

Complementary therapies for mental health

Used alongside medical/talking treatments, complementary therapies can support mental health, especially for those with anxiety and depression.



Acupuncture

- encourages relaxation
- promotes the release of serotonin (the happy hormone)
- eases physical pain

Aromatherapy

- can help lift mood
- reduces stress symptoms
- helps you sleep



Massage

- reduces tension
- helps tension aches and pains
- lowers cortisol levels (the stress hormone)

Yoga therapy

- encourages mindfulness
- lowers stress
- increases endorphins (another happy hormone)

