South Eastern Health and Social Care Trust

The Big Five



Taking control of your health through lifestyle changes

Your health is your wealth.

Are you looking after it?

It's never too late to start making changes.



Health Development
Department

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Introduction



Being and staying healthy is important.

It is when our health is not so good that we realise just how many areas of our lives this affects.

Looking after our health is important for two reasons:-

- It can help healthy people **stay** healthy
- If you do have a health problem, it can help you **manage** it better.

Why read this booklet?

Making small lifestyle changes can make a big difference.

Being more physically active, eating healthy, reducing your alcohol intake, stopping smoking and looking after your emotional health makes you feel better, improves your health, and helps you feel more in control.

That is why we are calling them **"The Big Five".**

This booklet has information which can support you in adjusting your lifestyle.

You know yourself better than anyone. It is your choice how you use this booklet.

Even small changes *at any age* can make a big difference.

It is not meant to replace professional help when you need it.

We wish you well in any efforts you make to improve your health.

You will get the most out of this booklet if you:-

- Think about what you will gain
- Make a plan. How are you going to use this information?
- Talk about what you plan to do
- Reward yourself for small steps.

Setting goals

From what you have read so far, what would you like to get from using this booklet?

- ☐ I'd like to use what is in this booklet to prevent problems and keep me healthier
- ☐ Look at making changes in my life that might help me
- ☐ Know where I can get help

Is there anything else you would like to gain? Write it down to remind yourself.

_____

_____

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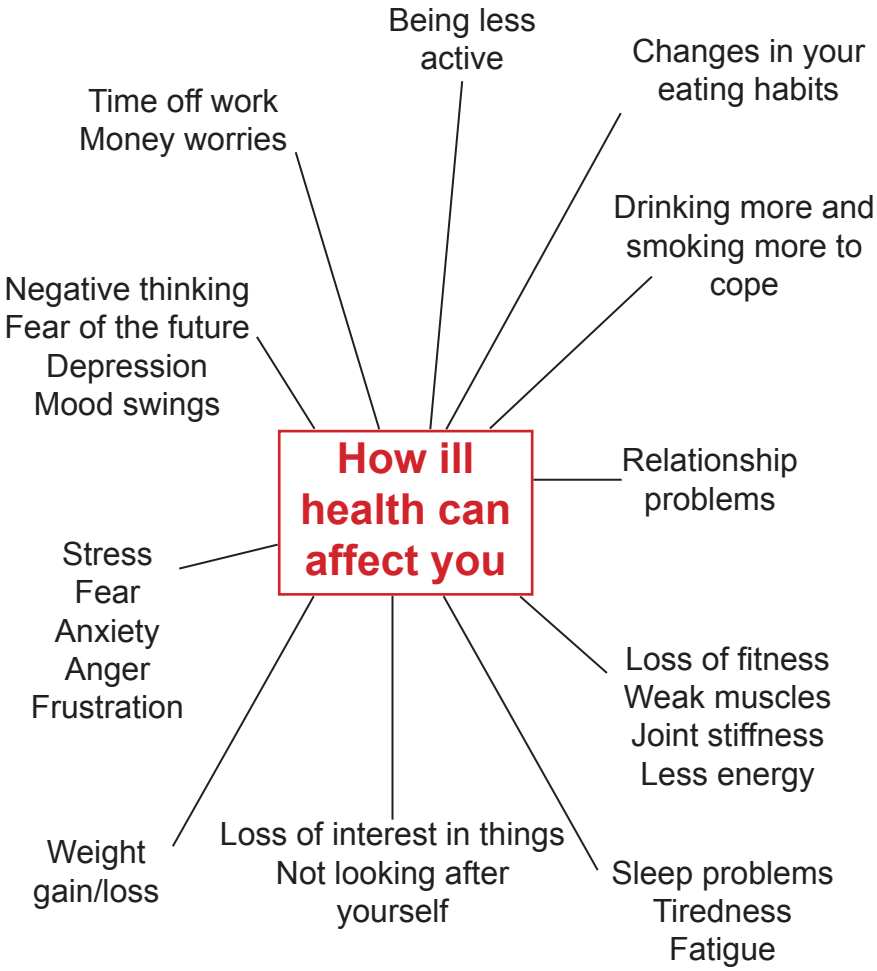
The cycle of ill health

How can ill health affect us? This does not need to go in any order. Each one can affect other things. Have a look and see if there is anything you see in yourself?



