



In partnership with 

Mental Health and me

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Mental health

We all have mental health just as we all have physical health

Mental health includes our emotional, psychological, and social well-being. It can affect how we think, feel, and act

There are things we can all do to help take care of our mental health and wellbeing



What is mental health?

Mental health is defined as a state of **wellbeing** that enables every individual to:

- Realise his or her **own potential**
- Cope with the **normal stresses** of life
- **Work productively**

It affects how we think, feel and act. It also helps determine how we handle stress, relate to others and make choices.

**Why is
mental health
as important
as physical
health?**



Self care tips from Young Champion, Leanne

Self-care and improving wellbeing for me changes with the seasons, so instead of soaking up sun constantly, I'm actively now trying to make my room super cosy for autumn and winter and buying lots of fluffy socks, candles and throws for hygge feels. Over the years, I have found hobbies, interests and things I can do on a low energy day like origami, reading, meditating but sometimes self-care really is as simple as having a glass of water or juice. Having good mental health and how that can be achieved, ultimately, is as unique as every individual on the planet so what works for one person will be different from another person; there isn't one right way.

Self care tips



There are simple things we can all do to look after our mental health.

8 Ways to Wellbeing

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 my 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.

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**time to
talk day**

02/02/23



Rethink
Mental
Illness.

In partnership with



Thank You



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What is mental health?

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- You have mental health
- You have physical health
- You have ever felt happy
- You have ever felt sad
- You have ever felt tired
- You have ever felt excited
- You are missing the summer



We all have mental health just as we all have physical health

Mental health includes our emotional, psychological, and social well-being. It can affect how we think, feel, and act

Positive mental health allows people to develop, learn, and cope with the stresses of life

Anyone can develop a mental health problem

What is mental health?

Mental health is defined as a state of **wellbeing** that enables every individual to:

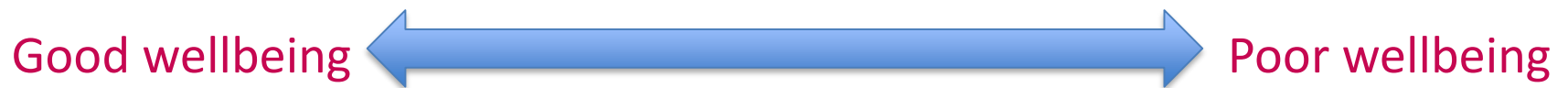
- Realise his or her **own potential**
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**Why is
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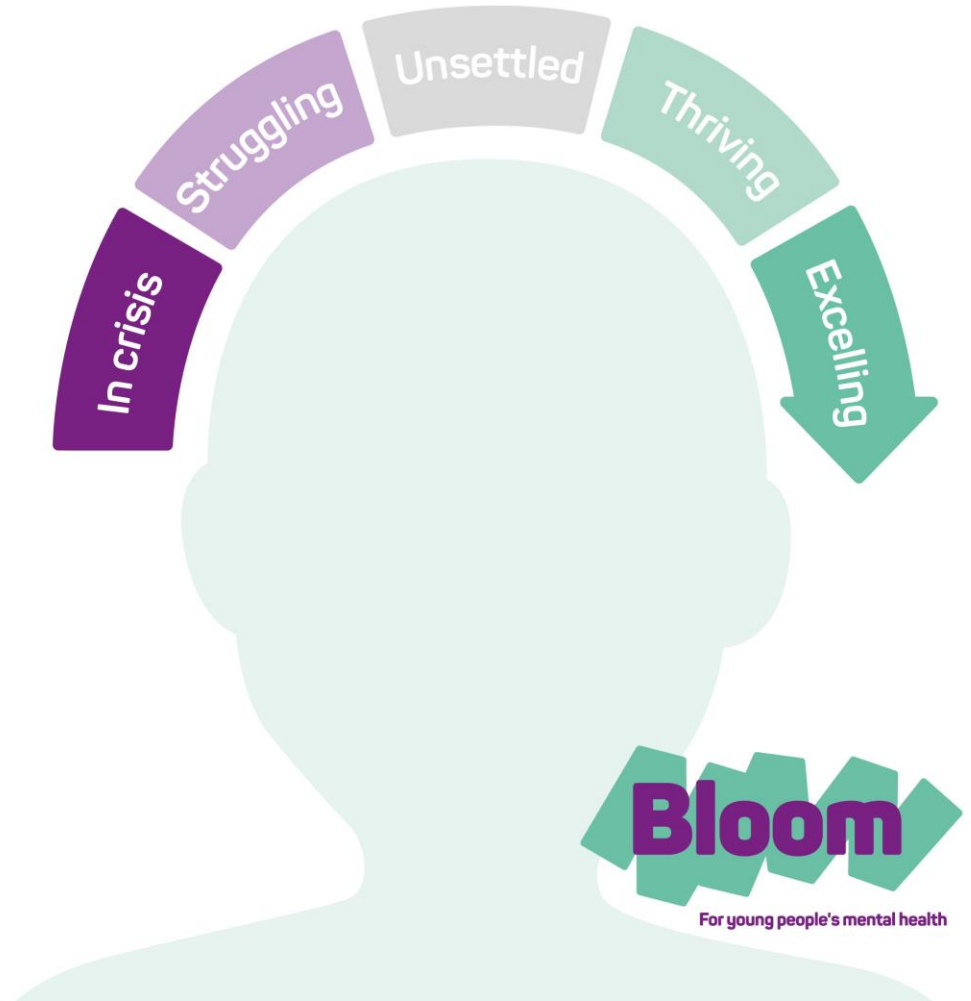
We can think of mental wellbeing as a sliding scale: one side is good wellbeing, and the other side is poor wellbeing



