

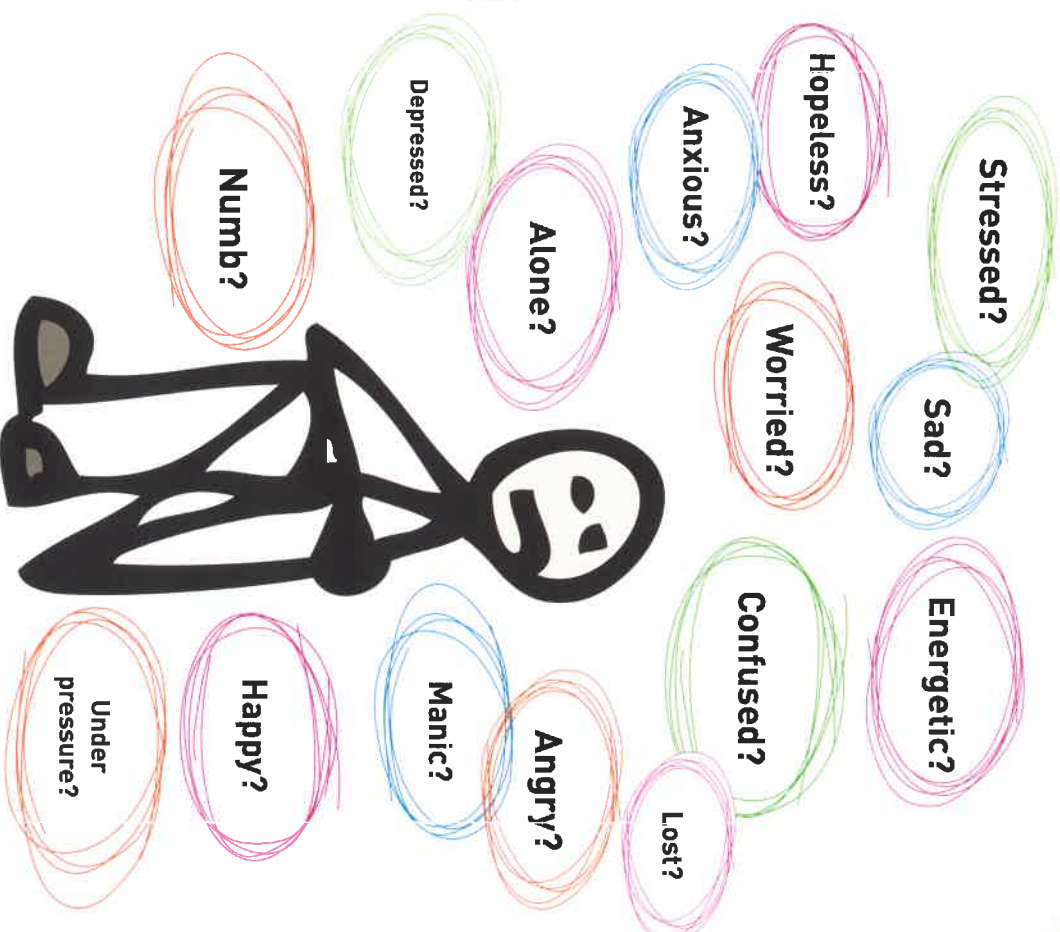
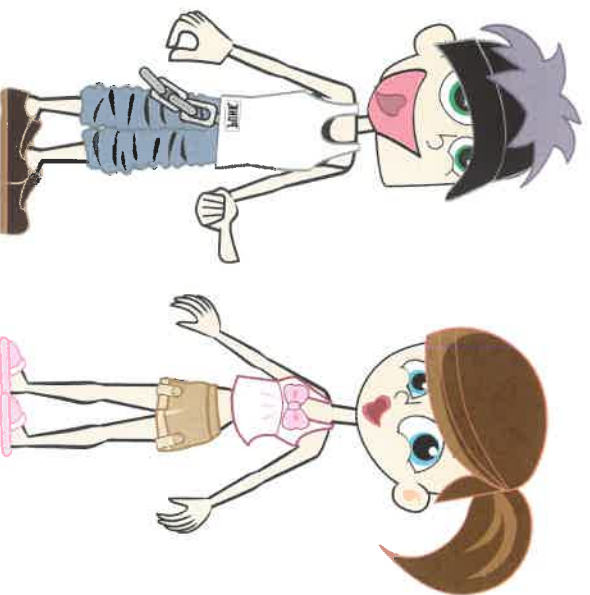
How do you feel?

