

'Nam Yo Ho Renge Kyo' (mantras)	Putting headphones on	Listening to music	Shutting the woutside world out	Al Anon	Colouring / puzzles
Family / Friends	Crisis Team	Self-help books	Exercise Groups	Tapping	CBT – Talking Therapies
Accupuncture	A Cat	Good weather	Breathing exercises	Gratitude	Calm / safe space in your mind
Swimming	Going out for a walk	Learn direct	Calm environment	Goldstones Leisure Centre	Job Centres
Imagining a safe place to go in one's mind	Saying the word 'relax'	Colouring books	Word. Trigger word	Yeovil walk for health	Deep breaths
Hobbies	Walking	Housing Association	Contact with pets	Gardening	Reading
Group activities	Calm place	Being in a good frame of mind	Being with friends	Mending and making things	Acticve Plus
Library – leaflets – helath advice	Clubs	Grand chlidren ...	My mum	Grandparents	Family friends
Groups like this	Sally Army	Crisis Team	Community Group	Diary	Knwoledge about where to get thelp
Learning from others (what works)	Calendar	Pets	MIND Lines	Medication	Trips out
Talking	Supporting each other	Vicar	Confession	Beach	Reading
Making new friends	Love	Stress balls	Advice from others	Celebrate	Frame of mind
Hobbies	Beauty Parlour	Learning	Friends	Being heard	Wellbeing
Family	Exercise	Talikng therapies	Shopping	MIND Counsellor	Confidence
Helping others	Relationships	Understanding	Samaratans	Going out for meals	Holidays
Hygiene	Country wlaks	Healthy eating	Food and Drink	Socialising	Personal care
Presentation	Clothing	Courses	Relaxation	Regular bowels	Break
The sun	Happiness	Sleep	Goals	Punctual	Medication
Chocolate cakes	Pushing your boundaries	Day / night	Routine	T.V.	Good listener
Colouring	Belief (i.e. religion, yourself)	Breakfast	Cleaning the home (i.e. hoovering)	Lists	Writing down

Any of these ideas work for you? Any worth a try? Any to add – send them on info@carerightnow.co.uk

2. Then there's friends and family, including maybe people in similar situations. The thing to remember here is that different people are good for different things. It's often best to find someone who is supportive and prepared to gently challenge you, rather than someone who always agrees with you or someone who may inadvertently 'wind you up' (we probably all know people like this).
3. Finally there are times when you need people to help, who are not connected with you or even known to you. Because they don't know you they can offer an outside view and fresh perspective. For example, people in the groups have mentioned the Samaritans for their ability to listen, local Crisis Teams, and local MIND as being particularly helpful. These people are normally trained to help and may be professionals of one sort or another. You need to be able to trust them so finding support from an organisation that belongs to an accountable / accredited professional body is important.

Resources which came up on the course:

The Samaritans (web links from www.youreincharge.guru):

The Samaritans

- [116 123 \(UK\)](http://116123.org.uk)
- [116 123 \(ROI\)](http://116123.org/ROI)

Somerset NHS Mental Health Crisis Teams

North Somerset (Weston Super Mare) <http://www.advicenorthsomerset.org.uk/other-organisation/mind/>

MIND Taunton and West Somerset <http://mindtws.org.uk/>

MIND South Somerset <http://www.southsomersetmind.co.uk/>

Mental Health Medicines www.choiceandmedication.org/somerset

My Way Code (mental health app) <http://mywaycode.org/>

What helps you most?...here's a word cloud image of the Somerset group '[You're in charge](http://www.youreincharge.guru)' exercises:

You can list what helps you here, and reflect on it over time: