


Quick Wins For Mental Health In Primary Care

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- **'Cathy'**
 - **65-year-old, Female**
 - **Tried 'every antidepressant on the market'**
 - **Wanting a mood stabiliser**

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- A wooden boardwalk path winds through a grassy dune landscape at sunset. The sun is low on the horizon, creating a warm, golden glow and long shadows. The sky is filled with soft, white clouds. The path leads the eye from the foreground into the distance, where the sun is setting behind a low ridge of dunes.
- **Sadly bereaved 2 years ago**
 - **Mainly feeling anxious and loss of confidence but also low in mood**
 - **Recently retired**
 - **Feeling socially isolated.**
 - **Antidepressants made her intolerably anxious**
 - **History of trying new medication and discontinuing quickly as increased anxiety**

5 THINGS I WISH I'D KNOWN

- **Never underestimate the importance of getting the basics right**
- **Holistic care and other support**
- **How physical health can affect mental health**
- **Meet people with authenticity and respect**
- **Know who to ask**

