

## WAYS TO HELP SOMEONE



- Taking the first step can be the most important part.
- Give the person a platform to open up to you.



- Be patient, let them tell you at their own pace. If they are anxious or experiencing another mental health issue, this could be a difficult task.



- Show them they are not alone.
- If you have experienced similar or relatable issues to theirs, open up about it and share with them.



- Let them know there are professionals who can help and discuss the benefits of seeking this help.

## HELP AND ADVICE



**www.papyrus-uk.org**  
**0800 068 4141**



www.samaritans.org



0300 500 0927



[www.koothplc.com](http://www.koothplc.com)



[www.mind.org.uk](http://www.mind.org.uk)



fighting for young people's mental health  
www.youngminds.org.uk  
SHOUT: Text YM to 85258



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# MENTAL HEALTH AWARENESS

LET'S REDUCE THE STIGMA  
TIME TO TALK, TIME TO CHANGE



IT'S OK NOT TO BE OK

# WHAT IS MENTAL HEALTH?

**Mental Health** includes how we think, feel and act.

It covers our emotional, psychological and social well-being.

Sometimes, like physical health, our mental health can deteriorate, some conditions can be temporary whilst others are long term.

## Stress

A feeling of being overwhelmed or unable to cope with mental and emotional pressure. Everyone experiences stress from time to time, but too much can have a negative impact on mood, body and relationships.

## Anxiety

A feeling of unease, such as worry or fear, that can be mild or severe. **Generalised Anxiety Disorder (GAD)** causes people to feel anxious in a wide range of situations and struggle to relax.

## OCD

**Obsessive Thoughts:**  
Repeated unwanted thoughts causing the feeling of anxiety  
**Compulsive Behaviours:**  
Repetitive behaviours that temporarily relieve the feelings of anxiety.

## BIPOLAR

Characterised by extreme mood swings that include emotional highs (mania or hypomania) and lows (depression). Each episode can last for several weeks, or longer.

## DEPRESSION

Depression is a common and serious mood disorder. It is characterised by persistent feelings of sadness and hopelessness.

**Symptoms of depression can include...**

- Low mood
- Low energy
- Disturbed sleep
- Loss of interest in things
- Change in appetite
- Loss of self confidence

**Depression can last for weeks, months, or even years.**

**1 IN 4 PEOPLE REPORT EXPERIENCING A MENTAL HEALTH PROBLEM EACH YEAR (NHS)**

# DEALING WITH MENTAL HEALTH

Looking after our mental health is as important as looking after our physical health. There are some simple steps we can take to help ease the symptoms...



## TRY MINDFULNESS

Mindfulness is a meditation technique that draws your attention to present moment experiences. It can help control stress levels.



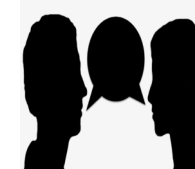
## EAT HEALTHY

A balanced diet can improve energy levels and mood. Include fruit, vegetables and sources of Vitamin D in your diet.



## KEEP ACTIVE

Exercising is a great way to relieve stress, it helps release many 'feel good' chemicals in the body. Gentle exercise such as Yoga or Pilates can also help reduce stress.



## TALK ABOUT IT

Never feel ashamed or embarrassed to talk to your friends, family, a doctor or a helpline - **You are not alone.**

## UNHEALTHY WAYS OF COPING

Self medicating to deal with mental health issues is not the answer!

**It's best to avoid...**

**Stimulants** such as Cocaine and Ecstasy, they can increase anxiety, depression and suicidal thoughts.

**Depressants** such as Alcohol and Cannabis, they can lower mood, leading to depression.

**Smoking, Alcohol and Caffeine** can increase anxiety.



**ALWAYS SEEK MEDICAL ADVICE FROM YOUR GP**