

Mental health and driving and riding





Mental health, like physical health, can vary all the time. For those living with a mental health illness, driving and riding can be a real challenge.

Experiencing a mental health problem, whether it be a bout or ongoing, is daunting and lonely. To support those affected, IAM RoadSmart has partnered with Mental Health Motorbike to offer some expert advice and practical tips to help keep people safe on the road.

About Mental Health Motorbike

Mental Health Motorbike is the first dedicated mental health charity for the motorbike community, offering free face-to-face and online mental health first aid support throughout the UK. They exist to create meaningful and purposeful opportunities, for all bikers, so that together they grow the wellbeing of the biker community.

Driving and riding with a mental health illness

Mental health can affect you at any point in your life. You could be new to the road or have years of experience under your belt. If you do have a mental health illness and/or are taking medication, you should check with your doctor who can advise whether it's safe to be on the road.



1 in 4

people will experience a mental health problem of some kind each year



1 in 6

report experiencing a common mental health problem, like anxiety and depression, in any given week



1 in 5

people have suicidal thoughts



1 in 15

people attempt suicide

Signs that someone may be experiencing mental health struggles

- » Changes in mood
- » Changes in behaviour
- » Changes in thinking, feeling and physical sensations

Tips to looking after your mental health

Looking after our mental health is not only good for us now, it can also help us deal with and manage difficult times in the future. Whether you want to reduce stress levels, sleep better, or need help with anxiety and depression. Here are some practical tips to help you look after your mental health and wellbeing.

- 1. Take time to breathe**
- 2. Have a routine**
- 3. Be kind to yourself**
- 4. Start talking**
- 5. Get moving**



If you need non-urgent mental health support, you can call 111. Or to find out more information about mental health, visit NHS online or speak to charities in your area.

Your mental health is important, you will not be wasting anyone's time.



mhmotorbike.com

Find out more about IAM RoadSmart

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