



Lewes District Citizens Advice

15 – 19 Chapel Street
Newhaven
BN9 9PN

Southover House
Lewes
BN7 1AB

37 Church Street
Seaford
BN25 1HG

@Lewescab1



www.lewesdistrictcab.org.uk

Contact : Jackie Wilkes 01273 007556

May 14 – 20 Is Mental Health Awareness Week

The Citizens Advice is fully committed to this campaign to provide information, direction and help to everyone.

The pressures of an increasingly demanding work culture in the UK and debt are both significant contributors to stress which may lead to anxiety and depression.

Common signs of stress?

- Constant worry or anxiety
- Being overwhelmed
- Difficulty concentrating
- Mood swings
- Irritability
- Difficulty relaxing
- Depression
- Low self-esteem
- Eating more or less
- Changes in sleeping habits
- Using alcohol, tobacco or drugs to relax
- Aches, pains, particularly muscle tension
- Diarrhoea and constipation
- Nausea or dizziness
- Loss of sex drive.

Three steps to take when feeling stressed

1. Realise when it is causing you a problem

Try to make the connection between feeling tired or ill and the pressures you are faced with

2. Identify the causes

- 1) those with a practical solution
- 2) those that will get better given time
- 3) those you can't do anything about

Try to release the worry of those in the second and third groups and let them go

3. Review your lifestyle

Are you taking on too much?

Can you do things in a more leisurely way?

Prioritise things you are trying to achieve and re-organise your life

Do not try to do everything at once

Seven steps to help protect yourself from stress

1. Eat healthily
2. Be aware of smoking and drinking alcohol
3. Exercise
4. Take time out
5. Be mindful
6. Get some restful sleep
7. Don't be too hard on yourself

Money and stress

Money and debt concerns place huge pressure on us. It is important if you are worried about your finances and debts that you do not try to deal with them alone. [Citizens Advice](#) and [Step Change](#) will help.

Talk to your GP or a trusted health professional if you are worried about how debt is affecting your mental and physical health.

Smoking, drinking, drug use and stress

Smoking, alcohol or recreational drugs to reduce stress often makes problems worse.

Ask for professional help. There are a number of voluntary organisations which can help you to tackle the causes of stress and advise you about ways to get better.

[Citizens Advice](#) provides free, independent and confidential advice for a range of problems as well as providing information on your rights and responsibilities.

[Anxiety UK](#) runs a helpline staffed by volunteers with personal experience of anxiety from 9:30-5:30, Monday to Friday. Call 08444 775 774.

[StepChange](#) provides help and information for people dealing with a range of debt problems. Freephone (including from mobiles) 0800 138 1111.

[Mind](#) provides information on a range of mental health topics to support people in their own area from 9.00am to 6.00pm, Monday to Friday. Call 0300 123 3393 or email info@mind.org.uk.

[Rethink](#) provide specific solution-based guidance - 0300 5000927 Fax: 020 7820 1149
email advice@rethink.org.

[Samaritans](#) offer emotional support 24 hours a day - in full confidence. Call 116 123 or
email jo@samaritans.org.

Specialist mental health services

There are a number of specialist services that provide various treatments, including counselling and other talking treatments which are coordinated by a community mental health team (CMHT), based either at a hospital or a local community mental health centre

Alternatively contact your local Citizens Advice on 03444 111 444, find drop in details of opening times on our website www.lewesdistrictcab.org.uk

ENDS

Notes to editors:

1. The Citizens Advice service comprises a network of local bureaux, all of which are independent charities and the national charity Citizens Advice. Together we help people resolve their money, debt, legal and other problems by providing information and advice and by influencing policy makers. For more information please visit our website www.lewesdistrictcab.org.uk. We are also on Twitter @lewescab1.
2. The advice provided by the Citizens Advice service is free, independent, confidential and impartial and is available to everyone regardless of race, gender, disability, sexual orientation, religion, age of nationality.
3. The majority of our staff are trained volunteers, working at around 3,500 offices across England & Wales.