

Mental health

In order for us to feel good, having a healthy mind is just as important as having a healthy body and a healthy environment. It helps us to manage our day, take responsibility, be brave, achieve goals, experience joy and be happy.

Satisfaction

Health

Happiness



Support
Exchange
Information centres



Talking helps!

Conversations with people who feel the same as us or who are affected can help us lift the weight off our shoulders. For this reason there are information centres and groups where people who are feeling the same way can meet.

You can find help
in Berlin at:
www.HelpIsOk.de

Perspective

You are not alone
in your struggles!

It is okay to get help for yourself ...



Perspektive

www.HelpIsOk.de



kompetent
gesund.de

FACHSTELLE FÜR SUCHTPRÄVENTION

IMPRESSUM

1. Auflage | Dezember 2018
Herausgeber:
Fachstelle für Suchtprävention Berlin gGmbH
Chausseestr. 128/129 | 10115 Berlin
Tel.: 030 - 29 35 26 15
Fax: 030 - 29 35 26 16
info@kompetent-gesund.de
www.kompetent-gesund.de/Gefuehrechtete

V.i.S.d.P. Kerstin Jüngling,
Fachstelle für Suchtprävention Berlin gGmbH
Redaktion: Kerstin Jüngling, Anna Freiesleben
Gestaltung: Martina Jacob
Wir danken 123comics für die freundliche
Unterstützung und Entwicklung der Figuren sowie
der Senatsverwaltung für Gesundheit, Pflege und
Gleichstellung für die Finanzierung.

Bilder: 123comics (8); istock/mixformdesign; istock/Ollustrator (2); istock/enlyncz; themounproject (9); Fotolia/schinsford

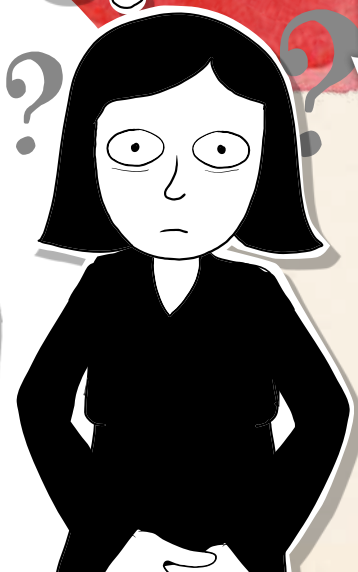
Injuries to your mind

Some people have experience bad things in their lives. This is often the case for people who have had to flee their home. The more bad things a person has experienced, the higher the risk their mental health is going to suffer.

Are you familiar with:

- Not being able to sleep well, or still being tired despite sleeping?
- Only being able to accomplish your daily tasks with great difficulty?
- Having constant unpleasant palpitations or pains?
- Always feeling sad, or having trouble feeling anything at all?
- Being easily frustrated?

These could all be signs of damage to your mental health. Unfortunately, these wounds to your mind cannot be completely healed on their own. An injured mind doesn't heal like an injured leg.



What doesn't help

Some people use addictive substances in order to forget what they've experienced, or to make themselves physically and mentally strong. These can be legal drugs such as alcohol and cigarettes, or illegal drugs, such as cannabis or heroin. Drugs only help for a short while, most of the time it gets worse afterwards. This is because the causes of the bad feelings and the memories still remain. Also, the drugs alone can cause addiction, which means it is hard to live without them. They can cause you to worry more and can prevent you from doing things, such as being able to take good care of your children. Even medicine such as sleeping tablets, sedatives or pain killers can be addictive. They should not be taken without prior medical consent and for a long period of time.



Take care of yourself!

Simple things can help you in your everyday routine to calm your mind and relax your body, for example:

- Take a real break at least once a day, even from your smartphone.
- Go for a walk and move about in the fresh air.
- Doing exercise is relaxing – maybe there is a certain sport you want to try?
- Spend time with friends and people you know.
- Do the things you enjoy in your spare time.
- If possible, air your room out and drink some tea or coffee before going to bed.



When the mind is very badly injured, often these things alone are not enough to heal a person. Sometimes, people need support from other people outside their family who are quite good at caring for injured minds.

