

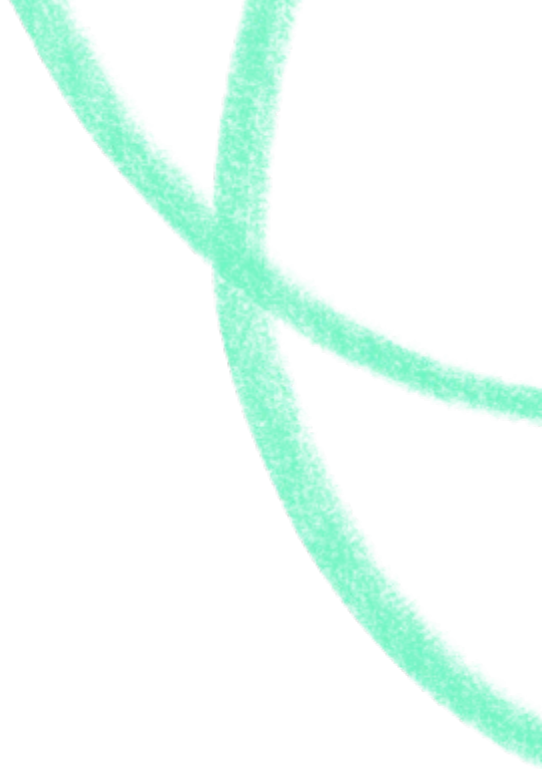


Mental health

If this speaks to you, speak to Mind

Put your hand up if:

- You have physical health
- You have ever broken a bone?
- You have ever cut your finger?
- You have ever had a head ache?
- You have ever had a toothache?
- You have ever had a tummy ache?
- You have ever fallen and been in pain?



Now I want you to think if:

- You have mental health?
- You have felt happy in the last week?
- You have felt sad in the last week?
- You have ever felt excited?
- You have ever felt scared?
- You have ever felt worried?

**Mental health is about how
we think, feel and act.**

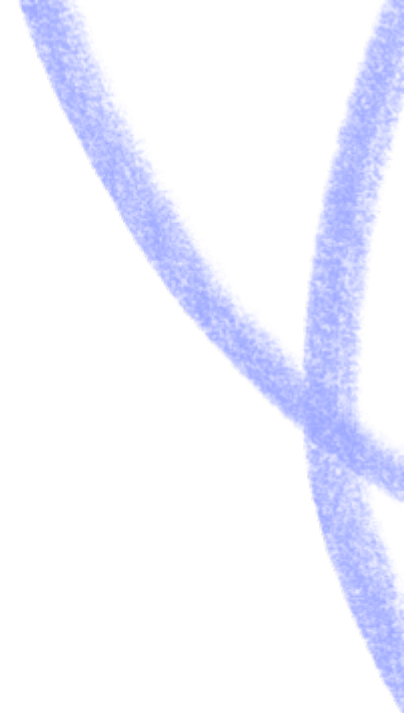
**Just like physical health,
everybody has it.**

What is mental health?

Our mental health is on a spectrum, and can range from good to poor.

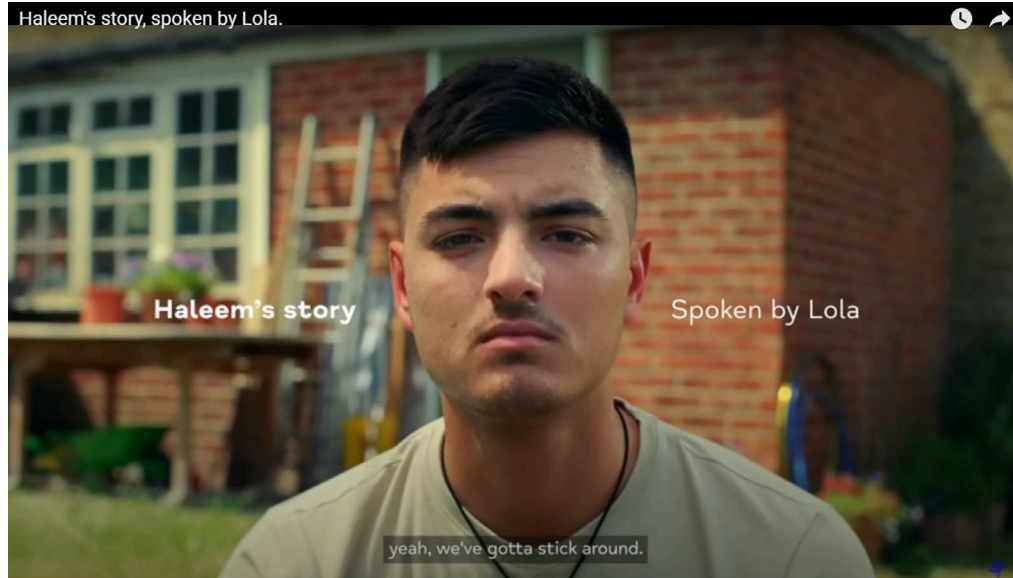
Good mental health can help you to think positively, feel confident and act calmly.

