

WE ALL HAVE MENTAL HEALTH

Good mental health means being able to think, feel and act in the ways we want and need to live our life...

Life is full of **ups** and **downs**, with everyone experiencing good and not-so-good emotions every day, depending on what is going on in our lives.

Young people have lots of things to manage, like **school, family, and friendships**. It's no wonder we feel **stressed, anxious or low** sometimes. In fact, it's a **normal** part of being a young person.

WE ALL HAVE MENTAL HEALTH

A guide to understanding mental health & wellbeing for 10 to 14-year-olds

WHAT TO DO IF YOU'RE WORRIED ABOUT YOUR MENTAL HEALTH

Our mental health may be becoming a problem if difficult emotions and thoughts continue even when we're not in a difficult situation, or they **affect our day to day life** and stop us doing the things we enjoy – like meeting up with friends or doing school work.

Mental health problems are common and can affect anybody.



1 in 4 of us will experience a mental health problem at any given time.

GETTING HELP WITH MENTAL HEALTH



Talking to others about difficult emotions and thoughts is one of the most important things that we can do to support our mental health and wellbeing.

Take a moment to think about who you trust to talk to about how you are feeling. Think of someone you know will really listen. It could be a **friend**, but sometimes it helps to speak to an adult. This could be a **parent or carer, brother or sister, aunt, grandparent, teacher, guidance staff, youth worker, coach, GP or neighbour**.

Telling somebody what you're going through can be tough. If talking face to face is too hard, try messaging or sending a voice note instead.

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SELF CARE - 10 TOP TIPS

It's important to look after our mental health and wellbeing as this can keep us feeling good and improve our mood if we are feeling down.

There are lots of different things we can do to take care of our mental health and wellbeing - these things are often called 'self care'.

Here are some self-care suggestions that you can try. Check off the ones that you already include in your life or the new ones you would like to try.



WRITING OR JOURNALLING

Taking time to write down how we are feeling, including any worries, really helps get it off our mind.



RELAX

Having a bath, making a warm drink, watching a movie, or even just wrapping up in a blanket can help us to relax and show kindness to ourselves.



BE ACTIVE

Being active releases feel-good hormones, makes you feel better about yourself and provides energy. It also helps you sleep better.



WATCH OR READ SOMETHING FUNNY

They say that laughter is the best medicine! It also releases feel good chemicals in our bodies.



SPENDING TIME WITH OTHERS

Connecting with others is one of the most important things that we can do - who do you connect with?



SPENDING TIME WITH A PET

This can help lift our mood & makes us feel calmer. Don't have a pet? Check out Edinburgh Zoo's live animal cams at: edinburghzoo.org.uk/webcams



BEING OUTSIDE

Sometimes changing the environment we are in by going outside, getting fresh air, and noticing nature can help lift our mood.



LISTEN TO MUSIC

Listening to our favourite music and dancing can really improve our mood. Check out www.feelsfm.co.uk to create a wellbeing playlist!



BREATHING EXERCISES OR MINDFULNESS

Taking a moment to focus on deep breathing can help us tune out difficult thoughts and help us feel calmer.



DO SOMETHING ENJOYABLE

You could try: reading, drawing, painting, crafts, gaming, playing outside, or different sports

LOOKING FOR SUPPORT?

Childline

0800 1111
www.childline.org.uk

Childline is here to help anyone under 19 in the UK with any issue they're going through. It's free, confidential and available any time, day or night.

The Mix

0800 808 4994
www.themix.org.uk

The Mix provides free, confidential support for under-25s via online, social media and mobile messaging.

Young Minds

www.youngminds.org.uk

Young Minds offers information about different mental health problems.

Young Scot

0808 801 0338
www.young.scot

The Young Scot info line is a free information helpline for 11 to 26-year-olds across Scotland, open Monday-Friday 10am-5pm.

SAMH

www.samh.org.uk

Got a question about mental health and wellbeing?

We can help. SAMH has lots of information and resources for children and young people.



WHAT ELSE CAN YOU DO TO TAKE CARE OF YOURSELF OR KEEP YOURSELF FEELING GOOD?

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