

**Re:Cognition  
Health  
Brain and  
Mind Experts**

[recognitionhealth.com](https://recognitionhealth.com)

# **Mental Health Awareness**

Re-Cognition Health's Guide to Brain, Mind and Health Awareness



# Mental Health Awareness 2025

At Re:Cognition Health, we are delighted to launch our Guide to Mental Health Awareness, supporting this year's powerful theme from the Mental Health Foundation, **community**.

This theme resonates deeply with our values, as we understand the vital role that connection, compassion, and shared understanding play in maintaining mental wellbeing.

Whether you are a patient, a loved one, a colleague, or one of our valued partners, we hope this guide serves as a practical and inspiring resource.

Prioritising the health of our brains and minds is something we can all do, often in simple but meaningful ways. From choosing foods that help support brain health to adopting small daily habits that promote calm and clarity, we each have the opportunity to take proactive steps towards a healthier mind.

Together, as a community, we can foster environments where mental wellness is nurtured, supported, and celebrated.

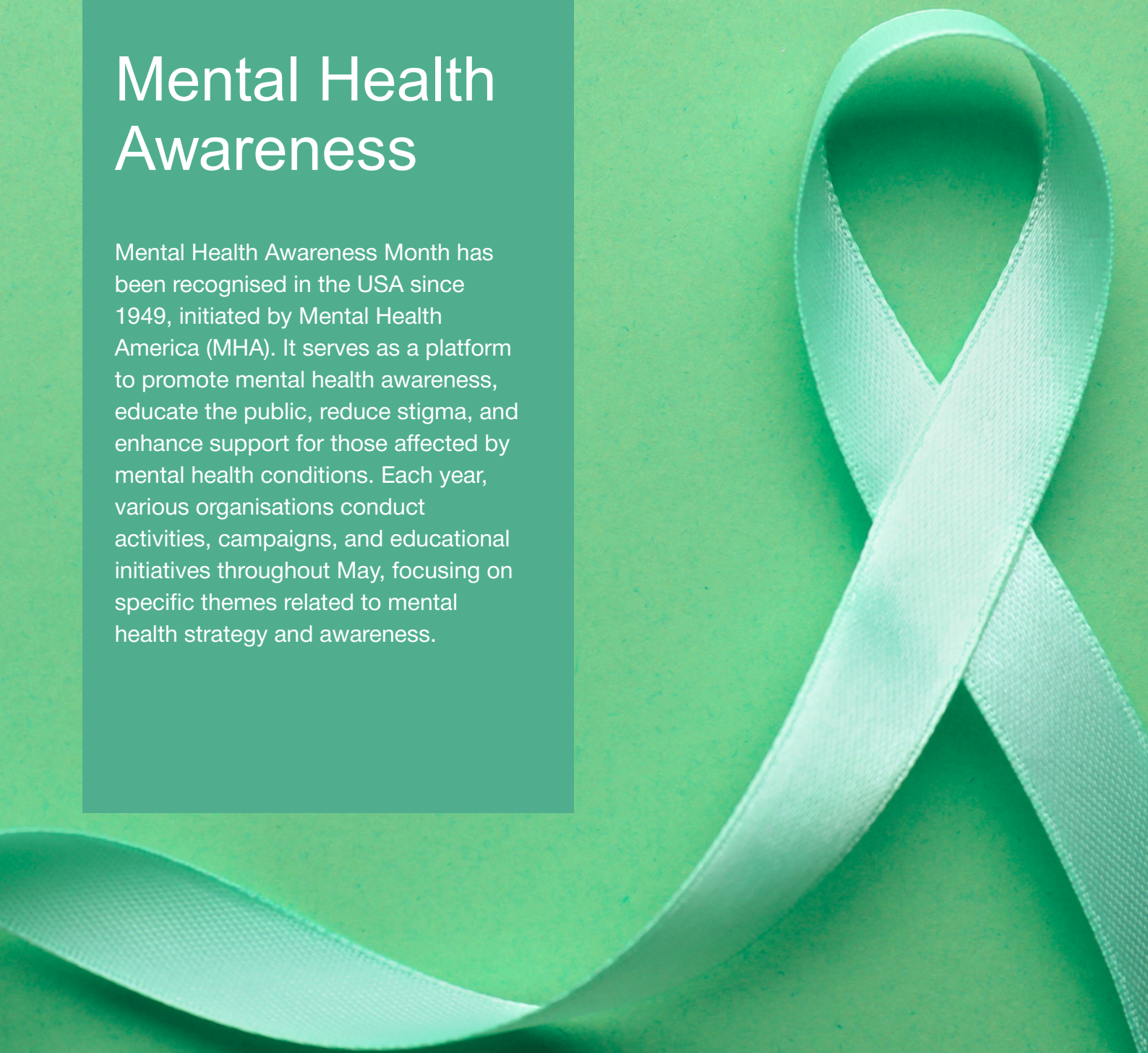
Dr Emer MacSweeney  
CEO, Re:Cognition Health





