

Learn how to provide mental health first aid

The ensa courses teach us how to provide mental health first aid to those who are close to us; our family, friends and work colleagues. Mental health first-aiders are taught to proactively approach people suffering mental distress, offering support before a crisis can develop. First aid courses for mental health at www.ensa.swiss

In cooperation with:



British Embassy
Berne

Canada



EMBASSY OF THE UNITED STATES
Bern, Switzerland

Get in touch with your embassy for information on mental-health resources accessible from abroad.

Swiss Mental Health Foundation
Schweizerische Stiftung Pro Mente Sana
Fondation Suisse Pro Mente Sana
Fondazione Svizzera Pro Mente Sana

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Counselling 0848 800 858 (standard charge)
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www.promentesana.ch/donate



Useful resources for mental health

Information and services on how you can strengthen
your mental wellbeing or find help, if needed.

Staying healthy, both physically and mentally, is something we all want. Good health can't be taken for granted, but it's always possible to do something for our own wellbeing. This flyer will give you information on how you can promote your mental health, what you can do if you or somebody close to you is suffering from emotional distress and how you get help.

Boost your mental health

We all take care of our physical health: brushing our teeth, watching our diet, arranging medical check-ups. You can strengthen and maintain your mental health too. Start by consciously enjoying the small things in life and drawing strength from them. The „How are you?“ campaign raises awareness of this, and provides some very specific tips.

More at www.how-are-you.ch/inputs-for-mental-health

Conversation tips

Talking about problems, anxieties and negative feelings doesn't make them go away – but it does make them less stressful, inspiring fresh hope or making it possible for you to get help. The conversation tips cover two perspectives: „I'm doing all right, but there's someone I'm worried about“ and „I'm not doing very well“. People affected and those around them will find lots of hints on how a conversation about mental illness or problems can be successful.

More at www.how-are-you.ch/conversation-tips

Order or download brochures

At www.how-are-you.ch/brochures you will find various brochures with useful information on mental health and illnesses. The brochures – which cover many aspects, such as work, family and old age – can be downloaded or ordered.



Support for people affected and those around them

Mental illnesses should be treated as early as possible by qualified specialists. It's always better to take action than sealing yourself off or not reaching out for fear of not being able to express yourself. If you feel that you're not in the best of mental health, talk to a counsellor for mental health support. You can also confide in your family doctor, who can refer you to a specialist psychotherapist.

Counselling Pro Mente Sana:

- **Tel. 0848 800 858 (DE/FR/IT; EN by arrangement)**
Psychosocial and legal advice for people suffering from mental illness and for their loved ones. Provided free of charge and confidential.
- **E-counselling at www.promentesana.ch/e-beratung (DE/FR/IT/EN)**
Enables you to send in your mental health concerns or questions at any time. Offered via a secure connection – messages are encrypted. Replies within three working days.

In an emergency:

- **Tel. 143, www.143.ch (DE/FR/IT; EN sometimes available)**
Advice for adults from Die Dargebotene Hand, 24-hour-hotline, free of charge
- **Tel. 147, www.147.ch (DE/FR/IT; EN sometimes available)**
Advice for children and young adults from Pro Juventute, 24-hour-hotline, free of charge

More addresses and services:

- **www.how-are-you.ch/addresses-and-services**
Further Swiss counselling addresses for a suitable mental health support

Finding a psychotherapist

Each of the three leading professional associations for Swiss psychologists offer online search functions. Use filters such as language, specialty and geographical location to find the right therapist for you. Also consider tele-therapy.

- The Federation of Swiss psychologists FSP, (DE): www.psychologie.ch
- Swiss Professional Association of Applied Psychology SPAP (DE): www.sbap.ch
- Association of Swiss Psychotherapists ASP, (DE/FR/IT): www.psychotherapie.ch

For more information visit
promentesana.ch/english