

What if I'm finding it
difficult to seek support?



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What If I am finding it difficult to seek support:

If you find yourself worrying about seeking mental health support then you may need to consider a few things. Seeking support may feel like a daunting task but if you think of it as the first step towards feeling better then it can take some weight off of your situation.

You may find yourself googling symptoms and finding an array of results. Try to limit the time spent on search engines and put your focus into speaking confidentially with a mental health professional that can support you to plan and make sense of what you are feeling.

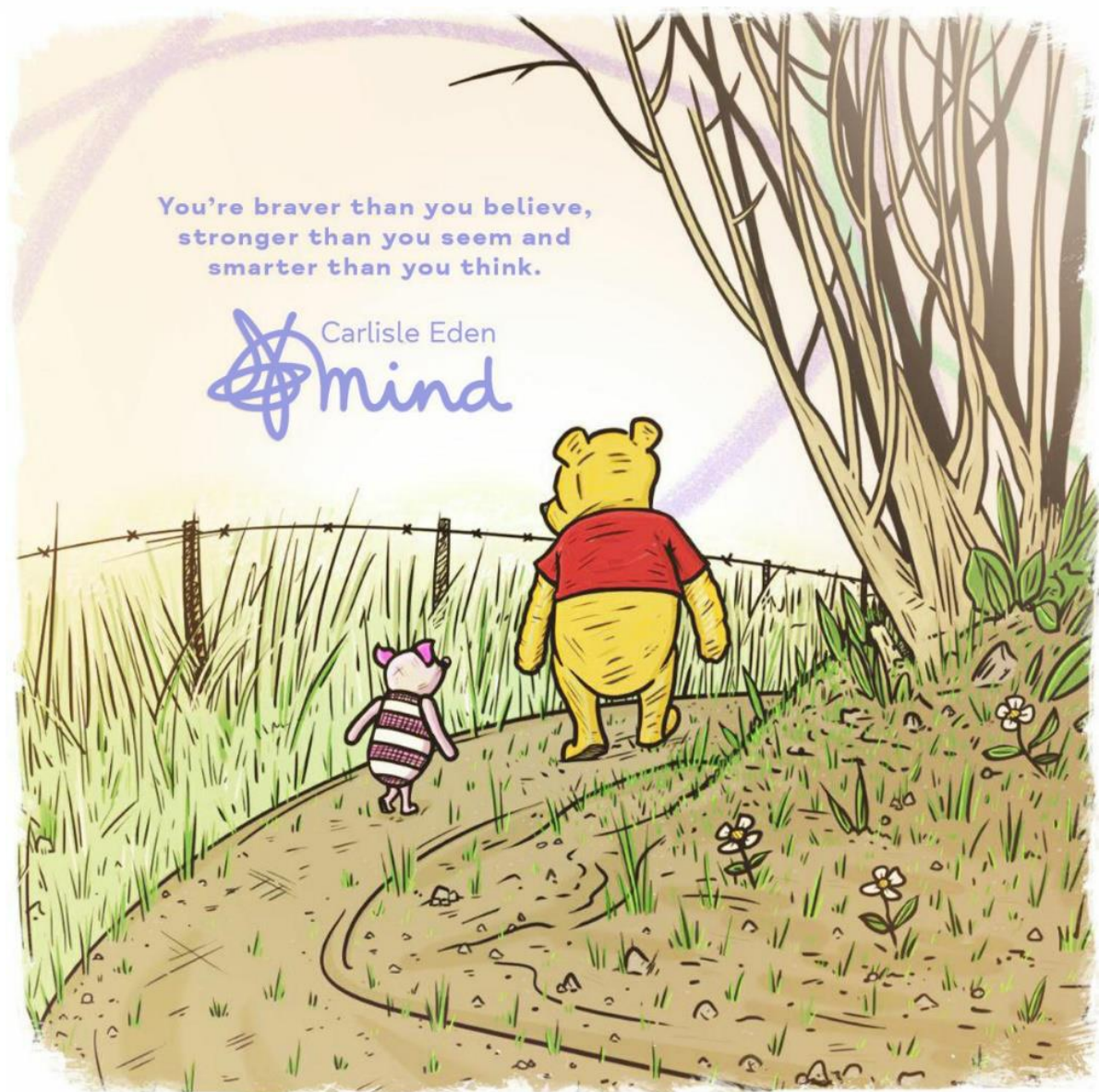
This can be a very worrying time, be mindful that you:

- Try and be gentle and patient with yourself. It might help to think about what is best for your wellbeing and prioritise what you need.
- If you have supportive friends and family members, it may be a good idea to talk to them about how you are feeling and ask that can do their best to be patient with you. Things can sometimes feel like they are going from bad to worse when you have a mental health problem and during these times friendships and support groups can sadly fracture. Giving advanced warnings to friends and family when you feel unwell may allow them time to understand your situation and be more mindful of how you may be feeling. We have lots of resources in our blog that are directed towards friends and family that you may want to forward them to.
- Remind yourself that this worry won't last forever and that having a mental health problem doesn't define you. For some, understanding and accepting that they have a problem can be the first step to feeling in control and feeling better.
- Set your boundaries. If you talk to friends and family about your mental health they may want to talk to you about what options they think are available. You can always say no to things that aren't helpful for you.
- Let yourself experience your own feelings. Even if they don't match what's going on around you, they're still valid.
- Take time out. Do something to distract yourself. For example, you could watch a comforting film or read a book. A doodle sketch pad can be a great tool for expression too.
- Let yourself have the things you need, and not necessarily want. If you are doing something that you know affects your mental health, try to reduce this and focus on what you need instead. For example, if you experience anxiety with regards to your health and you know you are doing something that impedes your health and wellbeing then try your best to replace that habit with something positive for your health. For example, if you smoke cigarettes and this causes you to worry about your health, try to reduce your cigarettes and eat more fruit instead.
- If you can't avoid doing something difficult, plan something for yourself afterwards to help reduce the stress or distress you might feel. For example, if you know you are going to experience a lot of anxiety by reaching out and calling MindLine Cumbria or The Lighthouse evening crisis support then why not plan to take a nice walk afterwards, or cook a special meal for yourself.