# Mental Health Awareness

Mental Health Awareness Month has been recognised in the USA since 1949, initiated by Mental Health America (MHA). It serves as a platform to promote mental health awareness, educate the public, reduce stigma, and enhance support for those affected by mental health conditions. Each year, various organisations conduct activities, campaigns, and educational initiatives throughout May, focusing on specific themes related to mental health strategy and awareness.



# Awareness Week

In the UK, since 2001, the Mental Health Foundation has been leading Mental Health Awareness Week - bringing the UK together to focus on getting good mental health. This year, the theme is 'community'.

We want to mark this occasion in celebrating the power and importance of community.

Being part of a safe, positive community is vital for our mental health and wellbeing. We thrive when we have strong connections with other people and supportive communities that remind us, we are not alone. Communities can provide a sense of belonging, safety, support in hard times, and give us a sense purpose. Whether you are a patient in our services, a friend or relative of one, or a valued member of staff, as part of the Re-Cognition Health community, this booklet aims to share guidance and information to support healthy mental health.



**MENTAL  
HEALTH  
AWARENESS  
WEEK**  
**12-18 MAY 2025**



# Spotlight on Anxiety

It's normal to feel anxious sometimes. It's how we respond to feeling threatened, under pressure or stressed: for example, if we have an important life event, a test or interview or are expecting important news.

Anxiety isn't necessarily a bad thing. It can spur us on, help us stay alert, make us aware of risks and motivate us to solve problems.

However, anxiety can be a problem if it affects your ability to live your life. If your anxiety is ongoing, intense, hard to control or out of proportion to your situation, it can be a sign of a mental health problem.

Help is available no matter how long you've felt anxious or severe your symptoms. There are many different types of treatment, and it is always recommended to first talk to your Doctor about all your options.

### **Ways you can look after yourself**

- Talk about how you're feeling and what's making you anxious. Just being heard and understood may make you feel better. You could open up to a friend or call a recognised Anxiety helpline.
- Look after your physical health. Eating well, staying physically active, avoiding cigarettes and alcohol and getting enough sleep can also help you manage anxiety better.
- Breathing exercises can help: our page on panic attacks has some suggestions. Some people find practising mindfulness useful, but be aware it isn't recommended for social anxiety.
- Consider joining a peer support group. They offer a safe place to share your experiences and worries with other people who also have an anxiety disorder.

### **Damion's story**

Using creative ideas to overcome feelings of anxiety  
[Managing anxiety with creativity - Mind](#)

**CLICK HERE** 

# Mental Health and Community

## **Ways to get involved on your community and boost your mental health.**

A community is a group of people brought together through something which they share in common. It can be found with either the people who live around us in a geographic location or with people we connect with through similar values and interests. You might find your community through work, through your faith, at a club where you enjoy a hobby, as part of a group inspiring action for positive change. Importantly, a community should make you feel good about yourself, feel safe, and feel empathy towards others.

Whether it is getting outside and exploring something new, or finding ways to connect with others, there are lots of creative ways to boost your mental health by engaging in your community.



## **Article:**

10 Ways to get involved in your community

**CLICK HERE** 



# Supporting a loved one with depression

Watching a loved one go through a difficult time may leave you searching for solutions. Practical advice and tips can help, but sometimes rather than trying to 'fix a problem', it's better to be a safe place for them to turn to.

Being the main source of support for a partner living with depression can add a lot of pressure on you. It's important to look after yourself and ask for support when you need it.



