



LOOKING AFTER

YOURSELF

If you need extra support or advice on where or who to turn to, here is a list of advice and resources on things you can do to keep mentally healthy during this time.

Talk to someone you trust

If you think you might need help with your mental health, talk to someone you like and trust, like a teacher, family member, counsellor or friend. Sometimes just talking about our feelings and worries can help us feel better.

Talk to someone confidentially

It can be scary telling someone you know about your thoughts and feelings, so it might be easier to talk to someone confidentially without giving your name or any other personal details.

The Mix is the UK's leading support service for young people. They are there to help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs.

Talk to them via their online community - www.themix.org.uk or through their FREE, confidential helpline - **0808 808 4994**

Take time out

Taking the time to rest and relax not only helps our bodies to have a break, but it is also important for our mental health. Taking time out to focus on yourself can help you to feel calm and in control. Some of the ways in which you can do this are:

Find a hobby

Having a hobby away from school can help you switch off and take time to do something you enjoy. It can be anything, but creative activities are really popular hobbies that include playing an instrument, dancing, reading, drawing and writing.

Be mindful

Paying more attention to the present moment, to your own thoughts and feelings, and to the world around you, can improve your mental wellbeing.

Apps like Calm (www.calm.com) and Headspace (www.headspace.com) offer loads of guided meditations.

Get outside

Spending time in green spaces or bringing nature into your everyday life can benefit both your mental and physical wellbeing. Going for a walk or exercising outdoors can have lots of positive effects.

Limit your screen time

It can be hard to switch off when you get a lot of notifications, messages and alerts on your phone. When you are taking time out, try to relax by reading a book, writing in your journal or listening to music. The charity Young Minds have some tips and advice on ways to look after your mental health while on social media. www.youngminds.org.uk



Find the right advice

Whether you want to know more about how you're feeling, get information about a mental health condition or know what support is available to you, it is important that you go to trusted and respected sources of information. Here is our list on where you can go to find advice and support.

Anxiety UK

A user-led organisation that supports anyone with anxiety, phobias, panic attacks or other anxiety-related disorders. **03444 775 774** or text **07537 416 905** www.anxietyuk.org.uk

Beat

A champion, guide and friend to anyone affected by eating disorders, giving individuals experiencing an eating disorder and their loved ones a place where they feel listened to, supported and empowered. **0808 801 0711** www.beateatingdisorders.org.uk

CALM

Campaign Against Living Miserably is a helpline for young males aged 16 to 35 years, suffering from depression and low self-esteem. It offers counselling, advice and information. **0800 58 58 58** (or London based callers can dial **0808 802 58 58**) www.thecalmzone.net

Childline

Provides help for anyone under 19 in the UK with any issue they're going through. **0800 1111** www.childline.org.uk

COAP

Children of Addicted Parents and People (COAP) provide a welcoming, safe, and supportive online community for young people affected by parental drug and alcohol abuse. www.coap.org.uk

Muslim Youth Helpline

A charity that provides free and confidential faith and culturally sensitive support services targeted at vulnerable young people in the UK. **0808 808 2008** www.myh.org.uk

NACOA

The National Association for Children of Alcoholics (NACOA) provides a free helpline and support service to help address the needs of children growing up in families where one or both parents suffer from alcoholism or a similar addictive problem. **0800 358 3456** www.nacoa.org.uk

NHS

The NHS website has lots of information on self care for young people and how you can look after your mental wellbeing. www.nhs.uk/oneyou/every-mind-matters/youth-mental-health

Selfharm UK

Selfharm UK exists in order to support and nurture young people who may be experiencing difficulties with self-harm. www.selfharm.co.uk

The Mix

The Mix is the UK's free, confidential helpline service for young people under 25 who need help, but don't know where to turn. **0808 808 4994** www.themix.org.uk/mental-health

