



Mental Health Awareness handout for young people supported by the Trust

We all have mental health, and we all experience both poor and good mental health – it's normal.

There isn't a rule book on mental health which is why our mental health can look differently to others, and that's ok. It's really important to know what our own mental health looks like and how to look after it in exactly the same way that we look after our body in a physical way.

Starting to understand and recognise your helpful and unhelpful coping mechanisms can play a big part in your overall wellbeing and how you feel.

Talking to someone that you trust will always help you and your mental health, and recovery is always possible. There's a lot of support and coping mechanisms that can help you with your mental health.

At a time when we feel we don't have much control in our life, looking after our mental health and wellbeing is something, we can take control of. So, be loud and proud in looking after your mental health! Remember, you are an important person in this world and for that reason you need to look after yourself.

What is Depression?

'...A loss of interest and enjoyment in ordinary things and experiences...low mood and a range of associated emotional, cognitive, physical and behavioural symptoms.' (NICE 2007)

What is Anxiety?

A feeling of fear and panic. A normal feeling that everyone experiences but anxiety becomes a problem when being experienced daily and it begins to impact everyday life.

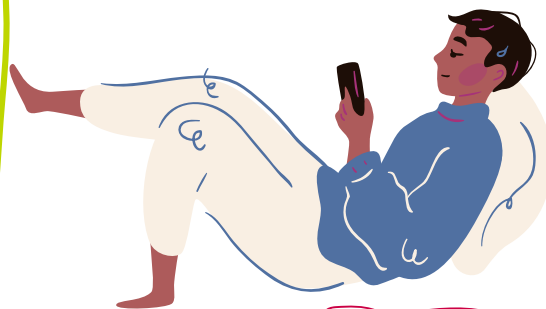


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It's good to have 'tool-kit' to help support your wellbeing and mental health, here are some ideas:

Sleep - Sleep is important, we all need it. It's recommended that adults need 7-9 hours sleep per night. Children and teenagers need more to enable their growth and development. CALM is a wonderful app that can help you rest and sleep well.



Screen Time - Take time out from social media, the news and screen time. There have been several studies that suggest higher levels of screen use in children and adolescents is associated with reduced physical activity, increased risk of depression, and lower wellbeing. So, take control, have time out and switch them off.



Journaling -

Writing down our thoughts and feelings can be incredibly beneficial to our mental health. Putting our thoughts onto paper allows our brain time to rest. Write about everything from the challenges and worries that you have to the goals you achieved that day – and remember, goals come in all shapes and sizes, from getting out of bed and having a shower to going out for a run.

Self-care -

Take time to do the things you enjoy, this maybe binge-watching Netflix, taking a bath, calling a friend, listening to music or reading your favourite book. You're incredibly important and so you must always make time for you.

Hope - For those who are living with poor mental health, there is hope and there is recovery. Don't be afraid to talk about how you feel and ask for help if you need it.





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Breathing exercises - Sometimes, when we are anxious our breathing can become erratic. When this happens try not to panic, it will pass. There are a number of things you can do, some people choose to slowly count to 10 and back, you could play the colour game – choose a colour, look around and see how many versions of the colour you can see. Finally, the '5 senses' is a beautiful coping mechanism when trying to calm your thoughts and breathing,

Acknowledge 5 things you see around you.

Acknowledge 4 things you can touch around you.

Acknowledge 3 things you hear.

Acknowledge 2 things you can smell.

Acknowledge 1 thing you can taste.



Be kind to yourself.

Life is sometimes tough. You're not alone.

Good days vs bad days -

We all have good and bad days, it's ok.

Surround yourself with good people -

People that will be kind to you and support you.

People you feel safe to talk to and enjoy being with.



Exercise - We know that exercise is good for your mental health. Participation in regular physical activity can increase your self-esteem and can reduce stress and anxiety.

Routine - Lockdown has challenged our daily routine, but where possible try to stick to a routine. Monday-Friday have a time that you get up, shower and dress. Set times to do school/college/work and always have an end time. Move away from where you've been working and acknowledge the end of a working day.



Organisations for support and information

Samaritans

<https://www.samaritans.org/how-we-can-help/>
Call: 116 123 Email: jo@Samaritans.org

SHOUT

<https://www.giveusashout.org/>
Text 85258

Kooth

<https://www.kooth.com/>
(Online free counselling support for young people)

Mind

<https://www.mind.org.uk/>
(Information and support)

Young minds

<https://youngminds.org.uk/>
(Urgent help text 'YM' to 85258)

Childline

<https://www.childline.org.uk/>
Call 0800 1111

Further support for mental health, wellbeing and more can be found here:

<https://www.ellenmacarthurcancertrust.org/signposting>

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