



Staying mentally healthy

A leaflet for young people
aged 12 to 18

The **Methodist** Church



What is mental health?

Mental health is all about your feelings: how you feel about yourself and other people, and how you maintain relationships with them. It's also about how strong you feel when trying to overcome challenges.

Growing up can present many challenges.

Problems at home, being bullied, school pressure, relationships and worries about your future can be overwhelming. We can all feel anxious or upset occasionally, but sometimes, these feelings can develop into something more serious.

There are various types of mental health problems and these can affect people in

different ways. They may also last for different lengths of time.

Common mental and emotional health problems young people can face are:

- depression
- eating disorders
- self harm
- stress and anxiety
- psychosis

If you are worried about any of these issues, there are many different sources of support available to help you.

Please see the back of this leaflet for more information.



Tips on how to stay

mentally healthy

Don't be afraid to talk about your feelings.

Talking about how you feel can help you to stay mentally healthy. Talking about your feelings is a sign of strength.

Look after your body.

Get enough sleep, good food and exercise as these can also help you to stay mentally healthy.

Food can have an effect on your mental health. Just like your other organs, your brain needs a mix of nutrients to stay healthy and function well.

A healthy balanced diet includes:

- lots of different types of fruit and vegetables
- wholegrain cereals or bread
- nuts and seeds
- dairy products
- oily fish
- plenty of water

Keep in touch.

Connect with the people around you, whether friends, family or colleagues. Ensure that you spend time developing these relationships.

Believe in yourself.

Be proud of who you are and what you have achieved.

Where to get help

Childline is the UK's free helpline for children and young people. It provides a confidential telephone counselling service for any child or young person with a problem.

- Call free on 0800 1111 from any phone without needing credit or it showing on the phone bill;
- Visit www.childline.org.uk to log in to chat to a counsellor, for message boards or to send an email.

Samaritans listen in confidence to you at any time, in your own way and off the record, about whatever's getting to you.

- Call free from any phone on 116 123 round the clock, 24 hours a day, 365 days a year.
- www.samaritans.org ■ jo@samaritans.org

YoungMinds provides online resources for children and young people about mental health and wellbeing.

- www.youngminds.org.uk
- Follow YoungMinds on Twitter: @YoungMindsUK

More information online

A full list of helpful sites and resources for young people can be found on the children and youth section of the Methodist Church website: www.methodist.org.uk/mentalhealth

This leaflet is from:

The **Methodist Church** 

www.methodist.org.uk

Facebook | Twitter | YouTube | Instagram | Flickr | Google+

YOUNGMINDS

www.youngminds.org.uk

The voice for young people's
mental health and wellbeing