Our Mental health support services are available to you, and you deserve it.

[MindLine Cumbria](#), [The Lighthouse evening crisis support](#) and [You in Mind](#) are all confidential support services and are open to anyone across Carlisle and Eden.

We are here for you. If you are worried about calling and talking to a stranger about your problems then you can always reach out via email, text and webchat. Remember to do what is best for you and what you feel the most comfortable with. If you are ready to talk then there is always someone here to listen.



MindLine Cumbria

[MindLine Cumbria](#) offers mental health information, guidance and support to those living in Cumbria. We can help you understand your situation better, explore your options or just be there to listen. It doesn't matter who you are, how you feel, or what has happened. If you feel that things are getting to you, get in touch. Sometimes talking things through or hearing a supportive voice can give you the extra strength to find a way forward. The MindLine Cumbria phonenumber is available from 12pm-11pm every day of the year including bank holidays, if you feel uncomfortable or anxious to make that first call, or you find yourself seeking support or information outside of the available hours the email account could be an option you can try and a MindLine Cumbria support worker will endeavour to respond as soon as possible.

You in Mind

[You In Mind](#) is a service for anyone who is concerned about their mental health and finds themselves in crisis.

We believe that anyone in crisis deserves to be treated fairly and with respect. Every referred person will have a safe, calm environment to meet with a You In Mind support worker in one to one session/s.

We are here to listen and support you. We will not tell you what to do but we can offer options and a range of other support. You in Mind helps to provide a holistic service to people in order that they get their needs met and find strategies to better manage their mental health.

The Lighthouse, Evening Crisis Support

[The Lighthouse](#) Crisis Support is available for you every night of the year if you find yourself experiencing a mental health crisis during the evening, 5pm-11pm. Including bank holidays.

We understand it can be hard to make that first call so we have 4 points of contact available to make it more comfortable for you: **Email, Webchat, Text** and **Phone**. Click on the lighthouse image above for more information.

What if I have tried everything and nothing works?

If you have been to see your doctor and feel like you have already explored all the options your doctor has offered, and you still haven't found the help you're looking for, it can feel massively disheartening. You can feel like you are doing everything you can to get support and it's getting you nowhere. Unfortunately finding the help you need can sometimes take time. Perhaps reaching out and **referring yourself** to our new service [You in Mind](#) and talking to a You in Mind coach about how you are feeling can help. You in Mind coaches provide a holistic service and find strategies to better manage your mental health. We may sound like a broken record but it's important to remember that you are not alone, and that **you deserve support**. The You in Mind team work tirelessly to provide anyone in Carlisle and Eden with the best support and to make sure your needs are met.

Having trouble with your GP

Having a good relationship with your GP can be a really important way of getting the right support. If you're not making progress with your current GP, you can:

- Ask to talk to a different type of practitioner, like a nurse, specialist mental health worker or practice counsellor.
- Ask the receptionist to make you an appointment with a different doctor. They don't have to say yes, but if they say no then they should give you a reasonable explanation (for example, if your GP surgery is very small or other doctors aren't available on the days you need).
- Move to a different GP surgery if there is one in your local area, although you will have to register with them and this could delay seeing someone.
- Keep trying – don't give up. If you've had bad experiences with the people and professionals you've spoken to so far, you could give them another chance – or try again with someone new. (See Mind's pages on [being actively involved](#) and [making yourself heard](#) more tips.)
- Develop your coping techniques. Planning positive ways look after yourself while you're on waiting lists can help you cope. (See Mind's page on [self-care for mental health problems](#) for tips.)

- Talk to people who understand. Getting support and encouragement from people who've been in a similar situation can be really valuable, even if they can't change what you're going through. (See our Mind's pages on [peer support](#) for more information.)
- Explore any alternatives. Our information pages on [treatments and therapies](#) could give you more options to discuss with your doctor. There may be something you haven't tried yet that could be helpful.
- Find an advocate. An advocate can help you express your views and wishes, and help you access the help and support you deserve (see our pages on [advocacy](#) for more information).
- Know your rights. Our [legal pages](#) explain your rights in a range of situations. If you're being treated unfairly by healthcare professionals, [you can complain](#).

What if I'm unhappy with how professionals are treating me?

Unfortunately, some people can have very negative experiences with the healthcare system. National Mind's [legal pages](#) offer lots of information about your legal rights, and what you can do to make sure your rights are being respected.

In some situations, you might feel so unhappy with how you've been treated that you want to make a formal complaint about it. This might happen if you feel that:

- You've been treated unfairly by your doctor or another healthcare professional
- Your doctor or healthcare provider has made a mistake or failed to provide proper care (this is sometimes called [clinical negligence](#))
- You haven't been offered a service you should have been.