

Improve your understanding of Mental Health and Wellbeing

Guernsey Mind's vision is of a society that has a positive attitude towards mental wellbeing and where the community embraces respect for all. It campaigns locally to improve services, raise awareness and encourage understanding.

1. Focus on getting enough sleep, exercising, eating well and meeting friends and family.
2. Practice some self-compassion – be assertive, do little things that make you happy often, ask for help.
3. Get involved with the '[Team Talk](#)' campaign which aims to promote positive mental health in sport.
4. Follow Guernsey Mind on social media; comment and share on [Facebook](#) and comment, retweet on Twitter [@GuernseyMind](#).
5. Join one of our Community groups such as the Hope Singers and '[Walk and Talk](#).'

At work:

6. Sign our Charter and make a commitment to working towards becoming a Mindful Employer.
7. Introduce a mental health and wellbeing policy.
8. Encourage training for managers in how to manage mental health in the workplace, have conversations around mental health and support employees to stay in work.
9. Provide mental health awareness training for staff so everyone can identify the signs of poor mental health and know where to get help and support.
10. Train [Mental Health First Aiders](#) at work, so you have people on your team trained to spot the signs and symptoms of mental ill health and provide help on a first aid basis.

The information in this leaflet was provided by Guernsey Mind.
For more information visit www.guernseymind.org.gg



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Think differently about disability

#MakeAChange

Who are we?

The Guernsey Disability Alliance LBG (GDA) is a member organisation with over 40 member groups locally, individuals and carers. We work to encourage the Guernsey community to 'Think Differently about Disability'.

We All Matter Eh? is the voice of disabled islanders and carers and runs campaigns to raise awareness in the community and encourage greater inclusion. By doing this we hope to remove many of the barriers that exist for disabled islanders taking a full and active role in Guernsey: in education, employment, arts, sport, social life, etc.

GDA is a Guernsey Registered Charity, number CH041 and AGC member No. 306. We All Matter Eh? is a brand of the GDA.

Disability in Guernsey

Disability is very diverse including physical conditions, mental health, visual & hearing impairments, learning difficulties and many more. In Guernsey there are 13,000 disabled islanders, 4,000 of which have complex needs and 4,000 carers.

Why this campaign?

The UN has an observance day in early December entitled the International Day of Persons with Disabilities (IDPWD). This provides an opportunity to raise awareness and fundraise.

In Guernsey there is no legislation or central body providing information on equality and inclusion, including disability. We wanted to enable a discussion and provide the answers to many people's questions in relation to disability and access by developing Change Cards. Each card is intended to answer a query or issue that someone has faced.

Where do I go?

The We All Matter, Eh? website lists all of the Change Cards as PDFs, which contain hyperlinks to other information. They can also be printed off (double sided) www.matter.gg
Please follow us on [Facebook](#) and [Twitter](#)

How do we get involved?

You can get involved by completing and/or sponsoring one of the Change Cards We actively encourage you, your staff or group to fundraise on Friday 1st December. Sign up for our fundraising pack with ideas and links to information on fundraising www.matter.gg

Thank you to our principal Sponsor



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