

WHAT IS MENTAL HEALTH?



BIRMINGHAM
CAREERS SERVICE
guiding young people

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Mental Health is all about how we feel inside and how we react to certain situations. It includes our emotional, psychological and social well being. It is about how we manage our stresses and anxieties.

We should look after our mental health and we may need some support from time to time.

It's ok not to be ok. If you need help then the following agencies will be able to support you:

-  www.kooth.com - online mental health services for children, young people and adults.
-  www.betterpathways.org.uk - offers help and support to young people 16-29 in Birmingham. Support can include help to improve your sleep, managing anxiety, improving self-esteem and mindfulness activities.
-  www.nhs.uk/oneyou/every-mind-matters - offers a range of mental health advice as well as an interactive quiz that's designed to help you feel more in control of your emotional/mental wellbeing.
-  www.papyrus-uk-org - a mental health charity dedicated to preventing young suicide by providing support and resources for young people and their families.
-  www.bsmhft.nhs.uk/our-services/birminghamhealthy-minds - offers advice, information and brief psychological talking therapies for people aged 16 and over, who are often feeling anxious, low in mood or depressed.
-  <https://www.barnardos.org.uk/> - a support and information service for young people under 18 who are experiencing emotional abuse and sexual abuse.
-  www.youngminds.org.uk/find-help/looking-after-yourself/take-time-out - not taking time out for relaxation may make any existing mental health issues worse. Relaxation is an important part of maintaining positive mental wellbeing.

SELF-HELP TIPS ON MANAGING YOUR OWN STRESS AND ANXIETY

- **Eating a regular balanced diet**
- **Getting enough sleep**
- **Exercise / Yoga**
- **Mindfulness/meditation**
- **Belly - breathing exercises**
- **Talking to a friend, family member, partner, teacher or another adult that you trust**