

Taking care of your mental health



Getting help

If you think you need help, speak to a parent or a teacher about how you feel, or access the resources below.

Websites

Childline.org.uk

Youngminds.org.uk

Youthhealthtalk.org

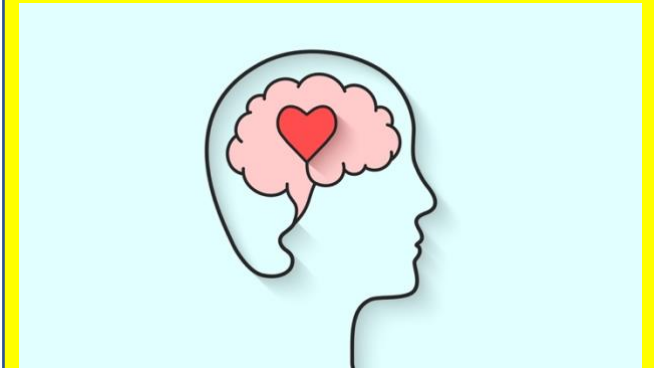
Samaritans.org

Phone numbers

Childline – 08001111

Samaritans – 116123

Looking After Your Mental Health



Understanding why you might feel sad and what you can do to make yourself feel better.

What is mental health?

Mental health is the way you feel about yourself and the world around you.



It affects how you think and how you act.



Reasons you may feel sad:

- Bullying
- Loneliness
- Problems at home
- Problems at school
- Upsetting events
- Family history of depression

How to tell if someone is sad:

The signs may be physical...

- Feeling tired
- Feeling achy
- Self-harm
- Changes in appetite

...Or mental.

- Feeling sad
- Feeling anxious
- Not socialising
- Lack of motivation