

## TOP TIPS

Here are some things you can do that will support you to feel good

- Sleep



- Go outdoors



- Play games



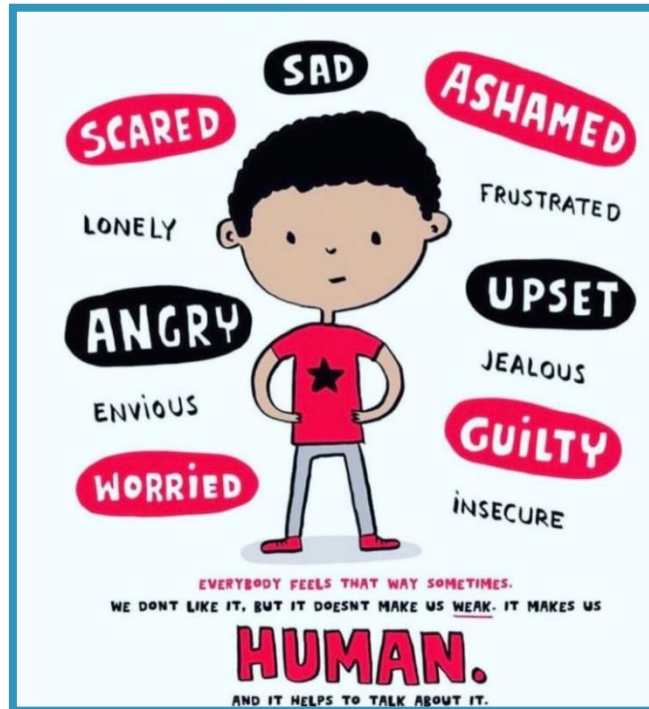
- Talk to others



- Eat well

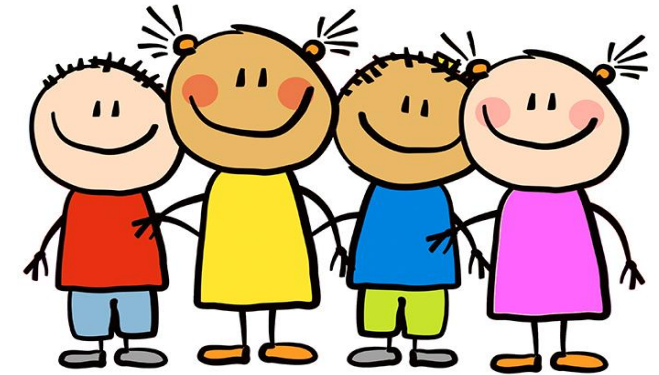


## It's OK To Feel...



HOW YOU FEEL RIGHT NOW  
WON'T LAST FOREVER  
IT'S OKAY TO FEEL HOW YOU  
ARE FEELING  
IT'S OK NOT TO FEEL OK

## Mental Health Support Team



Bedfordshire

01234 893301/01234 893300

## WHAT IS MENTAL HEALTH?

Mental Health affects how we think and feel.

We often see people who have difficulties with their physical health for example, having a broken arm. This means that they may not be able to do certain things that they enjoy, such as playing basketball. But mental health can be invisible, that means if someone is struggling with their mental health we might not be able to see what's wrong and like with poor physical health, someone with poor mental health may also not be able to do things they enjoy.

It is important to look after our mental health, just as much as our physical health. We can do this by following the 'top tips' in this leaflet.

## WHO WE ARE:

The Mental Health Support Team work together in your school to support students with their mental health.



*We care*

## WHAT WE DO:

1:1 support with mental health difficulties for 6-8 sessions

Group sessions

Training and workshops for parents and staff on mental health

## WHO WE SUPPORT:

We work with children and young people from 5-18 years.

We can support children and young people who may be experiencing:

- Low mood
- Worry
- Phobia
- Panic
- Anxiety
- Problem Solving
- Coping Strategies
- Exam Stress



*We respect*

## USEFUL RESOURCES

**Kooth** – Free, safe and anonymous online support for young people. Offering friendly counsellors, self-help techniques and community support. [www.kooth.com](http://www.kooth.com)

**ChatHealth** – Confidential text message service offering help and advice for parents of young people. [Chathealth.nhs.uk](http://Chathealth.nhs.uk)

**Every Mind Matters (NHS)** - helps you get healthier and feel better with free tips, tools and support tailored to you. [www.nhs.uk/oneyou/every-mind-matters](http://www.nhs.uk/oneyou/every-mind-matters)

**CAMHS Talk** – a podcast hosted by young people in Bedfordshire who have experienced mental health difficulties discussing all things mental health. [www.camhstalk.com](http://www.camhstalk.com)

**ChildLine** – Childline is yours – a free, private and confidential service where you can talk about anything. Whatever your worry, whenever you need help, They are here for you online, on the phone, anytime. [www.childline.org.uk](http://www.childline.org.uk) | 0800 1111

**YoungMinds UK** - the UK's leading charity fighting for children and young people's mental health. Ensuring children and young people get the best possible mental health support and have the resilience to overcome life's difficulties. [www.youngminds.org.uk](http://www.youngminds.org.uk)

*This leaflet has been co-produced with service users.*

*We are inclusive*