



Mental Health & Wellbeing

Mental Health Quotes

“The strongest people are those who win battles we know nothing about.”



What is mental health and wellbeing ?

Mental health includes our **emotional**, **psychological** and **social well-being**. It affects how we think, feel and act. It also helps determine how we handle stress, relate to others and make healthy choices. Mental health is important at every stage of life, from childhood through to adolescence through to adulthood.

Wellbeing includes the presence of positive emotions and moods and the absence of negative emotions. How satisfied people are with their life as a whole and how in control they feel.

A few tips for a good mental health and well being are: eat well and drink water, sleep well, keep yourself physically active, spend time with supportive friends and family, talk to someone you can trust or someone you know are 100% there to help and try and think positively!

Stigma and discrimination around mental health!

Stigma is unfair **attitudes** towards people with mental health problems \ difficulties, e.g. some people think that having a panic attack is attention seeking.

Discrimination is the unfair **behaviour** towards people with mental health problems \ difficulties, e.g. some people don't want to be friends with people who have panic attacks and exclude them from social activities.

1 in 8 people will experience a mental health problem, you don't have to be an expert or fix anything, the important thing is to **reduce stigma and discrimination**.



Mental illnesses and how to get help.

There are many different **mental illnesses** which have different symptoms and impact differently on people's lives. **A mental illness is a disturbance that affects the function of the mind and the body.**

It is possible to have both poor mental health and a mental illness, the illness can be more visible than the person and the person can actually feel hidden and rejected. With the correct help, support and medication the person with the mental illness can gradually become able to accept themselves as a whole and not feel defined by their illness. So the main thing is **BE KIND** because you never know what is going on behind closed doors.

Some examples of illnesses are:

- ❖ Anxiety
- ❖ Anger
- ❖ Bipolar
- ❖ Borderline personality disorder
- ❖ Eating disorders
- ❖ OCD
- ❖ ADHD

How to get help- Asking for help is not only brave, but also vital for either maintaining good mental health or recovering from and managing mental ill-health.

Examples of support- Talking, helplines for emotional support or information, peer support (talk to people who have similar difficulties or similar past experiences, contact GP , NHS talking therapy.

Self care\self help!

We as young people when we are struggling we are usually told to go and see a professional, we don't often get told how to help ourselves, so here are some strategies for you to manage your mental health and wellbeing.



Finding a healthy work\school life balance.

Distraction techniques:

- ❖ Counting back for 10 or 100.
- ❖ Concentrating on your breathing.
- ❖ Imagining a place where you feel safe.



Spending quality time with friends and family.



Exercise helps to clear your mind.



Mindfulness- Find a calm quiet place to do this e.g. your bedroom.

Over all do things that you enjoy e.g. listening to music.
This is about making you happy!

What can affect our mental health as a young person?

Individually or as a group, discuss and write down what things you think can affect young peoples mental health.

- ❖ Social
- ❖ Emotional
- ❖ Physical



5 minutes

*Things that
can affect
young
people's
mental
health.*

Long term
illness

Poverty

School pressures

Bereavement

Peer
pressure

Sexual abuse

Divorce/
separation of
parents or carers

Caring
responsibilities

Physical abuse

*Mental illnesses
can make people
feel very isolated,
especially if people
are not supportive.*

*Listen, be patient
and simply be
kind!*



YOU'D
NEVER SAY,
"IT'S JUST
CANCER,
GET OVER IT."

So why say it to someone with a
mental illness?