Do any of these seem familiar to you?

If you recognise some of these things in yourself, then doing something differently may be a good idea.

How people change behaviour

We are not trying to make change sound easy. It is not. Altering any behaviour including your lifestyle, takes effort.

Believing in yourself is important. People can convince themselves they just can't change. So, right from the start, they're defeated.

Think of **one** thing you have changed before or a skill you have developed.

- Why was that important?
- How did you do it?
- How did it make you feel?

How do you get to a place where you can change?
It happens when:-

1. **You want to change**. An essential first step. This means your heart is in it. So many people think change may be good but don't go beyond thinking about it.
2. **You make a firm decision.** You go beyond "thinking" about it. You make a commitment and "start doing".
3. **You prepare a plan.** How are you are going to achieve what you want?
4. **You deal with setbacks.** Slipping back to old ways is common and not a reason to give up. There is learning in what you could do differently.
5. **You use supports and build on healthy relationships.** Connect with partners, family, friends and neighbours and use the support they can offer.

The Stages of Change

People go through very clear stages when making any lifestyle changes.

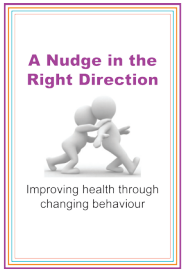


- What part of your lifestyle are you thinking about?
- What stage do you think you are at?
- Where would you like to be?

How are you going to make the changes that are right for you?

Other people have good ideas about what you should do to improve your health.

The important thing is what *you* decide.



A workbook, **A Nudge in the Right Direction** has been written to help you decide what is right for you and to help you make a plan how to do it.

For a copy go to **www.setrust.hscni.net/healthyliving** or ask your Health Professional for a copy.

The Big Five includes lifestyle changes that **do** help people improve their general health & wellbeing.

1. **Being more physically active**
2. **Eating healthy**
3. **Drinking alcohol within low risk levels**
4. **Stopping smoking**
5. **Strengthening your emotional wellbeing**

Here's what you have to gain

The benefits of increasing physical activity



- Helps you feel better and lifts your mood
- Helps you sleep better
- Can help you maintain a healthy weight
- Can relieve stress and anxiety
- Natural pain killers in the body are increased (endorphins)
- Increased energy and builds muscles
- Helps you age well!

The benefits of eating healthily

- Reduce risk of heart disease and high blood pressure
- Having more energy
- Might be ill less often
- Might lose weight
- Improved bowel health
- Skin, nails and hair will look healthy
- Can improve mood.



The benefits of drinking less alcohol



- Less anxiety and low mood
- Less likely to have an accident
- Less chance of embarrassing yourself
- Increased energy and concentration
- Less likely to upset friends and family.

The benefits of giving up smoking

- Being able to walk/exercise without getting out of breath
- Save money by not buying cigarettes
- Clothes and breath will smell better
- Sense of taste will improve
- Skin will look better
- Likely to live longer.



The benefits of working on your emotional wellbeing

- Less anxiety and low mood
- Less likely to have an accident
- More likely to feel better about yourself
- Increased energy and concentration
- More likely to stay connected with friends and family.



Do any of these sound helpful to you?

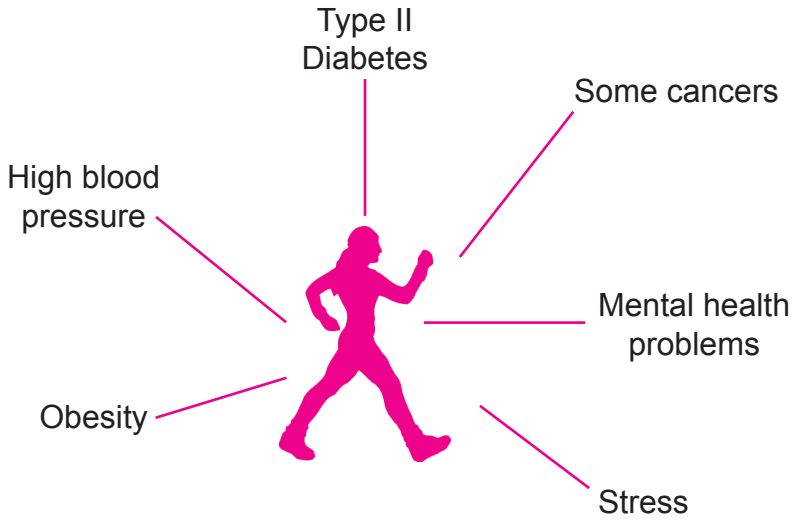
Are there other changes that would be helpful for you?

