

Cost of living worries?

Find support here



Quick links to **mental health**, **money**, **food** and **wellbeing** support across Birmingham.



Connect

Connecting with others and building good relationships is essential to maintaining **good mental wellbeing** as it helps us feel **valued** and provides us with a sense of **belonging**.

Ways to connect with other people can include:

- reaching out to a friend or family member
- talking to colleagues
- arranging to meet with friends you haven't seen in a while
- joining a club or taking up a new hobby to meet new people



Find local support and wider services here:

The Waiting Room –
Services Directory the-waitingroom.org



You can also explore guidance on relationships and wellbeing:

[Self-care and reaching out | What you can do for your mental health and wellbeing | Birmingham City Council](#)





Be Active

Being physically active not only **improves your physical health** but it also improves **your sleep**, helps to **reduce stress** and **boosts your mood** by releasing endorphins which make us feel happier.

Increasing your physical activity can involve simple everyday changes such as:

- increasing your average daily step count, such as going for a lunch time walk
- using the stairs rather than a lift
- joining a parkrun
- doing daily stretches
- getting off the bus a stop earlier to walk more
- joining a gym or doing at-home workouts



Find local walking, running and cycling groups, tai chi in parks, and gardening activities:

[How to self-refer to green social prescribing in Birmingham | Improving your health with nature | Birmingham City Council](#)





Take Notice

Taking notice of our **surroundings** and our **emotions** can help us to feel more **present in the moment** and increase our **self-awareness**.

Ways to take notice include:

- taking the time to clean or declutter your space
- try journalling or writing down your thoughts (for example 5 things you're grateful for each morning)
- going on a mindful walk and paying attention to your senses
- making a change to your routine, such as taking a different route home



Mindfulness support and ideas:

[Every Mind Matters - NHS](#)





Learn

Learning new things can help boost your **self-esteem**, make you feel **productive** and give you a sense of **purpose**.

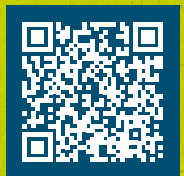
Examples of new things you can learn may include:

- learning a new language on Duolingo
- completing a crossword or puzzle
- cooking or baking something new
- researching something you are interested in
- learning a new skill such as crochet, knitting, painting, or DIY



Explore learning and wellbeing:

[Explore mental health | Mental Health Foundation](#)





Give

Research has shown that giving back to others has a **positive impact on our mental wellbeing.**

Giving back can include small acts of kindness such as:

- volunteering in your local community (charity shops, hospitals, care homes)
- making or buying a hot drink for a friend or coworker
- offering to help someone
- being involved in fundraising (a sponsored walk or run)



Find volunteering, learning and work opportunities:

[Search results | Birmingham Connect to Support](#)



Remember:

1. It's okay to ask for help
2. You are not alone
3. Finding the right help could improve your situation

Other essential links

Managing money:

[Support and Advice with Managing Money](#) | [Money and Legal](#) | [Birmingham Connect to Support](#)

Mental wellbeing:

Birmingham Connect to Support: [Mental health](#) | [Keeping active, well and your health](#) | [Birmingham Connect to Support](#)

The Waiting Room mental health services directory:
[the-waitingroom.org/?selected-cat=Mental Health&cat-id=90](http://the-waitingroom.org/?selected-cat=Mental+Health&cat-id=90)

Crisis support:

[Where to get help in a crisis](#) | [Where to get help in a crisis](#) | [Birmingham City Council](#)

Connect with your community:

[Search results](#) | [Birmingham Connect to Support](#)

Eat well:

Find local community cafes, foodbanks, cooked food providers and on street food outreach: [Food Justice Network - The Active Wellbeing Society](#)

[Find your local food bank; If you are having difficulty affording food](#) | [Ensuring nutritious and affordable food for all](#) | [Birmingham City Council](#)

Stay active:

Find local walking and cycling groups, tai chi in parks, gardening activities, and gardening sessions: [Exercise - NHS](#)



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