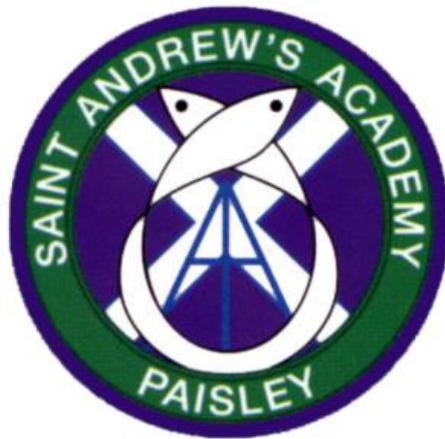


St Andrew's Academy



Mental Health Information A Guide for Young People



What is mental health?

We all have mental health, just as we all have physical health. Being mentally healthy means that we feel good about ourselves, make and keep positive relationships with others and can feel and manage the full range of emotions.

These can range from happiness, excitement and curiosity through to less comfortable feelings such as anger, fear or sadness.

Good mental health allows us to cope with life's ups and downs, to feel in control of our lives and to ask for help from others when we need support.

1 in 10 young people experience a mental health condition in a year

There could be signs to indicate you are experiencing mental health issues, such as:

Changes in sleeping or eating patterns

Changes in your habits e.g. Giving up hobbies

Becoming withdrawn from family and friends

Changes in clothing e.g. Wearing long sleeved tops

Signs of physical harm

A decline in personal hygiene e.g., not caring about your appearance

Talking about self-harm or suicide

Risk taking activities e.g. taking drugs or alcohol

Changes in mood

Difficulty with friendships

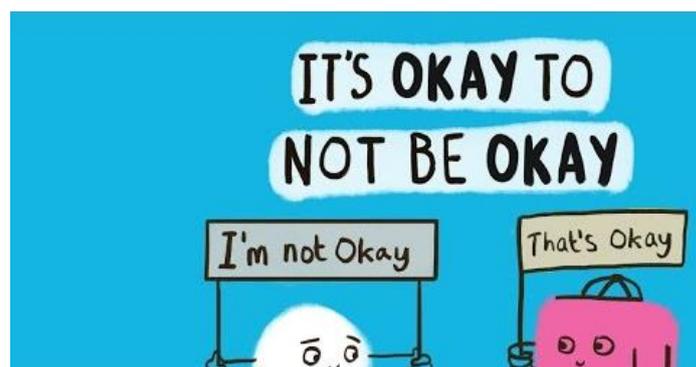
Self-care

Some ways you could help yourself might be to make sure you are eating well, getting enough sleep and exercising regularly. Trying to make time for doing things that you enjoy. Also, being kind to yourself by rewarding yourself when something goes well. To help you think in a positive way, you could make a list of things you like about yourself or of things you have achieved.

You might find that there comes a time when you need to look for some support and advice on how you are feeling. You should always seek out someone to talk to when you are ready to open up about how you are feeling.

Where can you get help?

- Friends and Family
- Guidance Teacher
- Depute Headteacher/ Headteacher
- Class Teachers
- School Chaplains
- Mentors / Enhanced Mentors
- Don Bosco Base
- Home Link
- Counselling service
- Educational Psychologist
- Young Carers



Online and telephone resources:

Organisation		Website	Telephone Number	Email
Childline	Access to help and advice. Speak to an online counsellor.	www.childline.org.uk	0800 1111	1 to 1 chat online via website
Samaritans	Confidential support service open 24 hours a day.	www.samaritans.org/scotland	166 123	jo@samaritans.org
Breathing Space	Confidential advice and support. Open Mon - Thur 6pm - 2am. Fri - Mon 6pm - 6am.	www.breathingspace.scott	0800 83 85 87	
C.A.L.M.	Support for young people in the UK who are feeling down or need to talk or find out information or get support.	www.thecalmzone.net	0800 58 58 58	chat online via website 5pm - midnight
Young Scott	Confidential and free phone service	www.young.scott	0808 801 0338	
BEAT	Support for anyone affected by an eating disorder	www.beateatingdisorders.org.uk	0808 801 0711	fyp@beateatingdisorders.org.uk
See Me	Information on where to find support on mental health issues	www.seemescotland.org		
7 cups of tea	Online emotional health and wellbeing service	www.7cupsoftea.com		
SAMH	The Scottish Association for Mental Health - advice and support	www.samh.org.uk		
Aye Mind	Promoting youth wellbeing through positive digital resources	www.ayemind.com		
Mood Juice	Self help resource site	www.moodjuice.scot.nhs.uk		