Physical Activity

Physical activity is often referred to as a ‘wonder drug’. Being physically active on a regular basis can help you feel good and prevent and manage some health conditions.

Most of us don’t get enough physical activity. Even though people can be busy and on their feet a lot, most don’t do enough activity to benefit their health.

Regular physical activity will reduce the risk of:-



Action points

- What are you able to do? It is good to reduce the amount of time spent sitting for long periods
- Aim to be physically active every day. Over a week, it is best if your efforts add up to 2½ hours in bouts of 10 minutes or more. You can gradually build up your activity
- The same benefit can be achieved through regular bouts of more intense activity spread across the week

- Be aware of how your body feels and don't push it too far. Physical activity is not meant to be painful
- It's important to stretch your muscles
- Regular activities should begin to take less time or take less out of you
- Try a number of activities before choosing what you like best
- It can be more fun with other people
- Don't feel you've lost all the benefits if you miss a day.

Types of physical activity - some ideas

The secret of success is doing something you really enjoy that can fit into your life and you can do on a regular basis.



Walking

Walking is the easiest and cheapest form of physical activity. It is of more benefit when it makes you breathe a bit faster and feel warmer.

A step counter (pedometer) is a great way to motivate yourself. At least 10,000 steps a day is recommended, but most of us take around 3,000.

You could walk with family or friends or join a local walking group. For ideas look for local groups or visit the South Eastern HSC Trust website, **www.setrust.hscni.net** or **www.walkni.com** for more information on sport.



Swimming

Swimming is a great way to relax and give your body a full workout. It causes very little joint strain, so is an ideal activity for adults with arthritis.



Dancing

Besides being fun, dancing has many positive health benefits including building strength, flexibility and coordination.



Bowls

Bowls (including ten-pin bowling) is a low impact activity good for muscles and joints. It can be enjoyed by those of any ability or age.



Cycling

Cycling for 15 minutes at a moderate speed burns the same number of calories as for example water aerobics or general gardening for the same time. Cycling regularly could make a real difference for you.



Sport

The list of sporting activities available in Northern Ireland is nearly endless. Sport can also be a great way to meet new people. Visit **www.sportni.net** for more information on sport.

Having a more active lifestyle may also include gardening, shopping, doing housework or walking your dog. An important message is **little and often**. All these little bouts add up!

Eating Healthy

What you eat can make a big difference to your long term health. Take a look at what you eat every day and try to get the balance right for you.

Try to choose a variety of foods from each of the five food groups as no single food provides all the nutrition we need. The “eatwell plate” shows what is recommended from each food group.



Fruit and vegetables - eat at least five portions a day. Don’t add butter, margarine or creamy sauces to cook vegetables. Avoid mayonnaise or salad cream on salads.

Bread, rice, potatoes, pasta and other starchy foods - eat some foods from this group at every meal. Don’t fry them or add butter, margarine or creamy sauces. The higher fibre versions (eg. wholemeal bread, wholegrain cereals) help stop you feeling hungry.

Meat, fish, eggs, beans and other non-dairy sources of protein - try to use cooking methods which don’t add extra fat, eg. grilling, stewing, dry roasting, microwaving or making a casserole. Avoid fatty meats and try to eat fewer processed meat products like sausages and burgers.

Milk and dairy foods - choose lower fat versions such as semi-skimmed milk, low fat yogurts and lower fat cheeses such as Edam, cottage cheese and reduced fat cheddar.

Foods and drinks high in fat and/or sugar - try to eat these foods less often. Use butter, margarine or low fat spreads sparingly. Avoid fried foods. Cut down on sugar in hot drinks and reduce 'fizzy' drinks. Drink more water instead.

Healthier eating tips

Eat plenty of fruit and vegetables

- Fruit and vegetables are good sources of many of the vitamins and minerals that we need to help us feel our best
- It's a good idea to eat as wide a variety as possible to give you a selection of different vitamins and minerals. You can choose from fresh, frozen, tinned, dried or juiced.