## Article:

Supporting a partner with depression | Mental Health Foundation

[CLICK HERE](#) 

# Talking about mental health

Starting a conversation about mental health can be difficult or feel overwhelming, but reaching out when someone is struggling can make a real difference. It shows them they're not alone and that you care.

Listening to them will be a priority, as well as respecting their boundaries as to how much they wish to tell you. An open and supportive conversation will not only help them feel empowered to speak about their feelings, the situation, and potential next steps — it may also help them seek further support.



### Article:

Talking to a friend | Mental Health UK

[CLICK HERE](#)





# Relaxation Techniques

Relaxation enhances blood flow, leading to a calmer mind that supports positive thinking, concentration and decisions making. It also helps to reduce stress, improve mood and enhance sleep quality, which are all crucial for maintaining mental well-being. The benefits of relaxation extend beyond stress reduction and mental health improvements. Studies have shown that regular relaxation can also enhance cognitive function, improve sleep quality, and boost immune function.

Whilst the benefits are apparent, many of us find it difficult to switch off.

Check out Mind's guide to relaxation

[CLICK HERE](#) 



# Food and mental health

They say you are what you eat, but did you know the foods we eat can have a significant impact on our mood. Certain foods are linked to higher levels of dopamine and norepinephrine, which are brain chemicals that play an important role in our mood, our motivation and our concentration.



Video:

[CLICK HERE](#) 



Article:

Why is drinking water so important?

[CLICK HERE](#) 



## Move more for mental health

Moving more can have positive effects on mental health. Regular exercise reduces stress, alleviates anxiety, and boosts mood by releasing endorphins. Even small amounts of physical activity can immediately reduce symptoms of anxiety. Increased physical activity can improve depression symptoms. Regular aerobic exercise can reduce anxiety by making your brain's "fight or flight" system less reactive.



### Article:

Movement: moving more for our mental health | Mental Health Foundation

[CLICK HERE](#) 

# Sleep

If you have problems sleeping, this could make your mental health worse. Or it might cause other problems that impact your mental health.

For example, you might:

- Be more likely to feel anxious or depressed
- Be more likely to experience hallucinations
- Be more impacted by symptoms of existing mental health problems, such as mania, psychosis or paranoia
- Feel lonely, or isolated – for example, if you don't have the energy to see people, or they don't seem to understand what you're going through
- Struggle to concentrate, or make plans and decisions
- Feel irritable or not have energy to do things
- Have problems with day to day life, maybe at work or with family and friends
- Be more affected by physical health problems