What kinds of things do you think might make our wellbeing move up or down the continuum?

Resilience supports our mental health

- Our mental health exists on a scale and having resilience tools can help us keep it towards the green end
- What is mental health?



Depression – Prolonged low mood, hopelessness, loss of energy

Anxiety disorders – Sense of worry, panic, dread which is affecting someone's ability to live their life as usual

Eating disorders – May have an unrealistic view of their body shape and weight. Not just about dieting - often low self esteem or a lack of control over other things

Self harm – Often a way of coping with emotional difficulties by relieving unbearable tension.

Psychosis – Change of reality. Sometimes hearing voices and seeing things that others don't see/hear. May experience delusions and paranoia

Bipolar Disorder – Likely to experience extreme swings, from low mood (depression) to periods of overactive behaviour (mania)

OCD – Typically has two sides, obsessions and compulsions

Depression – low mood, hopelessness, loss of energy

Anxiety disorders – sense of worry, panic, dread which is affecting someone's ability to live their life as usual

Eating disorders – body shape and weight concerns, low self-esteem
or a lack of interest in food

Self harm – self-inflicted injuries, often as a coping mechanism

Psychosis – loss of touch with reality, hallucinations, delusions
and paranoia

Bipolar Disorder – extreme mood swings, from low mood (depression) to periods of overactive behaviour (mania)

OCD – typically has two sides, obsessions and compulsions

If you would like to learn more
about specific diagnoses:

www.rethink.org/resources

Key points

We all have mental health

Anyone can develop a mental health problem

There's help to recover

For mental health support:

- The Mix – 0808 808 4994 / www.themix.org.uk
- Childline - 0800 1111
- HopeLine – 0800 068 4141 / 0786 003 9967
- SANE - 0300 304 7000
- SHOUT (crisis text) - 85258
- Local GP

For mental health information:

- Rethink Mental Illness – www.rethink.org
- Mind – www.mind.org.uk
- YoungMinds – www.youngminds.org.uk
- Mental Health UK - mentalhealth-uk.org/bloom



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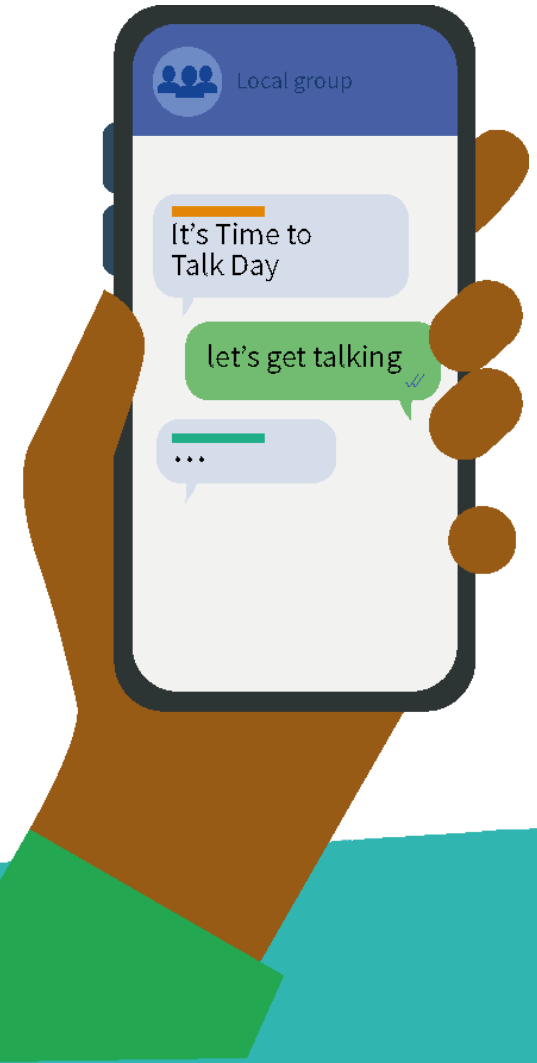
What is mental health stigma?

