How to support us

Make a donation: mentalhealth.org.uk/donate

Take part in a challenge event or hold your own fundraising event: mentalhealth.org.uk/events

Sign-up to our e-newsletter: mentalhealth.org.uk/newsletter

@mentalhealth
@mentalhealthfoundation

10 ways to look after your mental health

Talk about your feelings
Keep active

Eat well
Drink sensibly

Keep in touch
Ask for help

Take a break
Care for others

Do something you’re good at
Accept who you are

For more of our How to... guides on a range of topics like sleep, exercise and anxiety, visit: mentalhealth.org.uk/howto
**Relationships matter**

Good relationships help us live longer and happier lives with fewer mental health problems. These are the supportive connections we share with friends, family and our community.

Investing in these relationships is as critical to our health and wellbeing as other lifestyle factors such as eating well, exercising more and stopping smoking.

Make your relationships resolution today: mentalhealth.org.uk/relationships

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**Give your time**

Put time aside to nurture important relationships. We can be so busy with school or work that we don’t spend time with the important people in our lives.

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**Be present**

It can be tempting to check your phone, Facebook messages or even work emails when with family and friends. Try to be present in the moment and there for your loved ones.

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**Listen**

Actively listen to what others are saying in a non-judgemental way. Concentrate on their needs in that moment.

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**Be listened to**

Share how you are feeling, honestly, and allow yourself to be listened to and supported.

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**Recognise unhealthy relationships**

Are certain relationships making you unhappy? Recognising these can help you move forward and find solutions to issues.