

Your mental health matters



Nearly one in four of us go through a mental health issue every year¹ – so it’s more common that you might think. Whether it’s a friend, a family member or someone you work with, just being there to listen is a great first step. You don’t need to be an expert.

Here’s some of the small things you can do that might make a big difference.

Spotting the signs

People who are going through something don’t always look and act a certain way, but here’s some of the common things to look out for².

- Being tired all the time
- Struggling to concentrate
- Acting differently – like being quieter or more outgoing
- Taking more time off from work than usual

Having a chat

Helping someone open up can be a great place to start. These pointers can get the conversation going, but remember to keep talking about the things you've always spoken about too³.

- 1 Are things difficult for you at the moment? Can I do anything to help?
- 2 It's OK to talk about how you're feeling – let's have a chat
- 3 Are you sure you're OK? Do you need support?

Aviva Smart Health

Aviva Smart Health* is available every single day of the year and includes access to a team of qualified mental health experts. They're on hand for confidential support and specialist help, whether it's how to cope with stress, anxiety, trauma or depression or dealing with a bereavement.

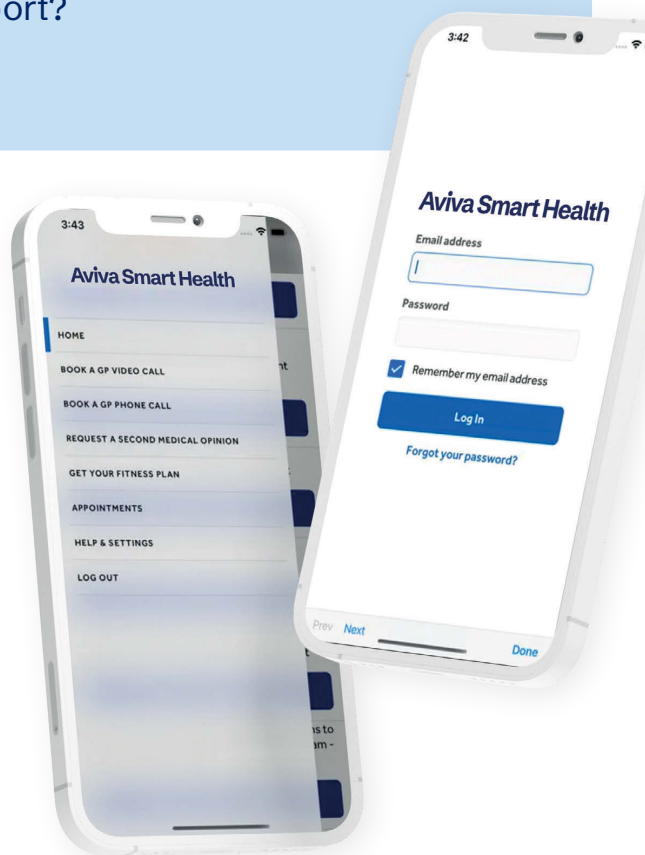
If people feel like talking, they can book an appointment using Aviva Smart Health's website or app.

Visit the website

smarthealth.aviva.com



Download the app



More support's on offer

As well as your conversations, there's lots of information out there to help people – make sure you share the load.

- [Mind's website](#) is packed with advice and resources on a range of different mental health issues
- If someone's dealing with grief and bereavement, [Cruse](#) have a range of expert online guides
- Remember if someone's in danger, the emergency services are always your first port of call

1 [Mind, Mental health facts and statistics](#), last accessed 13/10/2023

2 [MHFA England, Triggers and signs of mental ill health](#), last accessed 13/10/2023

3 [NHS, How do you talk about mental health?](#), last accessed 13/10/2023

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