Let’s talk about mental health

আসুন মানসিক স্বাস্থ্য নিয়ে কথা বলি
Understanding Mental Health

Everyone has mental health, just as we have physical health. The mind and the body are not separate and good mental health is very important to our physical health, as well as to our relationships and our ability to fulfil our responsibilities and potential.

As human beings we all have different stresses at different times of our lives and we all deal with them differently. It’s normal and understandable to feel sad and low in response to events such as bereavement, loss of a job or to feel angry in response to injustice. These feelings do pass, but if it is prolonged or interferes in your ability to function in your daily life and relationships (e.g., going to work or school or being able to socialise) then you may need to seek some help. If you find yourself feeling, or behaving very differently to how you usually behave, e.g., isolating yourself from other people, then you may need to seek some help.

Mental health difficulties are very common, affecting about 1 in every 4 people in Britain. Mental health problems can differ in type and severity. They can range from what are known as common mental health problems, such as depression and anxiety, to more severe problems such as psychosis, which may involve unusual experiences, such as hearing voices or feeling out of touch with reality.

There is stigma attached to mental health problems. This means that people feel uncomfortable and avoid talking about the difficulties because of fear of how others will judge them. Many people even feel uncomfortable talking about their feelings and emotions. However, it is healthy to know and talk about our feelings and emotions.

Supporting our Mental Health and Wellbeing / আমাদের মানসিক যাত্রা এবং কল্যাণ সমর্পন করা

Just as we want to stay physically healthy by looking after our physical health, looking after our mental wellbeing is also very important. Here are a few things you can do to maintain good mental health:
Stay connected with others around you, family, friends, colleagues and neighbours.

If your mood is low, talk to someone.

Be active, exercise is good for physical and mental well-being.

Eat well and maintain good sleep patterns.

Live life, challenges happen in life, learn to face your fears.

Seeking Help

If you are concerned about your mental health, or that of someone close to you, don’t be afraid to talk to others and seek help.

Visit Your GP

As a first step, you can go and see your GP for advice. Your GP can give advice and make referrals to other services, such as counsellors and therapists who provide talking therapy.

Mental Health Support in Tower Hamlets

There are many organisations and support networks in the community that can help you directly or assist you to get the right support. Below is a list of the key local organisations:

- **Bangladeshi Mental Health Forum (BMHF)**: raises awareness of mental in the community via workshops, events, support groups and campaign materials. To find out more about the BMHF visit www.bangladeshimentalhealth.org

  The BMHF provides an ‘Signposting and Information’ service. This service gives you the opportunity to speak in Bengali about any mental wellbeing issues and be referred to services that can help. Contact Details: T: 0787 192 7320 / 0787 192 7324.

  বাংলাদেশী মেন্টাল হেলথ ফোরাম (বিএমএচএফ): কর্মশালা, অনুষ্ঠানগুলি, সহায়তা গ্রহণ এবং গ্রহণের উপকরণগুলির মধ্যে মাধ্যমে সম্প্রদায়ভাবে মানসিক সচেতনতা বাড়ায়। বিএমএচএফ সম্পর্কে আরও জানতে www.bangladeshimentalhealth.org দেখুন।
• **Tower Hamlets Talking Therapies**: provides free talking therapies for adults in Tower Hamlets, primarily to help those with anxiety and depression. Contact: 020 8475 8080 or Self-refer online: www.towerhamletstalkingtherapies.nhs.uk

• **Mind in Tower Hamlets and Newham**: provides advice and support to anyone with a mental health or emotional issue. They also provide free counselling services in range of different languages. Contact: 020 7510 4247/4248 or email info@mithn.org.uk

• **Tower Hamlets Crisis Helpline (24 hours Service)**: This service is for anyone experiencing a mental health crisis and callers will be given support and advice from mental health professionals. Contact Detail: 0800 073 0003

• **Tower Hamlets Recovery College**: If you would like to learn more about mental health and attend courses to benefit your wellbeing, please visit www.thrc.studioreception.net

There is also a wide network of ‘user led groups’ that get together regularly to socialise, learn and be active. You can get involved with these groups by contacting the ‘Connecting Communities’ service at Mind in Tower Hamlets and Newham (www.mithn.org.uk)

If you want to learn more about mental health or access national support you can contact the following organisations:

- **Mental Health Foundation**: www.mentalhealth.org.uk
- **Mind**: www.mind.org.uk
- **Mental Health UK**: www.mentalhealth-uk.org
- **Rethink Mental Illness**: www.rethink.org
East London NHS Foundation Trust is the main mental health provider in Tower Hamlets, they provide a wide range of community and inpatient services to children, young people, adults of working age, and older adults in Tower Hamlets. To access most of these services, you will need to be referred by your GP. But there are some services that accept self-referrals. These include:

- **Tower Hamlets Early Detection Service (THEDS)** support young people aged 16-25 who have experienced symptoms of mental illness to help getting their lives back on track. 16-25 বছরের অল্পবয়সী বাল্ক্য বয়সের মধ্যে মানসিক অসুস্থতার লক্ষণ ধরা পড়েছে তাদেরকে জীবনের স্থায়ী গতিপথে ফিরিয়ে আনতে সহায়তা করে।
  Contact: 0203 487 1320 or online https://www.theds.elft.nhs.uk

- **Child and Adolescent Mental Health Services (CAMHS)** offers a wide range of specialist treatment packages to children, young people and their families. You can be referred by your GP, school, youth worker or social worker.

- **Tower Hamlets Adult Autism Service** provides assessments and diagnosis of autism spectrum conditions as well as brief interventions. The service accepts self-referrals and referrals from GPs and other agencies. To refer yourself, call 020 3487 1312.

For more information on ELFT, please visit www.elft.nhs.uk

ELFT সম্পর্কে আরও তথ্যের জন্য www.elft.nhs.uk ওয়েবসাইট দেখুন
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If you require clarification on any of the information, please contact Shamsur Choudhury on 0771 607 8840 or email shamsur@bangladeshimentalhealth.org / info@bangladeshimentalhealth.org

For more information on the BMHF, updates of our work, events and workshops please visit our website: www.bangladeshimentalhealth.org