### Article:

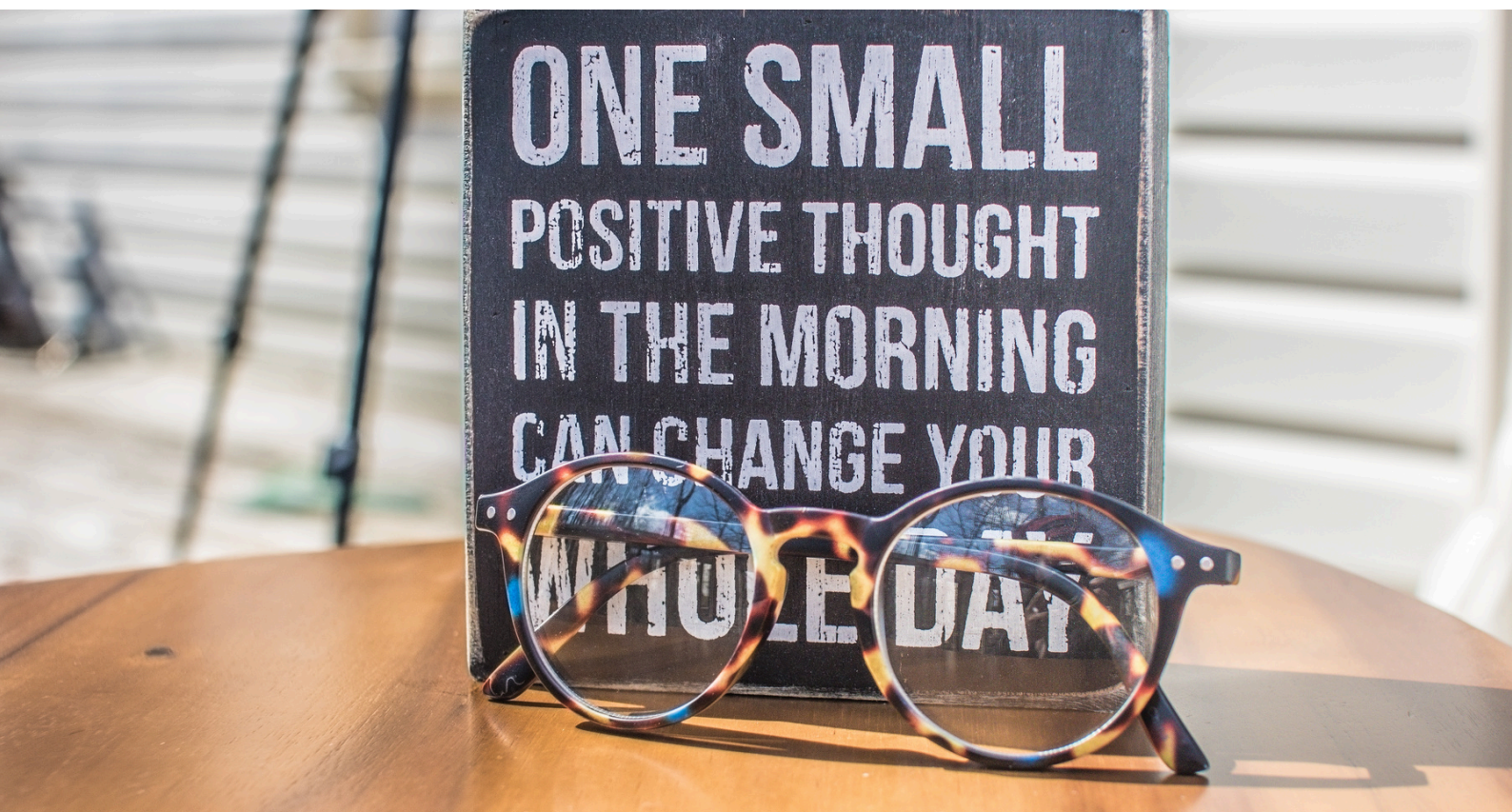
Sleep and mental health

[CLICK HERE](#) 



# Changing your mindset

Negativity in our way of thinking, can affects our over all mental health and wellbeing. We all think negatively sometimes. We're having a bad day, and it feels like the world is against us. We start to believe that things are harder for us, that life is unfair, or that other people do not have good intentions. The more that we allow ourselves to think negatively, the more often we will have negative thoughts and the harder it will be to break the cycle. But thinking positively all the time is not the solution to conquering negative thinking. It is possible to have fewer negative thoughts and reframe them so they are more realistic.



### Article:

Check out this tool to help you over come negative thoughts.

[CLICK HERE](#) 

# Services we provide - therapy

Our patient-centric approach enables our expert team to provide the very best assessments, fast & accurate diagnosis and bespoke treatments plans for every patient. If you or a loved one is experiencing cognitive symptoms that are impacting daily life, whether at work, school or home, our expert team are here to help.

Our expertise enables us to design a bespoke treatment plan to deploy appropriate individual cognitive and behavioural strategies. We assess, diagnose and treat the following mental health conditions:

- Anxiety
- Bipolar disorder
- Depression
- Exam stress
- Internet misuse and overuse
- Unexplained medical symptoms
- PTSD

### Intensive Short-Term Dynamic Psychotherapy (ISTDP):

ISTDP is available for patients with Functional Neurological Disorder (FND) or unexplained medical symptoms. It is an accelerated form of experiential psychotherapy which is practiced internationally, and which has a well-established and impressive evidence base. ISTDP aims to bring rapid resolution to a wide range of psychological problems and painful behavioural and relational patterns, through techniques to enable the processing of “emotional blockages” and the experience of core emotions. By reaching the unconscious mind, ISTDP enables permanent changes, including freedom from suboptimal or destructive habits and patterns of behaviour.

### Eye Movement Desensitisation and Reprocessing (EMDR):

EMDR is available for individuals suffering symptoms of PTSD. It is a comprehensive psychotherapy designed to enable processing and recovery from past experiences adversely affecting an individual’s mental health and wellbeing. It involves using side to side eye movements, combined with therapy in a specific and structured format.

