

MENTAL HEALTH & WELL-BEING

**INFORMATION ABOUT MENTAL HEALTH,
ILL-HEALTH AND WELL-BEING**

About mental health

What is mental health? Some people call mental health 'emotional health' or 'well-being' and it's just as important as good physical health.

What are mental health problems? Mental health problems range from the worries we all experience as part of everyday life to serious long-term conditions.

What is good mental health? Good mental health is characterised by a person's ability to fulfill a number of key functions and activities.

More information [here](#).

About well-being

Mental well-being describes your mental state – how you are feeling and how well you can cope with day-to-day life. Our mental well-being is dynamic. It can change from moment to moment, day to day, month to month or year to year.

More information [here](#).

Types of mental health problems

Information about different types of mental health problems [here](#).

A-Z Mental health:

For an A-Z of mental health information click [here](#).

Guides to support and services:

Guides to support and services available for you [here](#).

Drugs and treatments:

Information on the various drugs and treatments available to you [here](#).

Helping someone else:

It can be hard to know what to do when supporting someone with a mental health problem. This information is aimed at helping friends, family, carers and others to give support and take care of themselves too, [here](#).

Getting help:

If you are concerned that you are developing a mental health problem you should seek the advice and support of your GP as a matter of priority. If you are in distress and need immediate help and are unable to see a GP, you should visit your local A&E. More information [here](#).

Also refer to the Improvement Service's 'Key contacts document'.