Potatoes are counted as a starchy food rather than one of your five fruit and vegetables.

Eat plenty of fibre

Choose wholegrain varieties whenever you can as they contain more fibre like wholegrain bread, wholegrain breakfast cereals, brown rice and wholemeal pasta.

- Eat more vegetables, dried fruit and pulses (such as beans and lentils)
- Foods rich in fibre help us to feel fuller for longer so we eat less
- Including more fibre in your diet can also help prevent constipation and may help reduce your cholesterol.

Cut down on salt

Cutting down on salt can help to reduce blood pressure, especially as part of a healthy diet that includes plenty of fruit and vegetables.

Tips for cutting down on salt

- 75% of the salt we eat is already in the foods we buy, so check the label and choose those with less salt
- Get out of the habit of adding salt to your food –taste it first
- Cut down on salty snacks such as crisps and salted nuts, and heavily-salted foods such as bacon, cheese, and pickles
- Choose foods that say 'no added salt'
- Use herbs, spices, chilli and lemon to add flavour to your food instead of salt
- Go easy on the ketchup, soy sauce, mustard, pickles and mayo – these can be high in salt
- Look out for words on labels like: cured, smoked and pickled – these foods can be high in salt
- Adults should be eating no more than 6g of salt a day.

Eat oily fish

Oily fish (such as salmon, mackerel, trout and sardines) are rich in omega 3 fatty acids, which can help keep our hearts healthy and improve our mood.

Aim to eat at least two portions of fish a week, including a portion of oily fish.

Cut down on fat, especially saturated fat

Tips for cutting down on saturated fat:

- Choose lower fat dairy products
- Grate cheese instead of slicing. Choose a cheese that is lower in fat
- Eat chicken without the skin and go easy with the creamy sauces – try a bit of lemon or some herbs instead
- Use leaner mince
- Trim the fat off meat and grill instead of frying
- Compare food labels and choose the lower fat option
- Eat less pastry, ie. pies, pastries and sausage rolls - these are high in fat
- When you're cooking, use unsaturated oils such as sunflower, olive and rapeseed, instead of butter, lard and ghee
- Eat healthier snacks when you're on the go. Pick up an apple, some dried fruit, or another healthier option.

Checking the label

Look at the food label to help you make a healthier choice.

Sometimes there can be a big difference between similar products in the levels of fat, saturated fat, sugars and salt.

Some foods are now also labelled with 'traffic light' colours so you can tell at a glance if they are high (red), medium (amber) or low (green) in fat, saturated fat, sugars and salt.

Look at the 'per 100g' information panel on the pack and use this grid to make a healthier choice.

All measures per 100g	LOW A healthier choice	MEDIUM Ok most of the time	HIGH Just occasionally
Sugars	5g or less	5.0g-15g	More than 15g
Fat 3g or less	3g or less	3.0g-20g	More than 20g
Saturates	1.5g or less	1.5g-5g	More than 5g
Salt	0.30g or less	0.31g-1.5g	More than 1.5g

Try to choose products with more **greens** and **ambers** and fewer **reds**.

Do you think you need to lose weight?

Being a healthy weight is an important part of protecting your health.

An active healthy man needs about 2,500 calories a day (a woman about 2,000 calories a day).

If you have any concerns about your weight, contact your GP.

One of the simplest ways to find out if you're a healthy weight is to take the tape test.

Storing fat around your middle increases the risk of heart disease, high blood pressure, stroke and diabetes. Measuring your waist will show if you are at higher risk.

Measure half way between the bottom of your ribs and the top of your hips (usually about tummy button level), and check against the table below.
(Source: www.getalifegetactive.com under Weight management)

Waist measurement for risk	At increased risk	At high risk
Women	80cm (32 inches)	88cm (35 inches)
Men	94cm (37 inches)	102cm (40 inches)



Small changes can make a big difference and doesn't have to cost a lot. For further information look at the leaflet "Small changes big benefits" on the Public Health Agency website **www.publichealth.hscni.net**.



Alcohol

It is easy to drink more than what is recommended, particularly if you are using it to cope, have fun or relax.

There is some evidence that light, moderate drinking - one or two units a day - could have certain health benefits for men over 40 and post-menopausal women.

