

A woman with dark hair, wearing a black top and a necklace, is sitting on a blue chair and smiling as she looks at a book held in her hands. A young girl with long, dark, curly hair is sitting next to her, looking down at the book with a focused expression. In the background, there is a large green plant in a terracotta pot. The scene is brightly lit, suggesting an indoor setting with natural light.

# Staying mentally healthy

For young people  
aged 12 to 18

# 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.

- 0800 1111 (freephone 24 hours, 7 days a week)
- [www.childline.org.uk](http://www.childline.org.uk) (online chat and message boards)

**Samaritans** listen in confidence to anyone in any type of emotional distress, without judging or telling people what to do.

- 08457 90 90 90 (24 hours, 7 days a week)
- [www.samaritans.org](http://www.samaritans.org)

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

- [www.youngminds.org.uk](http://www.youngminds.org.uk)
- Follow YoungMinds on Twitter: @YoungMindsVs

## 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.

Please visit: [www.childrenandyouth.org.uk/resources-worker/mental-health](http://www.childrenandyouth.org.uk/resources-worker/mental-health)



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