

Key facts about mental health

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

A young person with a mental health need can experience feelings of rejection, isolation or exclusion because they do not feel that they are understood.

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

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

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

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

A high proportion of young people have mental health needs.

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

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

Text:

Chat Health: For friendly, helpful advice. Text your school nurse 07507 329600

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

To find out about other services that help to support children, young people and families in Northamptonshire contact the Families Information Service:

Tel: 01604 237935 E-mail: fis@northamptonshire.gov.uk



ABOUT MENTAL HEALTH



Talk Out Loud

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THINK TALK WORK

THINK: How do you feel right now? Do you have a friend that you're worried about? It's sometimes good to listen to your emotions and those of friends around you.

TALK: Opening up to a close friend or somebody that you trust about your feelings or listening to somebody who needs to talk about how they feel is a step in the right direction.

WORK: How can you deal with your emotions? Working out next steps and finding out about help and support will mean that you can get the help needed.

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



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 social activity
- Visit www.asknormen.co.uk

To get help

- Talk to a counsellor
- Talk to your doctor

Would you know what to do to support a friend who had a mental health need?

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



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