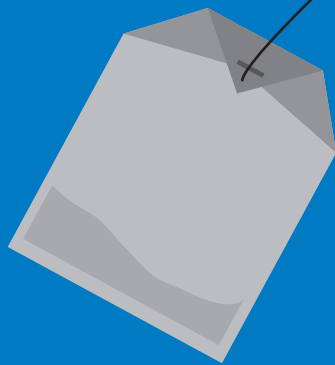


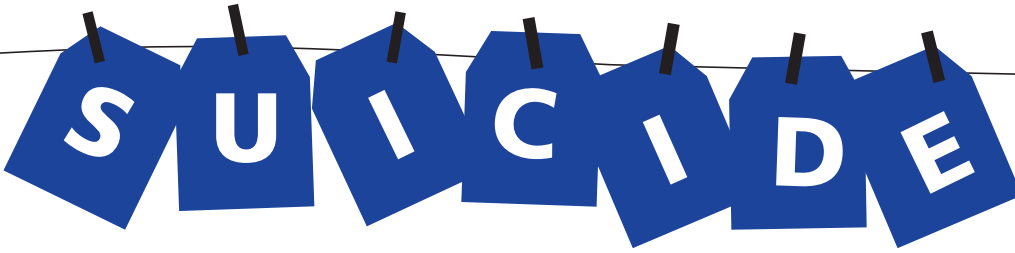
Having a Big Brew event?

To some it's a tea bag. To others it's a lifeline...



Support the Big Brew campaign.
Help us tackle the stigma that stops
so many from asking for help.





Uncomfortable isn't it?

The word 'Suicide'.

Too uncomfortable to mention.

No-one likes to talk about it, but that's why people who are in need of help, don't ask.

It's the fear of being shunned, discriminated against or worse. The fear that there's no one out there who cares, no one out there who'll listen to them.

So they try to just manage, and attempt to live their life as 'normal'.

Until one day. It all becomes too much...

That's where we can all do something.

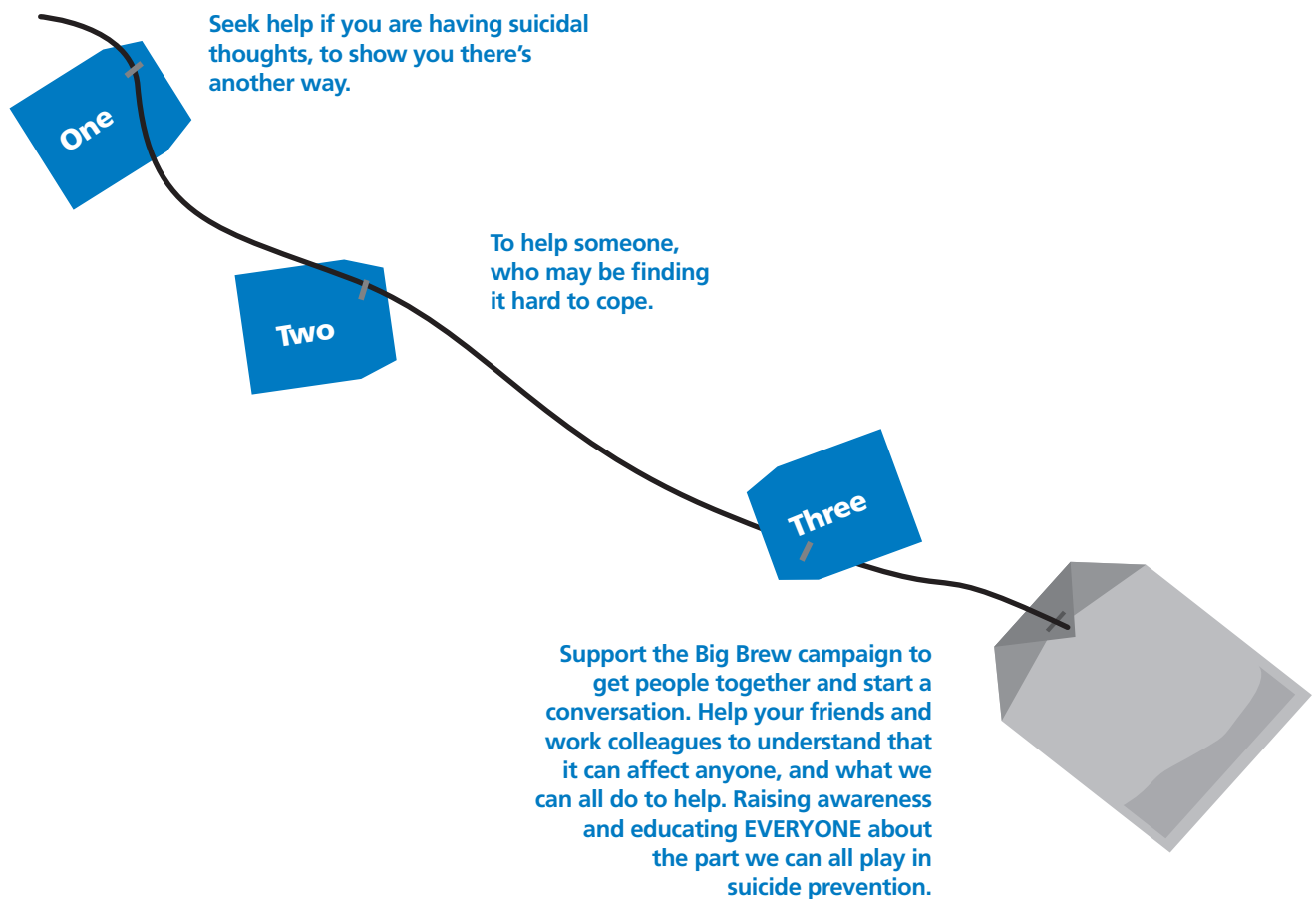
 **I'm not as strong as everyone thinks I am.** 

