

# Many factors can influence mental well being

## Housing

STIGMA & DISCRIMINATION

HOUSING

USING MEDICINES

Housing problems can be a source of worry and stress

RELATIONSHIPS

MAKING CHOICES

Knowing what to do and who to go to for advice and support can help us feel more in control, less anxious and happier

MONEY

Home is where people spend a lot of their time, somewhere where they feel safe, they can unwind and have space to do things they enjoy

WORK

RELAXING

PHYSICAL HEALTH

LOSS & GRIEF

Production date: May 09 Author: Public Health Development Team, South Tyneside PCT Code: 0509/172

## The following information can help you with housing problems you may have:

- Having a home is a basic need, if for whatever reason you find yourself without a place to live, you can get advice from your local council or contact Shelter on 0844 515 1601
- If you are having problems paying your rent or mortgage, don't ignore it, seek help - contact your local Welfare Rights Advice Centre or Citizens Advice Bureau (CAB)
- If you are experiencing anti-social behaviour, for example, noisy neighbours, vandalism, intimidation or youth nuisance, you can get help from your local council office or from the Police Community Support Officers
- If you are a tenant and your home needs repairs, contact your landlord or housing provider as soon as you can
- If you are worried about the security of your home, find out what community safety schemes are available, eg speak to your Police Community Support Officers
- If you are concerned about your energy bills, there maybe heating and insulation schemes available. Contact your local council who can give you information about these schemes
- Many people find that getting involved in activities that take place in their neighbourhood helps them feel part of their local community

**Remember if you have a problem, the best way is to deal with it as soon as possible. Whatever your housing problem is, seek help and get it sorted.**

Working together to make  
South of Tyne and Wear

HEALTHY FOR YOU

This information can be made available in another format or language on request. Please contact the Public Health Improvement Information Team Tel: 283 1124 Email: [healthinfo@sotw.nhs.uk](mailto:healthinfo@sotw.nhs.uk)