep

**6.**

Suicidal ideations

**7.**

Low self-esteem

**8.**

Feeling anxious or fearful

## Do you experience these symptoms frequently?

... you may want to read the back of this page





# SEEKING HELP



Suppose you are currently experiencing any of these symptoms or feel that you are struggling with your mental health. In that case, you may not know where to go, what to do or, it might feel scary asking for help and understandably so — To help with this, there are multiple free self-led resources as well as professional support available to you (listed below), and this can be done at your own pace, own time and meet you where you are without any judgement or blame. Remember, it's okay not to be okay and seeking support might make all the difference.

## Options of professional support available to you

**Get self-help.co.uk**  
[www.getselfhelp.co.uk](http://www.getselfhelp.co.uk)

**Mind**  
Mind.org.uk 03001233393  
[info@mind.org.uk](mailto:info@mind.org.uk)

Your University or College  
wellbeing support service or  
your GP

**African Caribbean Community  
Initiative**  
[acci.org.uk](http://acci.org.uk)  
01902571230  
[support@acci.org.uk](mailto:support@acci.org.uk)

**The Black, African and Asian  
Therapy**  
[baatn.org.uk](http://baatn.org.uk)  
[connect@baatn.org.uk](mailto:connect@baatn.org.uk)

**Samaritans**  
[samaritans.org](http://samaritans.org)  
Call 116123  
[jo@samaritans.org](mailto:jo@samaritans.org)



Or you can also Contact Life Beacon

Website: [www.lifebeacon.org](http://www.lifebeacon.org)

E-mail: [wellbeing@lifebeacon.org](mailto:wellbeing@lifebeacon.org)

