

MENTAL HEALTH DIAGNOSIS

- Learn about your condition and how it affects you (at your own pace)
- Accept support—use trusted online and in-person organisations and support groups
- Strengthen relationships with friends and family
- Build new connections if you feel lonely or isolated (online or face-to-face)
- Get practical help with finances (benefits advice, budgeting support, debt/finance charities)
- Stay engaged in work, volunteering, learning, or social activities to build confidence
- Hold onto hope—recovery is possible, even if it takes time
- Talk to people with similar experiences to feel less alone
- Prioritise self-care: sleep, movement, nutrition, and routine
- Make sure your living environment feels safe and stable (seek housing support if needed)