Sometimes we feel good and sometimes we feel not so good but it's important that you get your feelings out in front of you and honestly admit to yourself that you're feeling them. Remember that it is okay to feel bad.

You have already made great progress simply by admitting that you're not okay. How do you feel?

Let's talk about mental health

If your arm is broken everybody can see that you are not well. If you are worried or feeling confused or alone, people cannot read your mind so they don't know you are having these feelings. That is why it is important to talk to someone.



stigma is a build up of opinions due to a misunderstanding of a topic

What you can do:

Yourself

- Relax...listen to music, take a bath
- Keep yourself busy...visit friends, go for a walk
- Express yourself...write a poem, draw a picture
- Do something that you are good at, or try learning something new
- Stay healthy, make sure you eat a balanced diet and exercise regularly
- Make sure you're getting enough sleep

For support

- Talk to someone that you trust...your family, friends, teacher
- Join a group or take up an activity

To get help

- Talk to a school nurse
- Talk to your doctor

Would you know where to go for help and support with your mental health?

Visit www.asknормen.co.uk for further information.

key facts about mental health

Mental health stigma is the biggest reason that young people fail to tell somebody that they have a mental health need.

1 in 4 people will have mental health needs during their lifetime.

Sometimes our thoughts and feelings can make us feel alone because we are frightened to talk about it – don't be.

Some young people may feel afraid and not want to tell anybody that they have mental health needs for fear of bullying.

Some young people do not always know how to find out about help or access mental health services.

A high proportion of young people have mental health needs.

People often don't have enough information about mental health conditions and therefore make a judgement based on myths and misunderstandings.

Don't be afraid to **TALK OUT LOUD** about your mental health needs, everybody has them. There are lots of ways that you can get help and support – **you're not alone.**

Where to find support

Talk to your parents, teachers, another family member or friends...

Talk out loud about how you feel

Online:

www.asknormen.co.uk - a website with lots of mental health advice and information for young people in Northamptonshire. It's designed for everyone with an interest in the emotional wellbeing and mental health of children and young people in Northamptonshire, with sections for young people, professionals and parents too.

www.youngminds.org.uk - website of Young Minds, the UK's only national charity committed to improving the mental health and emotional well-being of all children and young people

Youth Counselling Services:

Service Six - 15 Sassoon Mews, Wellingborough
Tel: 01933 277520 / 01933 273746
www.servicesix.co.uk

The Lowdown - 3 Kingswell Street, Northampton
Tel: 01604 634385 www.thelowdown.info

Time2Talk - The Abbey, Market Square, Daventry
Tel: 01327 706706 Text: 07765 210869
www.time2talk.org.uk

CHAT Youth Counselling - The Courthouse, Mill Road, Oundle
Tel: 01832 274422 www.chatyouthcounselling.org.uk

Youth Works

(covering Kettering & Corby)
Keystone Centre, 97 Rockingham Road, Kettering, NN16 9HX
Tel: 01536 518339 www.youthworksnorthamptonshire.org.uk

NHS
Nene Clinical Commissioning Group

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Northamptonshire
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NORMEN
All About
Northamptonshire
Mental Health

Thank you to staff & pupils of Rothwell Junior & Park Junior (Wellingborough) schools who helped us to produce this leaflet.



ABOUT MENTAL HEALTH

Mental health is about what we think and feel and how we cope with these thoughts and feelings.



you're not alone