

# Living with Mental Ill-Health

**“Mental Ill-Health” includes major illnesses such as bi-polar disorder, depression and schizophrenia. However, the term also includes the broader spectrum of stress and anxiety that affects so many of us at some point in our lives.**

We are all individuals, in differing circumstances, but mental ill-health has a common impact in the way it disturbs daily life. It can affect people’s relationships with family and friends, cause sickness absence or the loss of employment, damage confidence and self esteem, make it hard to budget and to manage other daily living tasks.

The help we provide is realistic and practical. It ranges from the provision of skilled counselling to resolve issues and to build resilience for the future - to the provision of day services tailored to meet people’s needs and the offer of volunteer befriending.

Not only the person who is experiencing mental ill-health needs help but we also offer assistance to family members and friends who are providing care and who need support to cope with the often distressing demands they face.

Mental ill-health can feel overwhelming but recovery is possible and MHA is here to help.

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