

SUPPORTING YOUR MENTAL HEALTH



Why not try some of these coping strategies?

Exercise causes your brain to release 'feel good' chemicals like endorphins and serotonin that help to improve your mood.

Get out and get active



Listening to music has been proven to support your mental health. It can reduce stress, calm you down and lighten your mood.

Turn on the tunes

Drawing or doodling can help you manage stress and anxiety. The increased concentration can help push away any distractions or negative thoughts that you may be experiencing.

Creativity Counts



Breathing exercises can help you regulate your emotions. Concentrate on breathing slowly in and out while counting to five.

Mindfulness Matters

Research shows that spending time in nature, or even just looking at images of nature, can reduce stress levels, and improve your mood. One study found that spending just 20 minutes in a park can lower cortisol levels and calm you down.

Embrace the great outdoors.



Friendship is key to helping us protect our mental health. Our friends can keep us grounded, help us get things in perspective, and help us manage life's problems.

Arrange a catch up with a friend.

In today's fast-paced and stressful world, it's easy to get caught up in negative self-talk and harmful thought patterns. Write a list of all the good in your life, this will stop you getting overwhelmed by negative self-talk. **Get Writing your list.**



EAT WELL

Medical experts have proven that there is a link between what you eat and your mental wellbeing. Eat regularly, eat healthily and avoid too much caffeine as this can effect your sleep and make you more irritable.

Check out the EATWELL guide

ORGANISATIONS WHO CAN PROVIDE HELP



Don't be afraid to reach out if you need support

We all have mental health, just like we all have physical health. It's about how we think, feel and act. Sometimes we feel well, and sometimes we don't. When our mental health is good, we feel motivated and able to take on challenges and new experiences. But when our mental health is not so good, we can find it much harder to cope.

Support Agency	How they can help	Contact details
	Anna Freud National Centre for Children and Families provides a Crisis Messenger Service which is free, confidential, 24/7 text message support service for anyone who is feeling overwhelmed or is struggling to cope.	 <p>Text: AFC To 85258</p>
	Kooth free, safe and anonymous online mental wellbeing community, accredited by the British Association for Counselling and Psychotherapy.	 <p>www.kooth.com</p>
	Every Mind Matters have expert advice and practical tips to help you look after your mental health and wellbeing, including sleep, self-care, and dealing with change.	 <p>www.nhs.uk/every-mind-matters/</p>
	Shout provides free, confidential, 24/7 text message support in the UK for anyone struggling to cope. They can help with issues including suicidal thoughts, depression, anxiety, panic attacks, abuse, self-harm, relationship problems and bullying.	 <p>Text: 'Shout' to 85258</p>
	Young Minds Crisis Messenger provides free crisis support every day of the week, at any time day or night. All texts are answered by trained volunteers, with support from experienced clinical supervisors.	 <p>Text: YM to 85258</p>
	ChildLine is the UK's free, confidential helpline for children and young people. They offer advice and support, by phone and online, 24 hours a day. Whenever and wherever you need them, they'll be there.	 <p>Phone: 0800 1111 www.childline.org.uk</p>
	Papyrus (Prevention of Young Suicide) provides advice and support for young people who feel like they want to take their own life, all their advice is confidential.	 <p>www.papyrus-uk.org Phone: 0800 068 41 41 Text: 07786 209 687</p>
	YPAS delivers a wide range of wellbeing and therapeutic services for young people. They offer a drop in service along with information, advice, and guidance to support mental health.	 <p>www.ypas.org.uk</p>



Seeking support can help you learn coping skills, gain insight into your thoughts and behaviors, and develop positive relationships