



World of mouth
- community

WORLD LIKE

EMPIRE @
us to self
us refer



signposting

simple

Aim

- to help to overcome fears
- destigmatising
- ways in to services

simple

signposting

Offering

- how to find the right thing for you
- map of community services
- map of wellbeing
- how to ask for help
- how to search online for local contacts, information and stories shared by others with lived experience

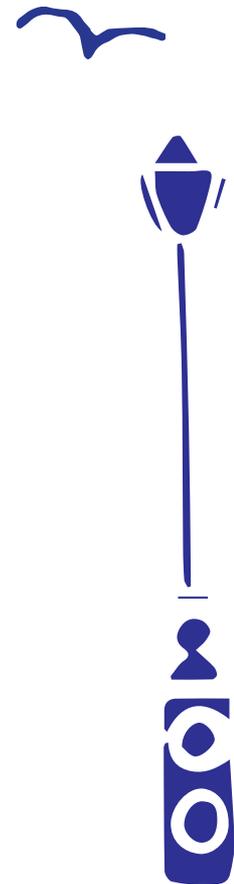
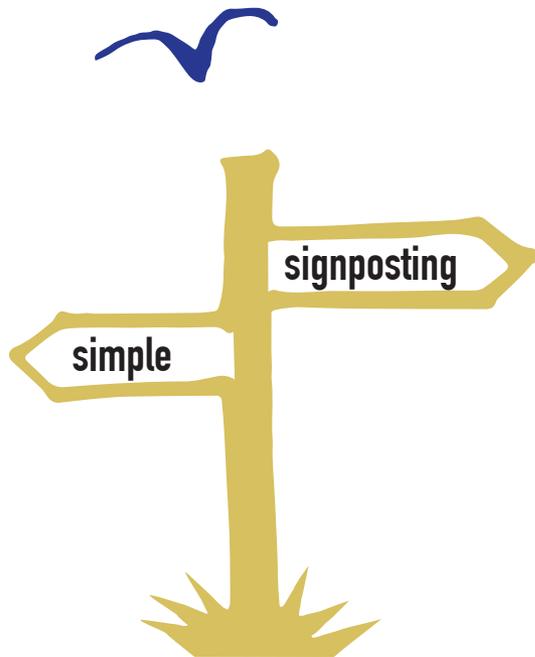
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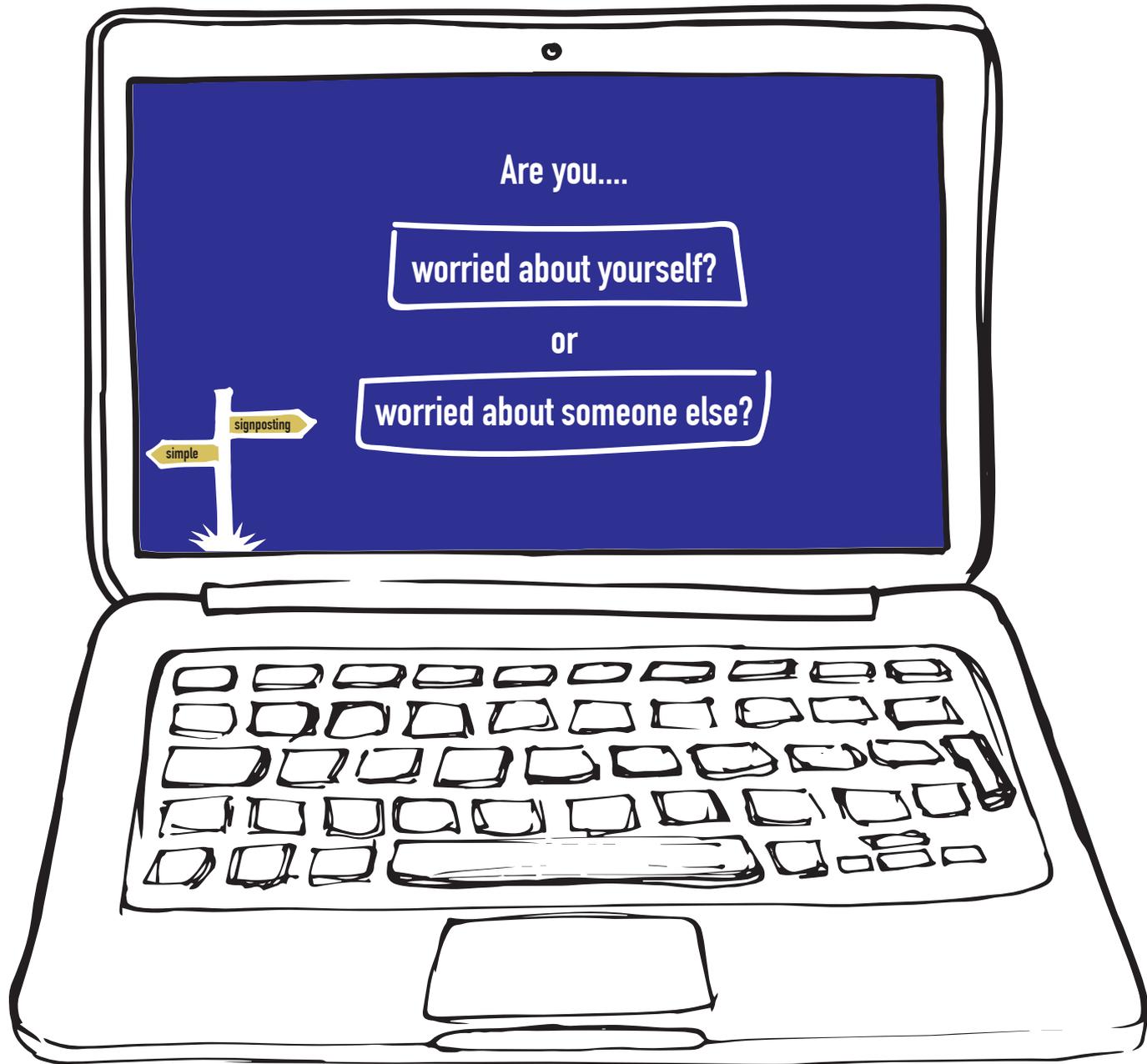
signposting

