Many factors can influence mental well-being

The choices we make can bring pleasure and excitement or upset and pain to ourselves and others.

When making choices:

- Take time to make your decision, always think things through carefully
- Rely on past experiences to help you decide - remember that your gut feelings can be valuable
- Listen to advice from others, but make sure the final choice is yours
- Get as much information as possible. If necessary, go to a person or organisation you can trust
- Don’t be afraid to change your mind, you can learn from your mistakes

If you feel you have no choices, feel helpless or have no one to support you, seek professional advice from your GP, Health Worker, Social Services or the Citizen’s Advice Bureau. There are people who can help you.

Working together to make South of Tyne and Wear healthy for you