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Themes: Bereavement and Grief, Counselling, Mental Health

Aimed at: All People

Looking after your mental health

Having good mental health helps us relax more, achieve more and enjoy our lives more. We have expert advice and practical tips to help you look after your mental health and wellbeing.

And remember, mind and body go hand in hand – visit Better Health for lots of free tools and support to help you kickstart your physical health too.

If you need further support

For non-urgent personal medical advice, please visit the NHS website or discuss with your GP.

If you have an urgent, non-emergency medical concern, please call 111 to speak to a fully trained adviser.

In a life-threatening emergency, call 999.

Bereavement

Grief affects us in different ways. Find sources of support and advice that can help if you are dealing with bereavement.

Area:

Contact Details

Public Information Access Office

Wellington House

SE1 8UG

phe.enquiries@phe.gov.uk

<https://www.nhs.uk/oneyou/every-mind-matters/>

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