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# World Mental Health Day 2014

The journey begins with a single step... 

Tuesday 7th October 2014, 10am - 4pm

Taking place at the

Arena Theatre, Wulfruna Street, Wolverhampton, WV1 1SE

**1 in 4 people are affected by a mental health problem sometime in their lifetime.**

**Five Ways to Well Being**  
Helping you to help yourself...

In Wolverhampton on World Mental Health Day organisations will be working together to raise awareness of mental health and well-being services.

## On the day you can...

- Get a free ticket to watch a screening of the 'Silver Linings Playbook' movie. Tickets available, first come first served! 2 pm matinee showing.
- Learn about other people's journeys
- Learn more about mental health, ways to access help and support and ways you can help yourself to stay well
- Take part in the launch of the Mental Health Hub
- Watch short clips highlighting local and national issues and support agencies
- Have a free health check:
  - ⇒ Blood Pressure
  - ⇒ Cholesterol
  - ⇒ Body Mass Indexing
  - ⇒ Healthy Lifestyle Advice
  - ⇒ Plus much more...
- Get information and advice

### Information and advice will be available from:

Wolverhampton City Council  
Wolverhampton Voluntary Sector Council  
Wolverhampton Homes  
Hear Our Voice  
Positive Action for Mental Health (PAMH)  
Recovery Near You  
Employment Support Service  
Creative Support  
Mental Health Empowerment Team  
University of Wolverhampton

Midland Heart  
LGBT Network  
Heantun Housing  
Welfare Rights Team  
SUIT  
Health Trainers  
Zion City Tabernacle  
ACCI  
Omega  
Carer Support Team

**Connect:** with the people around you. At home, work, school or in your local community. Building connections will support and enrich you.

**Be Active:** go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance. Exercising makes you feel good.

**Take Notice:** be curious, be aware of the world around you and what you are feeling. Reflecting on your experiences will help you to appreciate what matters to you.

**Keep Learning:** try something new. Rediscover an old interest. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

**Give:** do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time. Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding.

Visit: [www.wolverhamptonwellbeing.nhs.uk](http://www.wolverhamptonwellbeing.nhs.uk)



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## For More Information Contact:

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