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Mental health

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Mental health and wellbeing

We all have mental health, just as we all have physical health. Mental health affects every part of our lives – how we feel about ourselves and other people, our relationships and our emotional development.

Mental health problems are common. They can affect any one of us, at any point in our lives. We all have times when we feel down or stressed or anxious. Most of the time those feelings pass, but sometimes they develop into a more serious problem. Some people are more vulnerable to mental health problems than others, for example, those that have experienced neglect or abuse as children.

Mental health and physical health are closely linked. Poor physical health increases the risk of developing mental health problems and vice versa. Poor mental health can underlie many unhealthy behaviours, like smoking, alcohol and drug use, lack of exercise and unhealthy eating.

Your mental health doesn't always stay the same. It can change as circumstances change and as you move through different stages of your life. Everyone is different. You may bounce back from a setback or a life-change, while someone else may feel weighed down by it for a long time. Our ability to 'bounce back' is sometimes referred to as 'resilience'.

If you think you might be experiencing a mental health problem, contact your GP and if necessary, they can refer you to a more specialised mental health service.

Talking about your feelings

There's a stigma attached to mental health problems. This means that people feel uncomfortable about them and don't talk about them much. Many people don't feel comfortable even talking about their feelings. It's healthy to know and say how you're feeling.

Become a [Time to Change champion](#). Time to Change champions are people with **lived experience of mental health problems** who campaign to end mental health discrimination in their communities.

Find out more about the [Time to Change campaign](#) in Blackpool and how you can get involved.

The five ways to wellbeing

[The five ways to wellbeing](#) are five key messages around improving your wellbeing that have been researched and developed by the New Economics Foundation.

- Connect
- Be active
- Take notice
- Learn
- Give

If you're feeling down, it's important to remember that there are things you can do help improve your wellbeing.

Mental health and money

For advice and support for [people experiencing issues with mental health and money](#)

[Blackpool discretionary support scheme](#)

[Debt advice services](#)

Happier Lancashire

[Happier Lancashire](#) (#happierlancashire) is a movement that anyone living or working in Lancashire can sign up to, to learn about the five ways to wellbeing and help spread the message about mental wellbeing, with the aim of creating a Lancashire where mental wellbeing is valued and nurtured by all.

[Happier Lancashire overview](#)

Useful links:

[Headstart Blackpool](#)

[Blackpool adult learning wellbeing courses](#)

[Types of mental health problems](#)

[Mental health - Live Well - NHS Choices](#)

[Local mental health support groups](#)

[Horizon alcohol, drugs and sexual health support](#)

[Free counselling / talking therapy services](#)

[Suicide prevention](#)

Telephone helplines

[Lancashire Mental Health Helpline](#) 0800 9154640 - Open Monday to Friday 7.00pm to 11.00pm and Saturday and Sunday 12 noon to 12 midnight

[National Telephone Helplines](#)

Online support

[National Self-harm Network](#)

[SANE](#)

[Elefriends](#)

Free online self-help tools

[OnTrack](#)

[Ecouch](#)

[Living Life to the Full](#)

Wellbeing Apps

[NHS Apps Library](#)

[NHS Healthier Lancashire and South Cumbria Apps Programme](#)

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