

# FEELING BOTHERED WORRIED OR STRESSED?

do you feel   
good?

Most people who suffer from mental health problems try to put a brave face on things, but inside they're struggling to hold it together. It could be anything from not being able to cope, to stress, depression and anxiety.

The good news is that there's help out there and we've developed this campaign to encourage men to recognise symptoms of mental health problems and encourage them to get help. You can chat to your GP or read on for details of other services in your area.

## Facts

- One in four of us will experience a mental health problem at some point in our life.
- There are thousands of people in the borough who either have problems themselves or know someone else who is experiencing them.
- It's not just a woman thing!
- Depression and anxiety are two common mental health problems in the borough.
- It may not be the man that spots there is a problem, as many girlfriends, wives, partners, sisters, mothers or female friends may be the one to notice and provide support.

## What to look out for

- Feeling bothered, anxious or on edge
- Feeling irritable
- Sudden anger or aggression
- Increased loss of control or greater risk-taking
- Drinking more alcohol

Lots of people suffer from problems with their emotional health and wellbeing and the earlier you start to try and tackle them, the better it is for you and your loved ones.

## Where to get help

Improving Access to Psychological Therapies visit [www.hmr.nhs.uk](http://www.hmr.nhs.uk)

MIND has lots of information on their national site [www.mind.org.uk](http://www.mind.org.uk) and their local site [www.rochdalemind.org.uk](http://www.rochdalemind.org.uk)

There are loads of ways that you can improve your wellbeing - Check out [www.time-to-change.org.uk](http://www.time-to-change.org.uk)

Remember that your GP is there to help too. It's their job to take you seriously and help you, so download the leaflet from [www.hmr.nhs.uk](http://www.hmr.nhs.uk) and **check out the "BOTHERED" card for an easy way to break the ice with your GP and ask for support.**