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Stigma and Discrimination

- Stigma = unfair **attitudes** towards people with mental health problems
- Discrimination = unfair **behaviour** towards people with mental health problems.



- **Stigma - attitudes:** Some people think Nadia is 'attention seeking' when she's having a panic attack
- **Discrimination – behaviour:** Some people don't want to be friends with Nadia because of her panic attacks and exclude her from social activities



“Telling me ‘stress is normal’ during this time [at school], when I needed to be heard and helped”

“I saw the school counsellor once a week but I felt like everyone in the school knew about it and judged me for it”

“Telling me I can’t be struggling because I have good grades”

We asked young people with personal experience of mental health problems about the impact of stigma on their lives

71% affected my confidence or self esteem

43% my grades have suffered

41% lost friendships

18% dropped out of education



Bipolar disorder is not...

a personality

another name for mood swings

just mania

like having dual personalities

Bipolar disorder can be...

periods of high moods (mania)

overwhelming

periods of low moods (depression)

different for everyone

"OCD isn't a quirky personality trait or an adjective."

"The few occasions I mentioned I was feeling low, not even depressed, I was told to 'man up'"

Alex

1 in 8 young people will experience a mental health problem

You don't have to be an expert

You don't have to 'fix' anything

The important thing is to get talking to reduce

stigma and discrimination



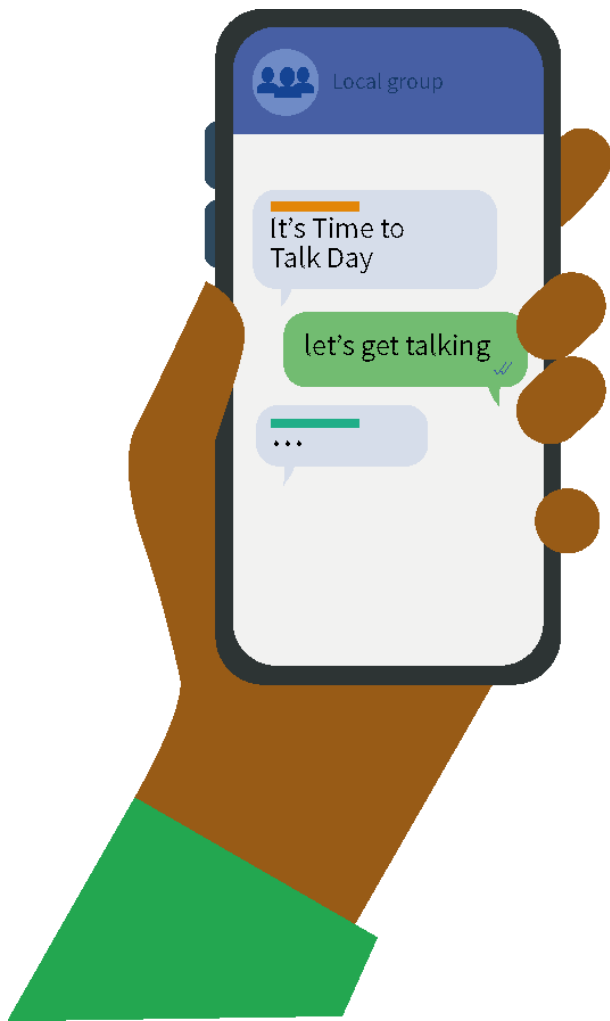
Young Champions Film



What would you like to pledge to do to make your school a more open environment for talking about mental health?

What would you like to see in your school?

.



“Mental illnesses can make people feel very isolated, especially if people are not supportive.

Listen, be patient and simply be kind.”

Gemma

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