

**DITCH THE
LABEL** YOUR WORLD, PREJUDICE FREE .

There are
7,446,236,120
people in the world.

And guess what? We're all different.

**DITCH THE
LABEL** YOUR WORLD FOR BODICE FITS

**WE ALL HAVE MENTAL HEALTH.
IT'S IMPORTANT TO LOOK AFTER IT AND TALK
ABOUT IT JUST AS WE WOULD
PHYSICAL HEALTH.**

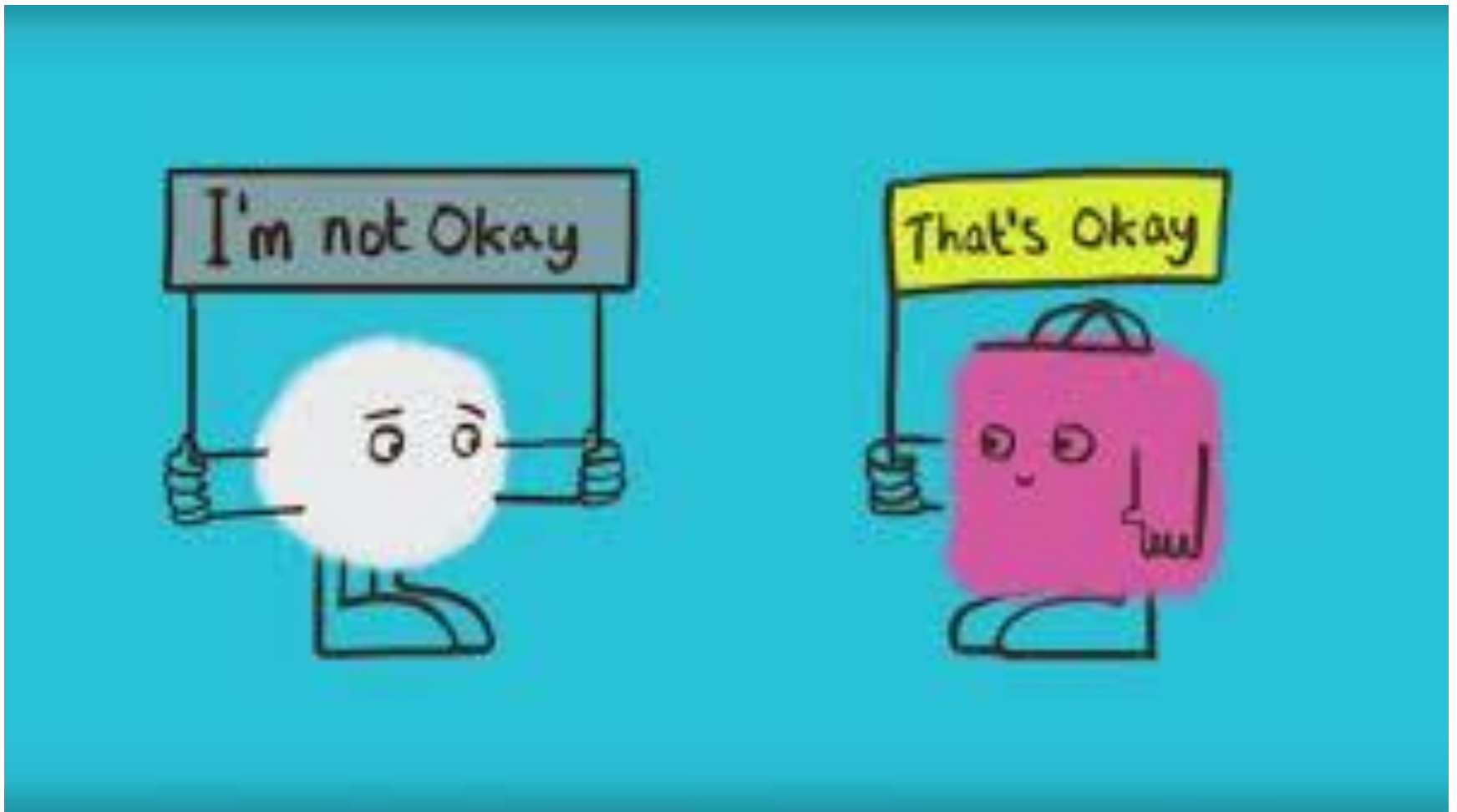
#MENTALHEALTH

mental health

- What's the BIG deal?
- You would keep your body healthy, why not your mind?
- Our mental health is about how our minds grow and learn and about how we overcome the struggles we face, so that we can make the most of our strengths and succeed in life.

Good mental health helps us with things like:

- Having good friendships
- How positively we see ourselves and the world around us
- Our ability to learn
- Being able to do the things we enjoy
- Setting goals for ourselves and reaching them



When we talk about looking after our 'mental health'- what we really mean is, keeping our minds healthy so we can get the most from life. The healthier our minds are, the more likely we are to be able to live the life we want, so taking care of our minds makes sense right?

TALKING ABOUT MENTAL HEALTH