## Video:

Listen to Recognition Health's Shikainah Champion, EMDR Specialist, talking about her easy to access clinics.

**CLICK HERE**





# Services we provide - psychiatry

Psychiatry is field of medicine that focuses on the diagnosis, treatment and prevention of mental, emotional and behavioural disorders. If you experience problems such as panic attacks, anxiety, hallucinations or thoughts of suicide, you might benefit from a psychiatric assessment.

Our nationally-recognised team of Psychiatrists recognise that maintaining a healthy mind as well as optimising brain function is important in the management of cognitive and related problems.

We see both adults and children.

The first step to arranging an appointment at our clinic is to contact our team of patient coordinators. If you are a private patient, you'll need to provide a referral letter from your GP or other healthcare professional. That way we can make sure that you see a psychiatrist with the relevant expertise.

### We have expertise in treating the following conditions

- ADHD
- Agitation
- Alzheimer's disease
- Anxiety
- Autistic Spectrum Disorders
- Behavioral Disorders
- Dementia
- Depression
- Obsessive Compulsive Disorder
- Post Traumatic Stress Disorder (PTSD)
- Stress
- Traumatic Brain Injury (TBI)

# Services we provide - neuropsychiatry

Maintaining a healthy mind as well as optimising brain function is important in the management of cognitive and related problems.

Re:Cognition Health's team of psychiatrists and neuropsychiatrists together with our expert psychologists diagnose and manage a wide range of conditions affecting cognitive function including:

- Stress, anxiety, depression
- ADHD, autism, addiction, behavioural disorders, post-traumatic stress disorder
- Psychiatric and neurological conditions as a result of head trauma
- Neuropsychological rehabilitation
- Clinical psychology therapy
- Neuropsychological Assessment (NPA)

Additionally, the team can provide:

- Detailed cognitive assessments for brain injury, occupational health, insurance claims, capacity assessments or power of attorney
- Bespoke rehabilitation and ongoing care management programmes; Re:Cognition Health works closely with case managers in the rehabilitation of patients who have acquired a brain injury
- Capacity assessment with official COP3
- Speech & Language therapies and specialised physiotherapy following acquired brain injury



## Useful resources



**Samaritans - Tel: 116 123**

Provides 24/7 emotional support via phone, email, and face-to-face services. Trained volunteers offer a non-judgmental space for anyone in distress.

[www.samaritans.org](http://www.samaritans.org) Email: [jo@samaritans.org](mailto:jo@samaritans.org)



**Sane - Tel: 300 304 7000**

Sane Offers support for people affected by mental illness, including helplines, online forums, and crisis text support. Focuses on improving quality of life for those affected.

[www.sane.org.uk](http://www.sane.org.uk) Email: [support@sane.org.uk](mailto:support@sane.org.uk)



**James' Place - Tel: 020 3488 8404**

Provides free, face-to-face support for men in suicidal crisis. Services include one-to-one sessions and therapeutic support

[www.jamesplace.org.uk](http://www.jamesplace.org.uk) Email: [london@jamesplace.org.uk](mailto:london@jamesplace.org.uk)



**Family Action - Tel: 0808 802 6666 or Text: 07537 404 282**

Offers practical, emotional, and financial support to families experiencing poverty, disadvantage, and social isolation. Services include mental health support and family services.

[www.family-action.org.uk](http://www.family-action.org.uk) Email: [familyline@family-action.org.uk](mailto:familyline@family-action.org.uk)



**Good Thinking**

A free, anonymous digital platform offering tools and resources to support mental wellbeing, including anxiety, depression, stress, and sleep.

[www.good-thinking.uk](http://www.good-thinking.uk) Email: [info@good-thinking.uk](mailto:info@good-thinking.uk)



**Dementia Friends - Tel: 0300 222 5772**

Dementia Friends is an initiative led by the Alzheimer's Society, aiming to change how people think, act, and talk about dementia. The program encourages individuals to become more aware of dementia and its impact, supporting people with dementia by promoting a better understanding in communities.

[dementiafriends.org.uk](http://dementiafriends.org.uk) Email: [info@dementiafriends.org.uk](mailto:info@dementiafriends.org.uk)

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