Principles

- friendly and welcoming
- gentle and kind
- covering the basics well, not assuming any prior knowledge
- links to content and advice about what to google, rather than attempting to replace existing resources

What to do if you are worried about yourself or someone else





Going to see your GP

Covering

- what might your GP ask?
- how to start, how to explain how you've been feeling
- what questions might you want to ask?
- practical tips (taking someone with you, writing notes and questions)
- what might be the outcome?

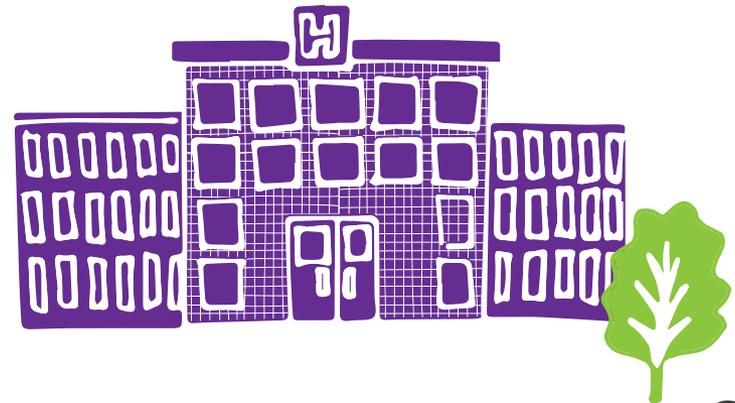
GP Surgery

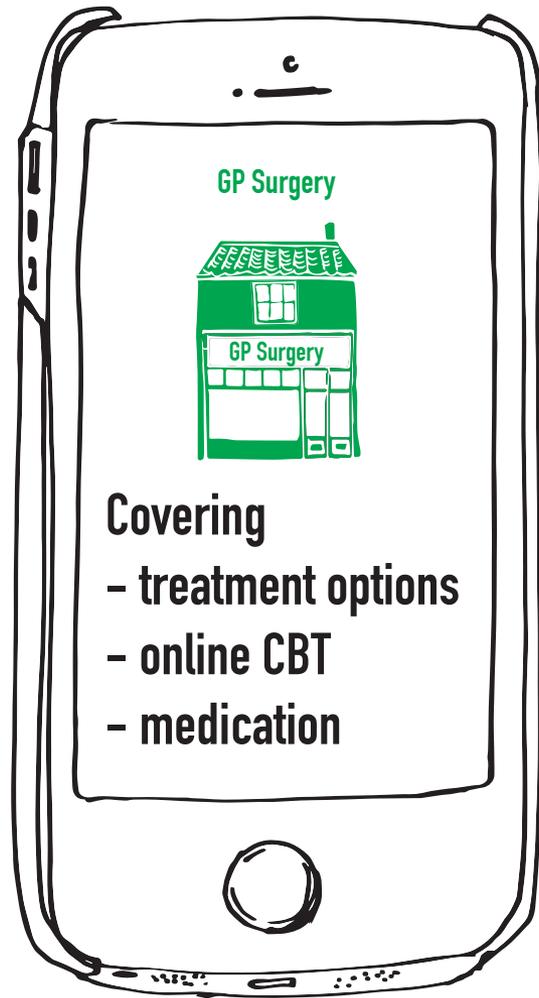


Community
Mental Health Team



Hospital



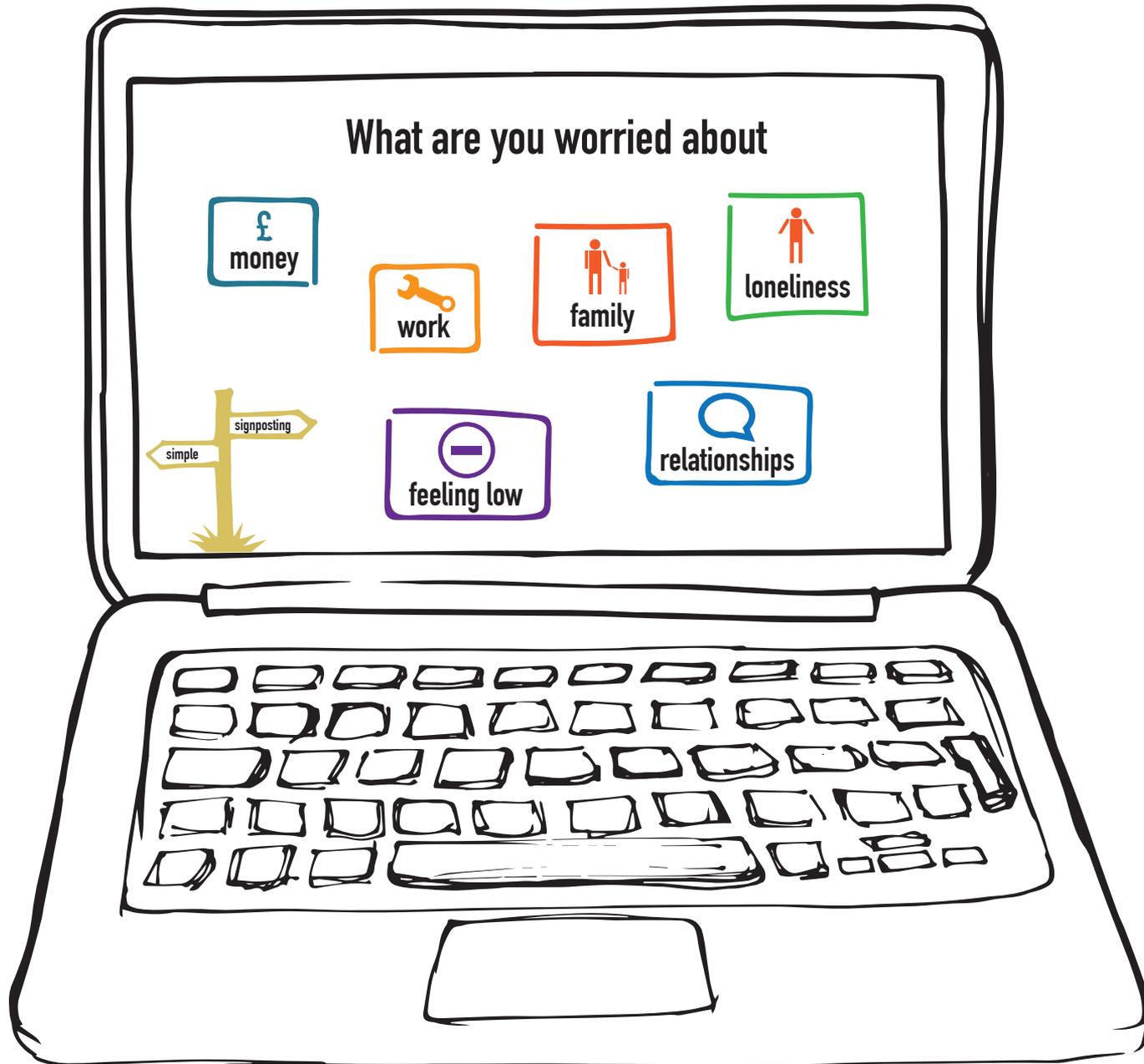


Explaining services and treatments

- how can this help?**
- what sort of waiting times can you expect?**

If you want to read more about this, you can access health information through NHS Inform.