[toggle]There is unfortunately a stigma attached to discussing mental health and some people can experience discrimination over it. This means that it can make talking about it feel uncomfortable and people may be reluctant to share their feelings. There are also many myths surrounding mental health but it is far more common than most people realise.

- 1 in 4 people will experience mental health problems each year
- It can happen to anyone
- Sometimes the reason is not obvious
- Our mental health does not always remain the same. It can change as our circumstances change in our life
- It is possible to recover
- You can still lead a full and productive life
- A mental health problem can make us feel as bad, or even worse than a physical illness
- It is NOT a sign of weakness
- Good, positive mental health is just as important as good physical health and it is very healthy to be aware of, and to voice how you are feeling.



dealing WITH LIFE

We all have ups and downs in life and as things change, it's normal that how we feel about ourselves and life changes. Our minds aren't black and white.

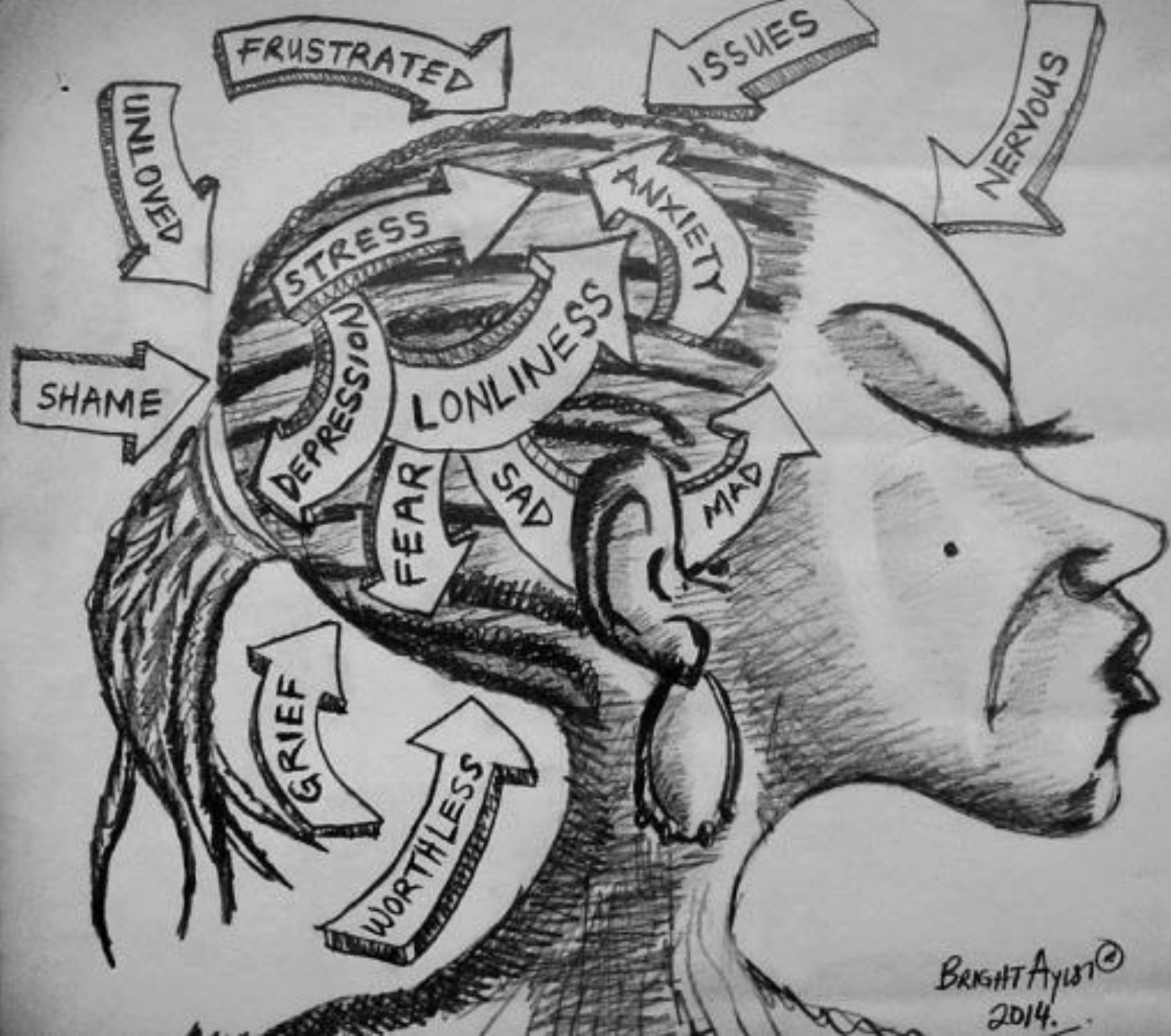
Most people don't always feel great (although if you do - good!) and we don't always feel bad, usually we are somewhere between the two, depending on what's happening to us and around us.

