

# Mental Health & Wellbeing Nurse



Your Mental Health & Wellbeing needs attention, just like your Physical Health & Wellbeing. Whether it's relationship or money worries, caring for someone or do you just need someone to talk to? You can ask to see Sarah if you are registered with Whitefriars Surgery (Green or Red Practice) or Taymount Surgery (Perth or Scone Practice).

Sarah is a Registered Mental Health Nurse in these surgeries, here specifically to support you with Health & Wellbeing concerns that may be affecting your mental health. After chatting with you she may be able to offer suggestions on ways to improve your wellbeing, which can be affected by lots of different things! Some examples of things Sarah commonly helps with are stress, anxiety and depression – but not just these things. If you are not currently receiving support from any other professionals, ask for more information about a 30 minute appointment from reception staff at your GP surgery.

**Occupational:** Is about how you occupy your time or simply liking what you do every day

**Financial:** Is about effectively managing your economic life

**Physical:** Is about having good health and enough energy to get things done daily

**Environmental:** Is about the sense of engagement you have with the area where you live

**Social:** Is about having strong relationships and love in your life



"These elements are the currency of a life that matters. They do not include every nuance of what's important in life, but they do represent five broad categories that are essential to most people."

## **Improving Your 5 Elements of Wellbeing**

According to the research, 66% of people are doing well in at least one of the five essential elements of wellbeing, but only 7% of people are thriving in all five elements