This is partially because alcohol ‘thins the blood’ and so helps reduce the risk of harmful clots and clogging of the arteries, and can help the liver reduce your cholesterol.

The message is **small, moderate amounts of alcohol**.

People who don’t drink alcohol are not advised to start drinking for health reasons.

Excessive drinking is the opposite. It can increase the risk of liver disease, stroke, high blood pressure, heart problems and cancer. It can also affect mental health by lowering mood and increasing anxiety.

If you drink, do you know what is recommended as low risk?

There is no completely safe limit of drinking.
What would be considered a low risk is up to 4 units a day for a man and up to 2 to 3 units for a woman with **at least 2 days a week without any alcohol**.
For older people it is **half this amount.**

Women’s bodies have less water than men’s so alcohol is more concentrated in their blood. That’s why lower limits are set for women.

If pregnant, no alcohol means no risk of harm to your baby because of alcohol.



So what is a unit of alcohol?

Measuring alcohol in units gives all of us a way to keep a check on how much we are drinking. One unit is 8 grams of alcohol.

The liver is the organ that disposes of most of the alcohol the body consumes at no more than one unit per hour. This is why units are so important. Drink more than one unit in an hour and the excess alcohol goes into the blood stream and then throughout the whole body.

It is useful to know how many units each drink contains. The more you drink above recommended limits, the more harmful alcohol is likely to be. This table is a 'rough guide'.

It is easy to underestimate how much alcohol there is in a drink. Alcohol comes in many strengths and size of cans or bottles. Many beers (3.4% - 7%) and wines (10% - 15% alcohol by volume) can be stronger.

Pint of lager/ cider/stout	2½ units
NI pub measure of spirits/shot	1½ units
Alcopop/ bottle of lager	1½ units
Bottle of wine (6 small glasses)	9 units
Can of extra strength lager	4½ units
Small pub bottle of wine (187.5mls)	2¼ units

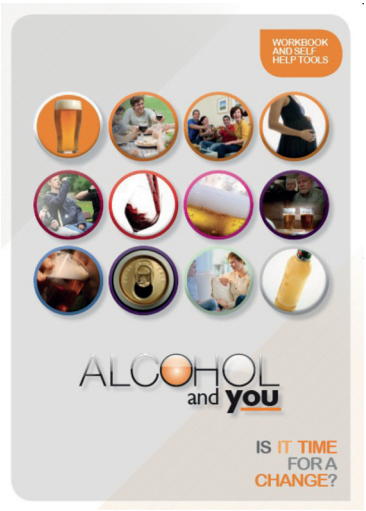
Calories from alcohol add up quickly and can increase your weight, particularly around your stomach.

To help you cut down try drinking lower-strength drinks, drinking half pints instead of pints, or alternating alcoholic with non-alcoholic drinks. If you think you or someone you know could benefit from drinking less, see your GP.

A self-help booklet has also been developed to help people to examine their drinking. Even small changes to how much and how often you drink can make a significant difference.

It can be downloaded at www.ascert.biz or look at the South Eastern HSC Trust website.

Visit www.alcoholandyouni.com or www.knowyourlimits.info to check how many units are in what you drink or for further information on alcohol.



Smoking

If you smoke, giving up is probably the greatest single step you can take to improve your health.

Smoking increases your chance of developing a range of life threatening diseases including heart disease, lung disease, stroke and cancers.

Stopping is a good way to reduce the risk. Each cigarette contains over 4000 toxic chemicals, including some which are direct cancer-causing agents.

If you think it's too late and the damage is probably done, remember the benefits of stopping smoking start immediately.

After 48 hours there is no nicotine left in the body and within weeks you will be breathing more easily. The risk of serious disease goes down immediately.

- 20 minutes - Blood pressure and pulse return to normal
- 8 hours - Nicotine and carbon monoxide levels in the blood reduce by half and oxygen levels return to normal
- 24 hours - Carbon monoxide will be eliminated from the body
- 48 hours - There is no nicotine left in the body
- 72 hours - Breathing becomes easier
- 3-9 months - Coughs, wheezing and breathing problems improve as lung function increases
- 1 year - Risk of heart attack is half that of a smoker
- 10 years - Risk of lung cancer falls to half that of a smoker.

Do you know how much it really costs to smoke?