Some of the things that could affect how we feel and where we sit on that line could be...

- Pressure at school
- Fights with our friends
- Family problems
- Pressure about our bodies and how we look
- Issues with sex and relationships
- Feeling unsafe in our neighbourhood
- Worrying about money
- Worrying about the future

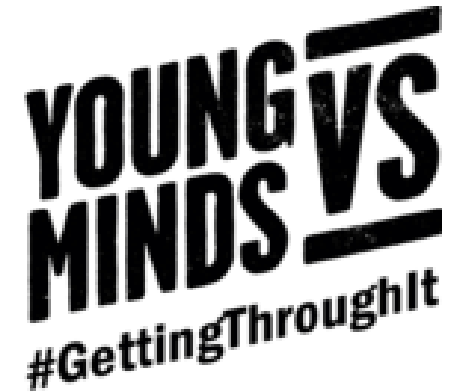
Feeling stressed when life is tough is normal and there are things you can do to help you cope and get through it.





BRIGHT AYLST ©
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Young Minds



Hi I'm Emma, one of the YoungMinds Vs activists.

As a young person I never really wanted to talk about mental health.

I mean, it doesn't really apply to me – does it? I thought mental health was all about people who needed medical help. That's what I thought right up until I started to get stressed. I was getting caught up in things and my life was getting frustrating, and I felt really pressurised.

It was then that I realised that mental health isn't just about what is right or wrong in your life, or even about how happy you are - it's about what struggles you have and how you deal with them.

Everyone can be affected by their mental health at some stage. School stress, bullying, sexual pressures, not getting help when it's needed and even not being able to get a job are some of the reasons our mental health can be affected.

But these are all things we can change.

YoungMinds Vs is an online movement, getting young people talking about mental health (the good and the bad times). It shouldn't be a taboo subject any more.

We know that when young people stand together and voice what's important to them, change can happen!



