



Stuart Low Trust Participants' Tips for Your Wellbeing

For World Mental Health Day 2019, Stuart Low Trust Participants came up with a list of tips to maintain mental health and wellbeing.

They would like to share their advice with you.

- **Build your support network.** Spend time developing your relationships with others.
- **Do some exercise.** Walking, running, swimming or whatever makes you feel good and gets you active.
- **Be in the present moment.** Take time to listen to the wind in the trees or the sound of the rain on your windows.
- **Maintain a healthy lifestyle.** Reduce your caffeine intake. Give up smoking. Stop drinking. Get enough sleep.



What is The Stuart Low Trust?

Stuart Low Trust is a lifeline which brings together people who are socially isolated or living with mental health issues, via our out of hours activities, when people are at their lowest.

One in four of us will experience a mental health problem at some point in our lives. The stigma around mental illness means people feel alone, ashamed and judged. This brings a risk of withdrawal and suicidal ideation. The Trust exists to counter this downward spiral.

Want to get involved?

Without donations, volunteers and our partners we wouldn't be able to provide our broad range of free activities.

- Volunteer at our sessions.
- Support us with fundraising.
- Partner with us.
- Participate in our activities.

More information:

For more information call 0207 713 9304 or email info@slt.org.uk

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