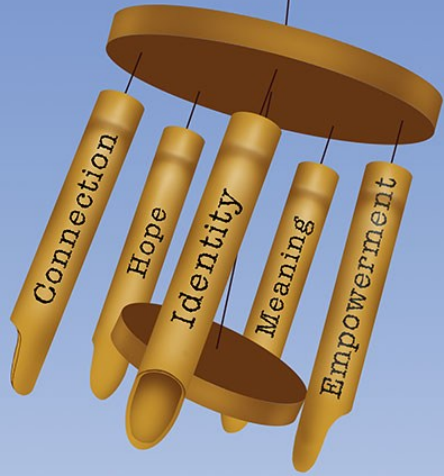


What helps our mental wellbeing?



There are 5 **CHIME** factors that people usually find helpful:

- **Connection**
- **Hope**
- **Identity**
- **Meaning**
- **Empowerment**

The CHIME factors were developed from research about recovering from mental distress.

Connection

Positive connections to other people

Most people benefit for having positive connections to family, friends, neighbours and groups. We might also gain from being more connected to nature, pets and local (or online) communities.

These links could lead to:

- Being part of a community.
- Getting support from people in similar situations.
- Staying in touch, or meeting new people.

See overleaf for a list of Useful Groups and Resources



Hope

Belief that recovery is possible

How could we build hope?

- Working towards small, achievable goals.
- Focus on what's already working.
- Being around positive people.
- Asking for help if you need it.



Meaning

Living a meaningful life

People find meaning in different things, such as:

- Knowing where thoughts and feelings come from.
- Work, training or community work.
- Spirituality & nature.
- Hobbies.
- Culture & the arts.

Identity

Achieve a positive identity

It's good to think about who we are, and who we want to be.

Building a more positive 'self-image' could involve:

- Remembering that everyone is valuable including you.
- Connecting with others who are going through similar things.



Empowerment

Taking control of our lives

People need to feel able to improve their own lives, by:

- Building on our strengths.
- Getting advice on things like money or housing.
- Taking responsibility for the things we can change on our own and getting help where needed.
- Celebrate small victories!

Useful Resources

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IMProving Adult Care Together: impact.bham.ac.uk



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Oxfordshire benefits from many experienced mental health groups and people. Here are some of the best:

- **Oxfordshire Mind** - information on mental health and wellbeing support including peer support groups and short courses.



Tel: 01865 247788 Text: 07451 277973
Email: info@oxfordshiremind.org.uk
www.oxfordshiremind.org.uk

- **Live Well Oxfordshire** - many useful and fun groups and events.
livewell.oxfordshire.gov.uk



- **The Archway Foundation** - helping to tackle loneliness across Oxfordshire.
www.archwayfoundation.org.uk



- **NHS 111** - free advice on mental and physical health matters.
www.111.nhs.uk or call 111



- **Friends, families** and some community groups may also be able to provide support. It can also be helpful to talk to your GP.

Oxfordshire Recovery Network

This poster was put together by a local group of organisations and individuals who are interested in recovery. We hope to develop more links with those working in local mental health services, and with others in the wider community. We have online and face-to-face meetings open to anyone. For more information or copies of this leaflet visit:
www.communityglue.org.uk/oxfordshire-recovery-network/



Oxfordshire Recovery College

Free courses and workshops on all aspects of mental health and wellbeing for adults across Oxfordshire.
01865 779613
www.restore.org.uk/learning/oxfordshire-recovery-college/



- **The Samaritans** - confidential and free listening 24 hours a day.
www.samaritans.org
or call 116123



- **Citizens Advice** - help and advice on benefits, debt and bureaucracy.
Adviceline: 0800 144 8848
www.citizensadvice.org.uk



- **Community Links Oxfordshire** Link Workers listen and talk through what could make a difference to your life. 01235 849 434
community@ageukoxfordshire.org.uk



- **Oxford Community Action** - advocacy and support for minority communities in Oxfordshire.
www.oxfordcommunityaction.org



- **Restore** - recovery groups, learning opportunities and 1:1 coaching to help recovery. www.restore.org.uk

