

ALCOHOL

Alcohol is so widely used that we sometimes forget the harm it can cause.

If you drink more than the recommended limit it **could lead to health problems**, including: stroke, liver disease and some cancers.

If you are ready to make a change, contact **PHIL**.



MENTAL WELLBEING

Mental wellbeing is about how you feel in yourself.

If you are feeling low or anxious don't feel ashamed. Worries about mental health are the second most common reason for visiting the doctor.

If you would like support, contact **PHIL**.



ISOLATION

Do you feel alone and not part of the wider society?

There are many things that can increase your feeling of isolation, including bereavement, relationship breakdown, redundancy, having a baby etc.

It's important to remember loneliness can – and does – affect anyone, of any age.

If you would like support, contact **PHIL**.



CONTACT PHIL

Contact **PHIL**
(Promoting Health
Information Line)



for local support for Cornwall

CALL US: **01209 313419**

EMAIL US: cornwallphil@nhs.net

SELF/PROFESSIONAL REFER ONLINE:

www.askphil.org.uk

PHIL-

it could change
your life!

FREE, friendly advice to.....

Stop smoking

Get more physically active

Lose weight

Reduce your alcohol intake

Improve mental wellbeing

Get help with mental health
& isolation

STOP SMOKING

Stopping smoking can make a dramatic improvement to your lifestyle and health:

- ◆ You will **save money**.
- ◆ You will have better sense of taste.
- ◆ Your breathing and general fitness will improve.
- ◆ Your skin and teeth will look healthier.
- ◆ You could improve fertility level.
- ◆ Your chance of having a healthy pregnancy and baby will be higher.



There are also real benefits for your family and friends. You may think you are being careful but others still breathe in second-hand smoke.

There is also special support for **mums-to-be** who want to quit. To get help, contact **PHIL**.



You're up to **4** times more likely to quit for good with our help.

GET ACTIVE

If exercise were a pill, it would be one of the most cost-effective drugs ever developed.

Whatever your age, there's strong scientific evidence that being physically active can help you lead a healthier and happier life.

The majority of adults do not take enough physical activity. Did you know?:

It can reduce your risk of major illnesses, such as heart disease, stroke, type 2 diabetes, cancer and lower your risk of early death by up to 30%.

To stay healthy, adults aged 19-64 should aim for 150 minutes (two and a half hours) moderate aerobic activity every week. Plus muscle strengthening activities two or more days a week.

If you are ready to make a change, simply contact **PHIL**.



LOSE WEIGHT

If you are overweight, it can affect your health and how you feel about yourself.



It can lead to some of the most serious health problems,

including type 2 diabetes, heart disease and some cancers.

But the **good news** is that by losing a small amount of weight, it can help you to feel good and improve your health.

Some benefits are:

- ◆ Increased energy levels
- ◆ Increased confidence
- ◆ Easier movement
- ◆ Improved back and joint pain



You may be worried about your own weight or that of a friend or someone in your family. Whether you think it's a big problem or something you're just a little concerned about, **PHIL can help you**.