The Big Brew

"Nobody sees that I'm already dead inside."

The Mersey Care Big Brew campaign wants to shatter this stigma by getting more people talking about suicide, sharing thoughts, offering support. There's more of us affected by it than you think. Because it's only when we start talking about suicide that we realise how many of our friends, neighbours and colleagues' lives have been touched by it.

We want to help you:



The smallest displays of kindness, like the offer of a brew, and the conversation that follows, could be the first step to helping someone... ultimately even saving a life.





**Caring starts with a conversation.
And what better excuse for a chat
than over a shared brew...**

Cue The Big Brew

The aim of our Big Brew campaign is to end the stigma associated with mental health by raising awareness and reaching out to those in need through the power of a brew.

Research shows that talking can be the first step to getting back on track. And bringing people together over a cuppa can be just the excuse they need to begin to open up.

Get the kettle on and get involved

If you have family, friends or colleagues who you think may be suffering in silence, why not invite them for a brew. It's a great way to reach out to them.

If you belong to a community group, or host a regular coffee morning, why not dedicate your next meet-up to 'The Big Brew' campaign?

Remember, the more we spread the message and bring suicide out into the open, the more understanding and awareness there will be of mental health issues and the closer we'll be to making suicide a thing of the past.

That way you'll be doing your bit to help tackle the stigma associated with mental illness.

Get started

You'll find everything you need for your event at www.mersecare.nhs.uk





Things we can ALL do to increase our mental wellbeing

There's more to good mental health than avoiding or treating mental illness. There is also positive mental wellbeing. Feelings of contentment, enjoyment, confidence and engagement with the world are all a part of mental wellbeing.

There are five simple steps we can all take to improve our mental wellbeing:

Step 1 - Stay active

Exercise can be a great way to improve your mental health. It can help to reduce stress and anxiety, help you sleep better, and boost overall mood. Research has shown that even modest amounts of exercise, like regular walking, can make a difference.

Step 2 - Eat well

Experts believe that a healthy, balanced diet can have a positive effect on mood. Current NHS guidelines on healthy eating recommend including the following in your daily diet:

- Plenty of fruit and vegetables
- Plenty of potatoes, bread, rice, pasta and other starchy foods
- Some milk and dairy foods
- Some meat, fish, eggs, beans and other non-dairy sources of protein
- Just a small amount of food and drink that is high in fat or sugar.

Step 3 - Limit alcohol

When you're feeling low, alcohol can be a tempting distraction. But it's also a depressant, which means it can make negative emotions worse. The recommended daily limits of alcohol are:

- Three to four units a day for men
- Two to three units a day for women
- If you've had a heavy drinking session, avoid alcohol for 48 hours.

A unit of alcohol is about half a pint of normal strength lager or a single measure (25ml) of spirits. A small glass of wine (125ml) is 1.5 units.

Step 4 - Avoid drugs

For people experiencing unpleasant emotions, drugs can be seen as a way of coping. But drug misuse can actually increase the risk of developing a mental health condition, such as depression.

Speak to your GP if you find it difficult to stop taking drugs.

Step 5 - Stay social

Losing touch with friends and family can be a significant risk factor for suicide.

If you find it difficult to make friends, you may benefit from joining a local group, such as a book group or exercise group.

Helpful contacts

MIND

www.mind.org.uk

0300 123 3393 Weekdays 9am to 6pm

The Samaritans

www.samaritans.org

116 123 24 hours a day

CALM

www.thecalmzone.net

0800 58 58 58 5pm to midnight, 365 days a year

Saneline

www.sane.org.uk

0300 304 7000 6pm to 11pm every evening

TALK LIVERPOOL

www.talkliverpool.nhs.uk

0151 228 2300 Weekdays 9am to 6pm

