

# It's OK not to be OK - What do I do?

Adults	Wait & See...	Books and online	Friendships & activities	Telephone support	Getting Help	Healthy Minds	
<b>What might this involve?</b>	<p>One option you choose might be to do nothing just at the moment.</p> <p>It is ok to take some time to think through your options or to see how you feel....</p> <p>Help is always available to you whenever you need it.</p>	Reading information in books or online that might help you understand more about your difficulties.	Hobbies like sport, art, drama, music, outdoor activities. You could ask friends or family members to join you.	Making a telephone call and talking with somebody who will listen and may be able to offer you information & advice.	Talking with a counsellor / peer support worker, who will listen to you and help you understand and work through your feelings.	Specialist support around anxiety, depression, psychosis, PTSD and complex psychological difficulties.	
<b>How will this help me feel better?</b>		You might learn tips to help you feel less stressed and anxious. You might also find out new ways to understand your thoughts and feelings.	Doing something you enjoy could help you to feel good. You might also make new friends and get some ideas to help you overcome challenges.	Talking to somebody you don't know can take the pressure away and allow you to be truly honest about your feelings and situation. This might also help you think more clearly and explore your options.	Talking in a safe space sharing your worries and finding ways to cope better and hopefully overcome your difficulties.	Sometimes problems affect us in ways that feel beyond our control. Speaking to a specialist can help you to understand and manage any emotions or condition you may be experiencing.	
<b>Who will do this with me?</b>		This could be by yourself or with a trusted adult.	Regular clubs are often run by the same person each week.	It is likely to be a different person on the phone each time.	You and a support worker, you would see familiar faces each time.	You have appointments with a professionally trained specialist who will help you.	
<b>Will there be any risks or side effects?</b>		Talking, reading or thinking about your difficulties might cause you worry or stress to begin with. Making changes in the way you think about things or do things may also be hard, and you might feel a bit worse before you start to feel better. Please tell somebody if you are having these feelings. If you are finding it too hard to use this support on your own, this might be a sign that you should ask for more help.					
<b>How can I get this support?</b>		<p><a href="#">Greater Manchester Mental Health website</a></p> <p><a href="#">Every Mind Matters resources</a></p> <p><a href="#">Silver Cloud online therapy</a></p> <p><a href="#">Living Life to the Full</a></p>	<p><a href="#">Local clubs and activities on The Bury Directory website</a></p> <p>Note: many clubs are offering remote support during the covid-19 pandemic</p> <p><a href="#">Bury Adult Learning Centre</a></p>	<p><a href="#">SHOUT 24/7 text support</a> Text GMBury to 85258</p> <p><a href="#">Samaritans Tel; 116 123 (24/7)</a></p> <p><a href="#">Other Helplines</a></p>	<p><a href="#">The Creative Living Centre</a></p> <p><a href="#">BIG in Mental Health</a></p> <p><a href="#">ADAB</a></p> <p><a href="#">Bereavement Support</a></p> <p>Your GP surgery</p>	<p><a href="#">Online self-referral form to Healthy Minds.</a></p>	

REMEMBER...you can choose more than 1 option and it is ok to change your mind!