Cigarettes per Day	1 Day	1 Week	1 Month	1 Year	5 Years
10	£3.50	£24.50	£105	£1277.50	£6387.50
20	£7.00	£49	£210	£2555	£12,775
40	£14	£98	£420	£5110	£25,550

Nicotine Replacement Therapy (NRT) ?

NRT is a way of getting nicotine into the bloodstream without smoking. It stops or reduces the symptoms of nicotine withdrawal. This helps you to stop smoking but without having unpleasant withdrawal symptoms such as restlessness, increased appetite, inability to concentrate, irritability, dizziness, constipation, nicotine craving or just feeling awful.

These symptoms begin within a few hours after having the last cigarette. If they are not relieved by the next cigarette, withdrawal symptoms get worse.

NRT does not ‘make’ you stop smoking. You still need determination to succeed in breaking the smoking habit. What NRT does is greatly increases your chances of success.

NRT is available in various forms: patches, inhalator, sublingual tablets, lozenges/mini lozenges, nasal spray, gum, mouth spray.

All these are available on prescription from either your GP or your local chemist if they provide a Stop Smoking Service.

Champix

Champix is a medicine in tablet form that was developed to mimic the effect of nicotine on the body. Therefore, it both reduces the urge to smoke and relieves withdrawal symptoms. The course of treatment lasts for 12 weeks and is available on prescription only.

The Northern Ireland Smokers Helpline 0808 812 8008 is a free service providing support, information and advice and can also direct callers to their local free smoking cessation support services.

Further information and support to stop smoking can be found in the '**Help and support**' section.

Emotional wellbeing

Healthy eating, being more physically active, cutting down our drinking and stopping smoking can help our physical health.

But what about our emotional health?

Common signs of low mood and sometimes depression:-

- Feeling sad, guilty, upset, numb or despairing
- Losing interest and/or enjoyment in things
- Crying a lot or unable to cry when a truly sad event occurs
- Feeling angry and irritable about the slightest thing
- Feeling more tired and lacking energy, sleep problems
- Changes in weight, appetite and eating habits
- Losing confidence in yourself
- Expecting the worst and having negative or gloomy thoughts
- Thinking that everything seems hopeless
- Finding it hard to concentrate or make decisions
- Thoughts of suicide
- Putting things off, and not being bothered to do everyday tasks
- Not doing things you used to enjoy
- Distancing yourself off from other people.

1 in 5 people experience mental health problems at some stage in their lives.

If you feel you are experiencing any of the above signs or symptoms, see your GP.

Having prolonged health problems can add to your stress levels, which can in turn increase the risk of mental ill health. Addressing low mood or depression is better that trying to struggle with it on your own.

Having good mental health means feeling positive about yourself and being able to cope with everyday pressures. Evidence has shown that using the Five Ways to Wellbeing can help promote positive mental health.

The Five Ways to Wellbeing

The Five Ways to Wellbeing is a set of practical, evidence-based public mental health messages aimed at improving the mental health and wellbeing of everyone.



Connect - With the people around you: with family, friends, colleagues and neighbours. Think of these relationships as the cornerstones of your life and invest time in developing them.

Keep Learning - Try something new. Rediscover an old interest. Sign up for that course. Take on a different responsibility at work. Fix a bike. Learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

Be Active - Go for a walk or run. Step outside. Garden. Dance. Physical activity makes you feel good. Most importantly, find a physical activity you enjoy and that suits your level of mobility and fitness.

Take Notice - Be curious. Catch sight of the beautiful. Remark on the unusual. Notice the changing seasons. Enjoy the moment, whether you are walking to work, eating lunch or talking to friends. Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

Give - Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Join a community group. Look out, as well as in. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.

If you want to know more have a look at this website: **http://www.neweconomics.org/publications/five-ways-well-being-evidence**.

Positive Steps is a programme aimed at helping people build ways to wellbeing in their lives.

If you are interested contact:-
South Eastern HSC Trust
Health Development Department
Tel: (028) 9250 1373

Healthy Relationships

There can be some surprising benefits when in a healthy relationship. Healthy relationships increase the “feel good” endorphins in your body and help:-

- Boost immunity
- Relieve stress
- Improve heart health
- Boost self-esteem
- Improves intimacy
- Reduces pain
- Helps you sleep better.

