

SERVICEUSERSNETWORK



The Service Users' Network (SUN) is a Manx Registered Charity to help past and present mental health service users.

Top 10 Tips to Keep Good Mental Health

These are the top 10 suggested ideas from a wide range of Service Users:-

- 1) Make sure you get the medication that is right for you and take it regularly. Be honest and assertive about this with your doctor.
- 2) Try to plan a structure for your days; Keep active. Go to Next Step, do voluntary work or take up a hobby etc.
- 3) Talk about your problem with a trusted friend or a professional person.
- 4) Eat a well-balanced diet. Sleep regular hours and exercise daily.
- 5) Develop and maintain friendships. Talk things over especially at difficult times and avoid isolation when possible.
- 6) Establish a good working relationship with your doctor, nurse or any other professional person. They can advise you on services available to you and also financial problems and housing.
- 7) Avoid stressful situations if at all possible.
- 8) If you feel you are becoming ill get help before the situation reaches crisis point – See your doctor.
- 9) Join the SUN group or self help group to share your experience and receive support and feedback.
- 10) Minimize alcohol intake and avoid unprescribed drugs.