



Did you know?

1 in 4 adults and 1 in 10 children may experience mental health difficulties in their lifetime.



World Mental Health Day 2020 'Mental Health for all'



This year's World Mental Health Day's theme is **'Mental Health for all'** – it's important to recognise that whatever age we are our Mental Health is just as important as our Physical Health. We have all heard the flight attendant giving guidance to put your own oxygen mask on before helping others.....this is also the case for our emotional health.

If you are feeling overwhelmed, stressed, and struggling with mental health symptoms you may find these resources helpful for more information



- [5 steps to wellbeing](#)
- [NHS Audio Guides](#)
- [MentalHealth.org](#)
- [Healthier Lancashire & South Cumbria Mental Health Support](#)
- [Lancashire Care NHS Mental health support](#)
- [Mind UK](#)



Have a look at these short mindfulness exercises to help feel grounded and soothed

5-4-3-2-1

Box/square breathing





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Perinatal Mental Health

Whether you are planning a baby, preparing for parenthood or already a parent, it is vital you have all the emotional support you need. In order to be able to care for another, it's important that we also look after ourselves ! Perinatal mental illness affects up to 20% of new and expectant mums and covers a wide range of conditions. In Lancashire we have a full range of support for parents who may require additional mental health support during the perinatal period.

Please visit [Better Births Lancashire](#) for further information on services & support in your area.

Have a look at this short clip by Northwest Perinatal Mental Health team, explaining about [Perinatal Anxiety](#)

Useful information about emotional health , preparing for birth and becoming a parent.

[Preparing to give birth](#)

[Bonding with your baby, becoming a parent](#)

[Being with your baby, becoming a mum](#)

[Mindfulness for parents](#)



Thanks to funding from the Dept of Education and in collaboration with Barnado's, through their [See Hear Respond](#) programme, [Best Beginnings](#) are providing free access to additional emotional help and support to new and expectant parents between now and the end of October.

Not forgetting dads & partners! [Mind the Dad – free online virtual group for dads](#)

[Reaching Out, a resource for dads](#), [Dads net](#), [Dads Matter](#)



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Mental health support for parents and children

Becoming or being a parent can be both a joyous and anxiety provoking time. Here are some resources to help us look after ourselves & our families.

Please visit [Better Births Lancashire](#), [Lancashire Healthy Young People & Families service](#), [Lancashire Mind](#), [Every Mind Matters](#), [Healthier Lancashire & South Cumbria mental health support](#) for further information on services & support in your area.

Top Tips to engage and be mindful with your baby

[Getting to know baby](#)

[Tiny Happy People](#)

[Baby watching](#)



Useful links for children & young people's emotional health

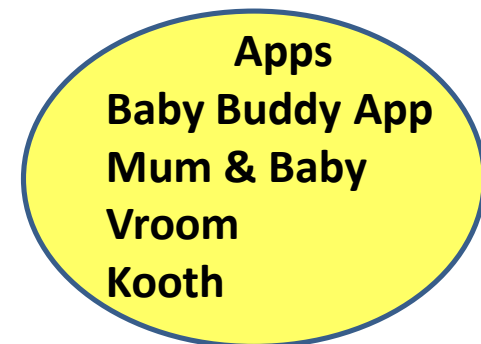
[What is Mindfulness \(Cosmic kids\)](#)

[Mindfulness: observing a train of thoughts](#)

[Kooth.com](#)

[Young Minds](#)

[Chat Health](#)





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Have a look at these helpful links for more information about looking after your mental health during the Coronavirus pandemic.

[Looking after your mental health after lockdown](#)

[Coronavirus – dealing with anxiety and mental health during a pandemic](#)

[Lancashire Care information and tips during Covid 19](#)

[Healthier Lancashire & South Cumbria Mental health support](#)

[Best Beginnings Coronavirus: pregnancy, birth and beyond](#)

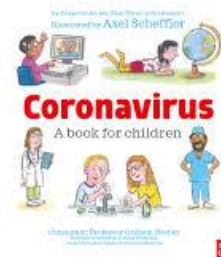
[Best Beginnings See Hear Respond](#)

[Living with Worry & Anxiety amidst global uncertainty](#)

Talking about Coronavirus with young children



[Dave the Dog](#)



[Coronavirus : A Book for Children](#)