

World
Mental
Health Day
October

Staying mentally well in later life



Getting older and retirement both involve a change in lifestyle for most people. Whilst for many this is positive for others it may lead to loneliness or a loss of identity.

Admitting that times are emotionally tough isn't always easy and asking for help can be even harder. Talking about how you are feeling and your emotions isn't a sign of weakness, if you feel you are struggling with your mental health you need to ask for help. Feeling down or anxious will impact your family as well as yourself and can stop you enjoying life.

How to improve your mental wellbeing

- Be prepared and plan for change
- Talk about problems and concerns
- Ask for help – practical and emotional
- Care for others – grandchildren, elderly parents, partners and friends
- Take care of yourself
- Keep in touch with friends and family
- Stay physically active – just a short daily walk is enough
- Sleep well
- Stay mentally active – do puzzles and games
- Eat and drink sensibly – enjoy a balanced diet
- Do things that you enjoy
- Relax and have a break

If you think a friend or relative is experiencing symptoms of depression or anxiety, try to talk to them about it. There are various ways you can help them, such as:

- Offer your support, listen and reassure them that how they're feeling can be improved.
- Stay in touch, call or visit regularly. The risk of depression increases when people feel alone and unsupported.
- Encourage them to make an appointment with their GP or another health professional. Offer to go with them to appointments.
- Encourage them to keep active and healthy. Plan occasional outings to get them out of the house.

Supporting a relative or friend with depression can be both rewarding and stressful, so ensure you also look after your own wellbeing.



**Police
Mutual**
We look after our own

GETTING HELP:

NHS

www.nhs.uk
www.wales.nhs.uk
www.nhsinform.scot

AGE UK

www.ageuk.org.uk
www.ageuk.org.uk/cymru
www.ageuk.org.uk/scotland
www.ageuk.org.uk/northern-ireland

CITIZENS ADVICE

www.citizensadvice.org.uk
www.cas.org.uk/
www.communityni.org/organisation/citizens-advice-northern-ireland

GOV UK

www.gov.uk
www.gov.wales
www.gov.scot
www.nidirect.gov.uk

Mind

www.mentalhealth.org.uk

www.carersuk.org

Samaritans

[Cruse Bereavement Care](#)

Your GP



Health & Wellbeing

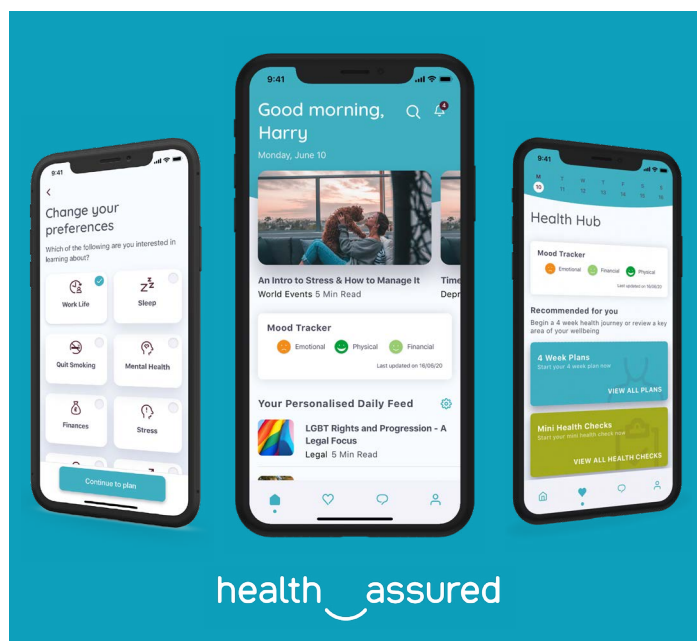
Our Care Line Service provided by Health Assured can offer wellbeing advice and information, helping with a range of concerns including emotional support. Take a look at the e-portal or download the APP.

Health & Wellbeing e-portal

<https://healthassuredeap.co.uk>

Username: policemutual

Password: careline



Download the **Health Assured App** and register today - your code is **MHA107477**

Police Mutual offer a range of wellbeing support services, for more details check out the wellbeing pages on our website: www.policemutual.co.uk

Police Mutual is a trading style of The Royal London Mutual Insurance Society Limited. The Royal London Mutual Insurance Society Limited is authorised by the Prudential Regulation Authority and regulated by the Financial Conduct Authority and the Prudential Regulation Authority. The firm is on the Financial Services Register, registration number 117672. Registered in England and Wales number 99064. Registered Office: 55 Gracechurch Street, London, EC3V 0RL. For your security all calls are recorded and may be monitored.

Visit policemutual.co.uk



Police Mutual
We look after our own