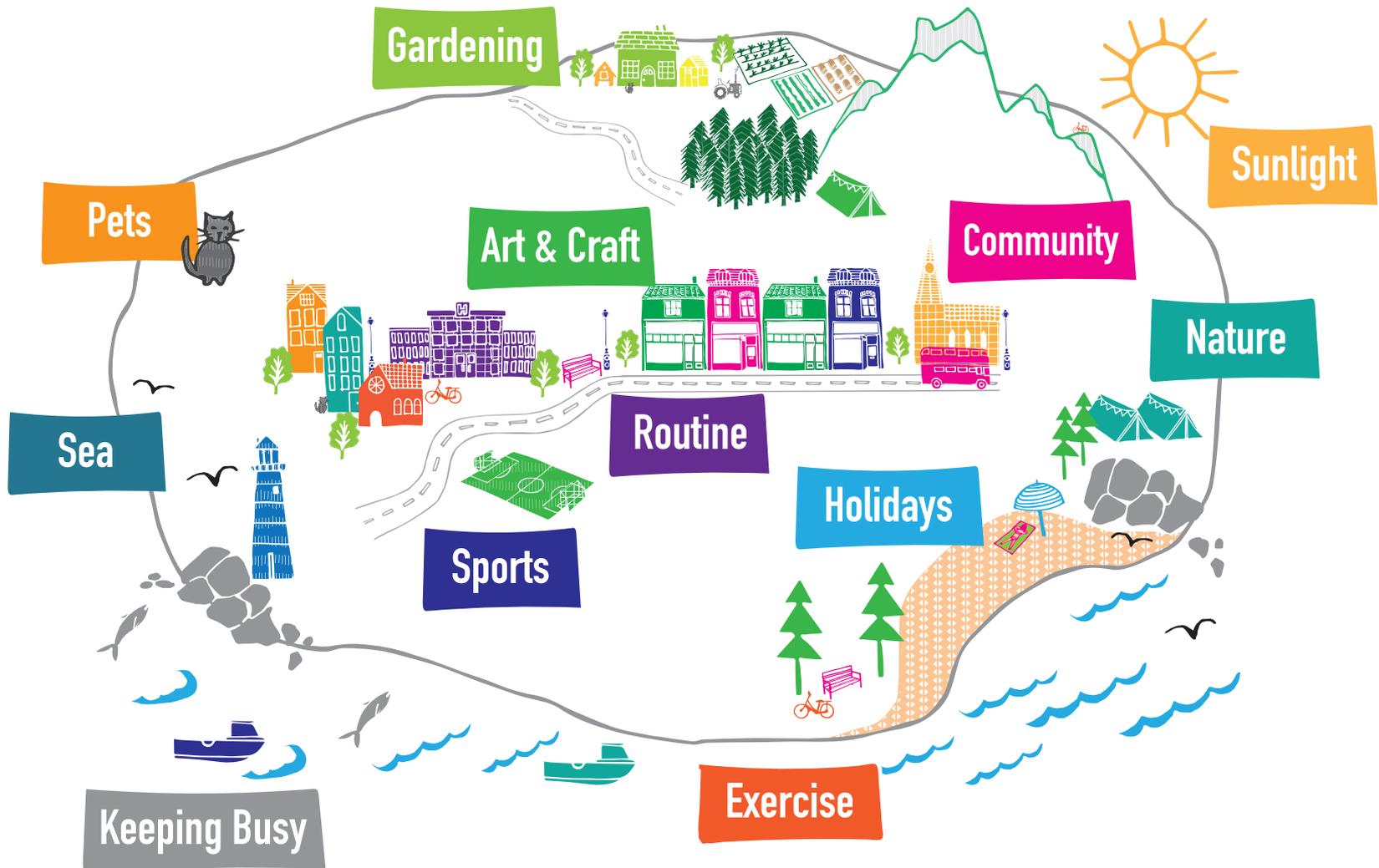
If you want to learn about how other people have experienced this you can read personal stories on (charity website). You can also search online using words like (suggested search terms).





- Explaining community resources & charities**
- how can this help?
 - what sort of waiting times can you expect?
 - when are they open?
 - how do I search for details of my local office?

What other people say helps for mental wellbeing





**Explaining how to find arts and craft activities
near you**

- where to search? (noticeboards)**
- what to google...**



Social Media

- Things to be careful of
- Ways people use social media to help them keep well

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