

A-Z of Mental Health

Anxiety is what we feel when we are worried, tense or afraid. It can be felt through thoughts, feelings and physical sensations. [Click here for the Kettering Mind anxiety management course](#)

Bereavement is the experience of losing someone important to us. It is characterised by grief, which is the process and the range of emotions we go through as we gradually adjust to the loss. [Click here for local bereavement support](#)

Crisis support refers to urgent support for people suffering from a mental health crisis. Excellent crisis care exists. It can save lives. And that's why we need it available for everyone. [Click here for local crisis support](#)

Depression is a low mood that lasts for a long time, and affects your everyday life. Depression is different for everyone, some may suffer from low spirits whilst others may experience suicidal thoughts. Depression often doesn't stop you from leading a normal life, but it can make things harder to do and feel less worthwhile.

[Click here for Kettering Minds depression management course](#)

Eating problems are very common. An eating problem is any relationship with food that you find difficult. Anyone can experience eating problems regardless of age, gender, weight or background.

[Click here for more information and support](#)

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03/02/22



Rethink
Mental
Illness.

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Food and mood have a very strong relationship! Knowing what foods we should and shouldn't be eating can be really confusing. What we eat can affect our physical health and the way we feel.

Improving your diet may help; improve your mood, give you more energy, help you think more clearly.

[Click here for a video about food and mood](#)

Grief can be difficult and stressful and nearly everybody goes through it at some point in their lives. Despite this, it can be very difficult to predict how we might react to a loss, as it is a very individual process.

[Click here for local support available](#)

Hoarding is when your need to keep things causes you distress or interferes with your day-to-day life. Many people have some belongings they consider special and it's common to save some things because they could come in useful in the future.

[Click here for Kettering Minds hoarding peer support group](#)

Information is very important when it comes to mental health. It is key for us to keep up with the latest information, and to distribute that. Follow the links below to keep updated.

[Time to Change Northamptonshire](#)

[Kettering Mind](#)

[Northamptonshire Mind](#)

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Journals are a great way of keeping track of your mental health. The #Checkin Journal was created by Mind ambassador Matt Johnson, take a look at what it is and the incredible benefits it has!

[Click here to see the #Checkin Journal](#)

Keeping active can reduce anxiety and stress, combat low mood and increase self-esteem. It can help you feel good on the inside and out.

[Click here for tips, resources and inspirational stories](#)

LGBTQ+ identities may face extra challenges around getting the right support. We want to ensure everyone has access to the right support.

[Click here for local LGBTQ+ support](#)

Mindfulness is a technique you can learn which involves noticing what's happening in the present moment, without judgement. It may help you become aware of your mind, body or surroundings.

[Click here for the Kettering Mind mindfulness course](#)

Nature can be great for your mental health! Spending time in green space or bringing nature into your everyday life can benefit both your mental and physical wellbeing.

[Click here to see the Green Patch Project](#)

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Obsessive-compulsive disorder (OCD) has two main parts: obsessions and compulsions. Obsessions are unwelcome thoughts, images, urges, worries or doubts that repeatedly appear in your mind. Compulsions are repetitive activities that you do to reduce the anxiety caused by the obsession.

[Click here for further information and support with OCD](#)

Peer support is when people use their own experiences to help each other. The aim is to bring people with shared experiences together in a safe place where peoples experiences are treated equally.

[Click here for local peer support groups](#)

Racism is something that needs stamping out! Experiencing racism can make us more likely to develop mental health problems.

[Click here for local support regarding rights and equality.](#)

Stress has no medical definition, and health care professionals often disagree over whether stress is the cause of problems or the result of them.

[Click here for some stress management techniques](#)

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Talking about mental health reduces stigma, helping to create supportive communities where we can talk openly about mental health and feel empowered to seek help when we need it. That's why opening up the conversation about mental health problems is so important – by talking about it we can support ourselves and others. However you do it, have a conversation about mental health.

[Click here to see more about Time To Talk Day.](#)

Understanding yourself is far more important than trying to make others understand you. Understanding is the first step towards recovery and can put us in a better position to make helpful changes and choices.

[Click here for Kettering Minds understand yourself better course](#)

Volunteers are crucial for charities like Mind, keep an eye on your local Mind website for volunteering opportunities.

Wellbeing doesn't have one set meaning. We might use it to talk about how we feel, how well we're coping with daily life or what feels possible at the moment. Good mental wellbeing doesn't mean you're always happy or unaffected by your experiences.

[Click here for tips on improving wellbeing.](#)

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