

LOOKING AFTER
YOUR MENTAL HEALTH
IT'S OK NOT TO BE OK

Information and resources
for children and young people

We will all experience times when we feel really big, intense feelings, like sadness, fear or worry. Having these feelings is not anything to be embarrassed about – it's completely normal. Talking to someone about how you're feeling can really help, and they will probably be able to tell you a time when they felt like that too, or even offer some ideas that may help. Sometimes these feelings might continue to get bigger and start to impact on the way we think and feel (our mental health). They might also start to affect our daily life such as our sleep and concentration and things we enjoy doing. When this happens it's really important that we don't ignore it.

10 TIPS TO LOOK AFTER YOUR MENTAL WELLBEING

1. Be kind to yourself. It's ok not to feel quite like yourself
2. Talk to your family and friends, or someone at school if you have any worries. Keep in touch with other relatives with phone calls, WhatsApp or texts
3. It's okay to feel sad, stressed and angry during a crisis. Allow time for a mental health break and try to take part in something you enjoy
4. Eating regular meals is really important to help with your energy levels. Drink lots of water too to help keep the brain active
5. Eat lots of fruit and vegetables throughout the day
6. Get some fresh air. Walking to school is a really good way of exercising and meeting up with friends. If you can't do that, maybe get off the bus a stop earlier
7. Structure your day with things you can realistically achieve. Don't be over ambitious. Try to remind yourself to take each day at a time
8. Get into a regular bedtime routine aiming for 7-8 hours rest each night. Getting a good night's sleep is a really positive thing. Try to find relaxing activities as you prepare for bed (warm drink, bath, music)
9. If you're feeling stressed, think back to a time you have overcome stress before. What helped then? Can you use those things again?
10. Try not to watch too much negative TV. Watch funny programmes instead to make you laugh. It may help make you feel happier or distract you for a while

SELF-HELP TOOLS AND RESOURCES

WEBSITES

- [e-wellbeing.co.uk](https://www.e-wellbeing.co.uk): a digital service for young people in Sussex
- [sussexcamhs.nhs.uk](https://www.sussexcamhs.nhs.uk): mental health and emotional wellbeing information
- [nhs.uk/every-mind-matters](https://www.nhs.uk/every-mind-matters): tools to manage and improve mental health
- [youngminds.org.uk/find-help](https://www.youngminds.org.uk/find-help): UK's mental health charity for children and young people
- [themix.org.uk](https://www.themix.org.uk): an online service and telephone helpline for young people
- [mindedforfamilies.org.uk/young-people](https://www.mindedforfamilies.org.uk/young-people): a free mental health learning resource
- [lifesigns.org.uk](https://www.lifesigns.org.uk): information about self-injury and a network for support
- [riseabove.org.uk/topic/my-mind](https://www.riseabove.org.uk/topic/my-mind): helpful tips for building confidence and managing anxiety
- [harmless.org.uk](https://www.harmless.org.uk): support for issues related to self-harm and suicide

YOUTUBE CHANNELS

- Our Mental Health Space, Sussex CAMHS YouTube channel: bit.ly/3zTipoe
- YoungMinds YouTube channel: [youtube.com/user/youngmindscharity](https://www.youtube.com/user/youngmindscharity)

FREE APPS



MindShift



Well Mind



MoodTools – Depression Aid



In Hand

SCHOOL NURSES

The school nursing teams are made up of registered nurses and other health care support workers. They can provide you with information and support for your physical and mental health, including emotional resilience and wellbeing.

IF YOU FEEL LIKE YOU'RE IN CRISIS AND HAVING THOUGHTS OF CAUSING HARM TO YOURSELF OR SOMEONE ELSE, STOP, TAKE A BREATH AND FOLLOW THESE STEPS:

1. Talk to someone.
2. Go to sussexcamhs.nhs.uk/help-im-in-crisis
3. Let someone know you do not feel safe or are struggling (a parent/carer, teacher or professional)

4. Call or text a helpline:

- **Samaritans:**
Tel: 116 123
(24 hours a day 7 days a week)
- **Childline:**
Tel: 0800 1111
(24 hours a day, 7 days a week)
- **Sussex Mental Healthline:**
Tel: 0800 0309 500
(24 hours a day, 7 days a week)
- **SHOUT:**
Text: SHOUT to 85258
(24 hours a day, 7 days a week)

These helplines are free to contact and are available 24 hours a day, 7 days a week. You can phone as many times as you like. It might take a few tries before you can speak. They will understand.

If you don't feel able to speak to anyone, try accessing help, support or advice from these websites:

- papyrus-uk.org: the national charity dedicated to the prevention of young suicide.
- thecalmzone.net: The Campaign Against Living Miserably, raising awareness to help prevent suicide.

Or these free apps:



Stay Alive



Calm Harm



distrACT

5. Follow your care and safety plan if you have one.
6. Contact the **YoungMinds crisis messenger**:
Text YM to 85258
(free from most mobile providers)
This service provides free, 24/7 crisis support across the UK. They will listen to you and help you think through how you're feeling, and will aim to help you take the next steps towards feeling better.

If you have made an attempt on your life or self-harmed and need urgent medical attention:

1. Call 999
2. If you are with someone, let them know what you have done. If you are on your own, get to a safe place and call someone (a parent/carer or professional helpline).
 - **Samaritans:** Tel: 116 123
 - **Childline:** Tel: 0800 1111
 - **Sussex Mental Healthline:**
Tel: 0800 0309 500

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