Teens

ANXIETY makes us feel fearful. It can cause us to not want to do things or the reverse – over check and over things. Anxiety responds really well to psychological treatment. This can include learning to manage the physical symptoms of anxiety through breathing and relaxing in special ways and then identifying the thoughts that make you anxious. Check it out – ask your GP for some help.

Depression on the other hand makes us feel low, sad or sometimes, nothing at all – just heavy and tired.

Whether you are feeling **a bit low** and **can't shake it off**,
or struggling with **very dark thoughts** and
feelings of **hopelessness** . . . the fact that you
have come to this site is a **big first step**

**DIFFICULT ROADS
OFTEN LEAD TO
BEAUTIFUL
DESTINATIONS.**

LOOKING after OUR MINDS

- Try to get at least 9.5hrs **sleep**
- Time away from **social media**
- **Write** down all the things that are troubling you and then go through each individual point and see if there are any ways in which you could improve that situation
- **Exercise** – this releases natural chemicals in the body which lift your mood
- **Talk** about your problems – confide in someone you trust or seek counselling
- Practice **relaxation** techniques like meditation
- Work out a manageable plan to cover stressful periods like exams
- **Set yourself small, manageable tasks** which are easier to cope with
- If you feel ashamed, exhausted, guilty, neglectful, worthless – remind yourself that this is the depression ‘talking’
- **You are not a burden.** Your loved ones care about you and will want to help
- You cannot just ‘snap out of it’ – it takes help, support and time
- Ask a trusted friend or relative to check in with you regularly
- Allow yourself not to be ‘perfect’ – many people with depression or anxiety set themselves extremely high standards and feel bad if they fail to meet them
- **Remind yourself of all the things you do well** – don’t over-focus on something that does not go to plan



1 IN 5 PEOPLE

EXPERIENCE A MENTAL HEALTH CONDITION

Learn more, share your story and spread the word.

You can make a difference.

How can you help? Where can you get support?

- Be a good friend, be kind to others
- Talk to someone if your friend is distressed
- No one should judge just listen
- Act as a buddy to younger students

- School, trusted adults, doctors
- Calm Harm App
- Young Minds VS #GettingThroughIt
- Stem.4.org.uk
- The Mix (Support for 13-25s) 0808 808 4994 1-2-1 Chat online
- Samaritans 0117 9831000
- Beat (Eating Disorders) – Youth Line 0345 6347650
- Off the Record 0808 808 9120
- Childline 0800 1111

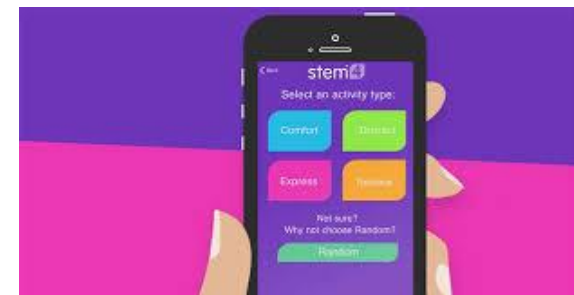
**YOUNG VS
MINDS**
#GettingThroughIt

YOUNG MINDS
The voice for young people's mental health and wellbeing


for better mental health

beatTM
beating eating disorders

stem4
stemming teenage mental illness
supporting teenage mental health



A photograph of a sunset over the ocean. The sky is a gradient of orange and yellow, fading into a darker blue at the horizon. The water is dark with some white foam from waves. A dark, semi-transparent rectangular box is centered in the upper half of the image, containing white text. Below the box, the name 'Jon Rabat-Zinn' is written in a smaller, reddish font.

You can't stop the waves,
but you can learn to surf.

Jon Rabat-Zinn

Kindness and Positive Relationships

Power of Good

Celebrate Our Diversity

**BE THE BEST
YOU CAN BE**

STOP BEATING YOURSELF UP.
YOU ARE A WORK IN PROGRESS;
WHICH MEANS YOU GET
THERE A LITTLE AT A TIME,
NOT ALL AT ONCE.