Maintaining relationships takes efforts. There are things you can do to increase and strengthen your relationships.

1. **Always be realistic.** People make mistakes - we are all just simply human. You can learn not to dwell on the negatives but focus more on the positives. Set realistic goals in a relationship.
2. **Talk.** Communication is crucial. Share, listen and ask questions. Be genuinely interested in the other person.
3. **Be ready and able to bend.** Be understanding and patient.
4. **Spend time on yourself.** Do something you enjoy: long walk, a good book or a hot bubble bath. Giving yourself those few moments can help make a difference in the world around you by putting your own self at ease.
5. **Be someone other people can depend on.** If you make plans to do something with someone, follow them through. Show you are trustworthy.
6. **If a problem arises, fight fair!** Discuss the situation. Don’t judge or criticize. Don’t bring old issues into the current problem. Don’t hold grudges and never assume things.

7. **Try new things!** It brings back excitement into a relationship. But be wary - don't overload yourself.
8. **Meet new people.** Keep yourself open to meeting and interacting with new people. Try to be social and outgoing.
9. **Be supportive.** When someone shares good news celebrate with them and share in their excitement. When things don't go well, be supportive.
10. **Be yourself.** Healthy relationships are based on the real you and the real them.

Achieving healthy relationships can change your outlook on life and is well worth the effort.

What contributes to healthier relationships?
The ability to:-

- Interact with each other without put-downs
- Say yes or no to others requests without fear of rejection
- Ask without being demanding
- Show feelings without fear of losing the relationship
- Have special relationships with individuals in and outside the family
- Be honest and feel trusted by each other
- Have fun together
- Be confident that relationships are stable.

These are things we can work on.
(Taken from Don Wegscheider, 1979)

Not all relationships are healthy. If needed, Northern Ireland's 24 hour Domestic Violence helpline can be contacted at 08009171414 or **24hrsupport@dvhelpline.org**

What is resilience?

The word **Coping** can be defined as “getting by”. Being resilient is something different. Resilience is having the strengths that help us with the pressures of life.

These strengths are like a set of tools that promote resilience in us all.

The thinking behind what builds resilience is based on years of research into what helps people “bounce back” from stress and adversity.

We can think of these strengths in three areas of our lives:-

The I have, I am and I can factors.

The **I have factors** are outside supports - people who care and believe in us.

The **I am factors** are strengths inside us. These are feelings, attitudes and beliefs about ourselves.

I can factors are skills that help us cope with every day pressures.

We all begin building these strengths early in life. Some people continue to build these strengths throughout their lives. For some people, however, these strengths get weakened and get lost from view.

The good news is we can build these strengths at any age. To do this we have to know how, and put the effort into building them.

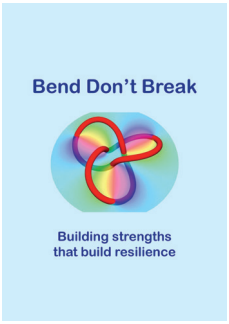
There are many ways to do this and very often it can start with very simple things.

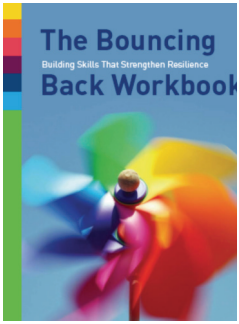
Seven abilities associated with resilience:-

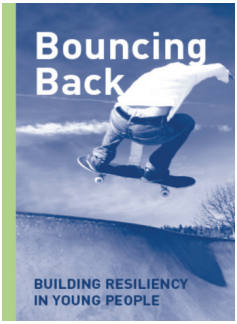
- Recognising your feelings
- Giving yourself thinking time when things hit us
- Thinking through the cause of problems
- Staying hopeful (optimistic)
- Having empathy for others
- Believing in our abilities
- Reaching out for help and support.

If you want to build your own resilience or resilience in your children have a look at these booklets.

They can be downloaded free at **www.ascert.biz** or **www.setrust.hscni.net**.