Poor mental health, is when everyday things become difficult to cope with.



**3 in 5 young people have
either experienced a
mental health problem
themselves, or are close to
someone who has.**

Haleem's story



Haleem's story

I was a quiet child with a loud mind.
Aged 5 Father said big boys don't cry.
I guess that's why I walked blind,
sunken-eyed.

Each step takes time, Mother said.
Strength comes with patience,
and patience comes with intent.
I didn't have much of either,
just enough to roll out of bed.

I read this book one time; the words were like flesh.
It taught me something that I'll never forget –
that dandelions are like 80% of people
that can bloom in any environment.

You see, me, I'm more like an orchid instead,
I need a little more sun sometimes
and wind can send me off edge.

But one thing I've learnt is the mind is made of glass,
half full or half empty depends on the circumstance.
But even when I'm quiet, and even when it's loud,
me, myself and I, yeah, we've gotta stick around.

What is a mental health problem?

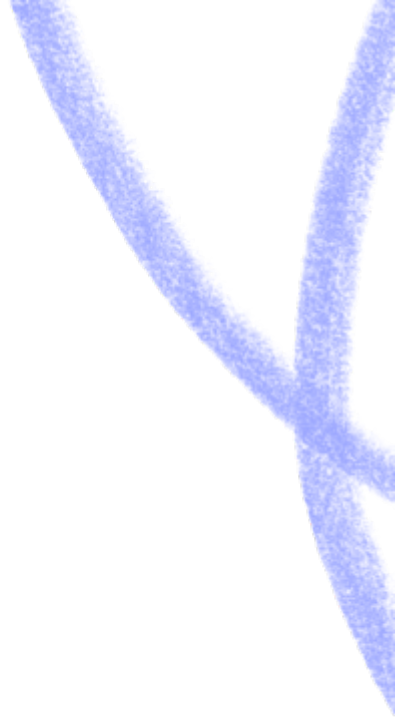
A mental health problem is when the way you're thinking, feeling or acting becomes difficult for you to cope with.

We can all feel sad, worried, angry or fed up at times – like nerves before an exam or feeling down when a friend moves away. But if these feelings last a long time, it might be a sign that you need more help. For example, if the way you feel:

- impacts you most days
- stops you from doing the things you enjoy
- makes you feel like you can't cope anymore.

Mental health problems are very common.

**Whatever you're
experiencing, it's important
to know that you're not
alone and you deserve
support.**



Mel's story



Mel's story

Don't assume that the life someone's living
is a given, due to the smile on their face.
You don't know what goes on in my head,
when I'm alone in this place.

When mum and dad go out
and all other distractions are exhausted,
that's when the thoughts in my head roar,
until I can't ignore those thoughts no more.

So I disappear up here until my throat gets so sore.
These patterns are collateral for all that you stole,
dragging me in and hauling me out of the hole.
It's a cycle that gives me a sense of control.

And I've a good life too,
Leeds Fest tickets, a cat called Blue.
A job helping others, a family that loves us,
So why?

You never really know what's going on
in someone else's head, do you?
And if you don't understand, then don't "assume".

Suddenly, the whole world knows what's best for my
health!

But right now, in this moment,
I just need to feel some control for myself.

Helping my mental health

Talking

being open with people I trust about how I'm feeling.

Exercising

looking after my body, playing sport, eating healthy.

Calming

trying meditation, good sleep habits like turning phone off early.

Learning

a new skill, a great way to gain confidence.

Relating

spending time with the people I care about.

Contributing

helping others or contributing to causes I believe in.

Creating

expressing myself creatively e.g. music, art, drama, writing.

Congratulating

being kind to myself or listing the qualities I value in myself.

Wellbeing first aid kit

Using the suggestions on the previous slide, create your own mental health first aid kit. Include the types of things that you could do when you're finding things hard.

- Here's an example:
 - Chatting to my best friend about how I'm feeling
 - Drawing while listening to my favourite music
 - Having a long bath

Support

There are lots of ways you can find support – but you may need to try a few options to work out what's best for you.

****SIGNPOST TO YOUR SCHOOLS WELLBEING SUPPORT****

Visit [mind.org.uk](https://www.mind.org.uk) for information, signposting and support

www.mind.org.uk/information-support/for-children-and-young-people/finding-support/

Remember: you're not alone and you deserve support.