Heart health and support (Cardiovascular)

Stroke Association Northern Ireland	(028) 9050 8020 Monday - Friday 9.00am - 5.00pm www.stroke.org.uk email: northernire-land@stroke.org.uk
British Heart Foundation	(020) 7554 0000 email: www.bhf.org.uk
Northern Ireland Chest Heart & Stroke	Belfast Office (028) 9032 0184 email: mail@nichs.org.uk North West Office (028) 7131 1114 email: mail@nichs.org.uk website: www.nichs.org.uk

Stop Smoking

For help and support to quit smoking	www.want2stop.info www.nosmokingday.org.uk www.givingup-smoking.co.uk

Alcohol and drug services

Alcohol and You is the South Eastern HSC Trust, ASCERT, Addiction NI and FASA working together to reduce alcohol related harm. It offers a range of services for adults over 18 including an interactive website or self-help materials, one to one work and support for family members.	ALCOHOL and you (028) 9260 4422 website: www.alcoholandyouni.com
Referral to the Trust's Community Addiction Service is through your GP.	
Addiction NI over 55's service	(028) 9066 4434
Dunlewey Substance Advice Centre	(028) 9039 2547
FASA	(028) 9127 1322
ASCERT	(028) 9260 4422
DAISY (Services for young people and their families)	(028) 9043 5815
Alcoholics Anonymous	(028) 9043 4848 website:www.alcoholicsanonymous.org.uk
Narcotics Anonymous	07810 172 991
Al-Anon and Alateen: To support family members affected by someone's drinking	(028) 9068 2368 website: www.al-anonuk.org.uk
Each of the Northern Ireland Drug and Alcohol Coordination Teams (DACTs) in each of the five Health Trust areas has produced a directory of services available in their area. They can be located on the Public Health's website at www.publichealth.hscni.net.	

Mental health including eating distress and anxiety support

Action Mental Health - training and support for people with mental health needs or a learning disability.	Ards (New Horizons) (028) 9182 2410 Bangor (New Horizons) (028) 9127 0979 Downpatrick (New Horizons) (028) 4461 3791 Lisburn (Accept) (028) 9062 9759
Aware Defeat Depression - helpline for people affected by depression (Monday-Friday, 9.00am - 1.00pm)	0845 120 2961 / (028) 9032 1734 or email: help@aware-ni.org
Men to Men - counselling service and support for men's health	(028) 9024 7027
Mindwise - support for people recovering from mental illness.	(028) 9040 2323 or (028) 4461 7964
NI Association for Mental Health (NIAMH) - local support including housing schemes, home support, advocacy services, information services and education.	(028) 9032 8474
Praxis Care Group - services for adults and children with a learning disability, mental ill health, acquired brain injury and for older people, including people with dementia.	(028) 9023 4555

Mental health including eating distress and anxiety support continued

Training (free) for anyone aged over 15 years - including: Mental Health Awareness Mental Health First Aid Contact Health Development (South Eastern HSC Trust)	(028) 9250 1373 / (028) 9151 0275

Emotional health and wellbeing

GP Out of Hours Services	Down and Lisburn (028) 9260 2204 North Down and Ards (028) 9182 2344
Lifeline 24hr - 24 hour support for those in distress or despair	0808 808 8000 Deaf and hard of hearing - textphone users can call Lifeline on 18001 0808 808 8000.
Samaritans Helpline - Listening ear to those in distress	08457 909 090

Suicide prevention / Self-harm / Self help

GP Out of Hours Services	Down and Lisburn (028) 9260 2204 North Down and Ards (028) 9182 2344
Lifeline 24hr - 24 hour support for those in distress or despair	0808 808 8000 Deaf and hard of hearing - textphone users can call Lifeline on 18001 0808 808 8000.
Samaritans Helpline - Listening ear to those in distress	08457 909 090
FASA (Forum for Action on Substance Abuse) - support group for people affected by suicide and Crisis Response providing support and comfort to the person in their time of need	(028) 9127 1322

Directory of Services for Older People

The South Eastern Trust 'Directory of Services for Older People' is a comprehensive guide to the vast range of programmes and services available to older people across the south eastern area. The Directory is divided into 10 chapters and contains information on; health and wellbeing, life-long learning, physical activity and leisure, older peoples groups, housing, safety in the home, income and benefits, transport, support organisations and emergency contacts.

You can view or download a copy from the South Eastern Health and Social Care Trust website **www.setrust.hscni.net** Healthy Living section or contact the Health Development Department where limited copies are available.

Tel: (028) 9250 1373





Health Development
Department

This booklet has been developed by the
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