

**Everyone has mental health; it affects all aspects of your life. It's okay to talk about what's going on inside your head. Mental health is as important to consider as physical health, it is part of everyday life so don't be afraid to talk about it.**

**What's this for?**

This card is to help you to talk about mental health and get the help and support you need. It has information on **where**, **how** and **who** to get support from with mental health.

There are no right or wrong things to feel, people all feel different things at different times and lots of things can affect this; from family life to school and work. Sometimes people can get a bit overwhelmed and the best thing they can do is to find someone who will listen and help them get support. You can use this card to start a conversation with a friend, family member or when contacting one of the places listed overleaf to get support.

**Find someone who is**



**When you feel that you're ready**

**STEP 1**

**Find someone you feel you can trust and plan what you want to speak about.**

**STEP 2**

**Decide what you are comfortable talking about rather than opening up too much before you feel ready.**

**STEP 3**

**Take it one step at a time, don't be scared. Talk sooner rather than later.**

**You might not find the right person to talk to straight away so keep trying**

**Sharing two minutes of your time with someone can make the difference & change their life**

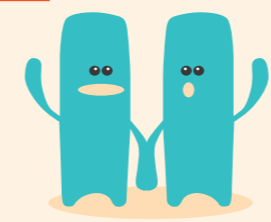


**Managing what's on your mind**



Try keeping a diary, notebook or blog on how you are feeling

Listen to music, draw, scribble or colour in



Spend time with friends



Try and eat regular, healthy meals and get plenty of sleep

Ask for help



Stay active, go for a run, jog or walk

Be realistic, it's okay not to be perfect



## How are you feeling and doing?

These circles contain words that help describe thoughts and feelings. We all have ups and down in our life but if you think that you are feeling more of the things at the bottom of this diagram then it's a good idea to find someone to talk to. This can be anyone that you feel you can trust and will listen, you are not alone and help is available. To find out more on how and where to get help and support look on the right hand side of this card.

### Doing well



### A bit too much



### Struggling to cope



## Where can you get help and support?

Sometimes you can sort out a problem on your own, but if you have a worry that you can't cope with, don't bottle it up. It can really help if you talk to someone, or you can contact some of these places, where support is available;

### ChildLine

You can contact ChildLine about anything – they also offer online 1-2-1 chat sessions with a counsellor.

Call **0800 1111**

Go to [www.childline.org.uk](http://www.childline.org.uk)

### Samaritans

Samaritans offer a 24-hour confidential support service.

Call **08457 90 90 90**

Text **07725 90 90 90**

Go to [www.samaritans.org](http://www.samaritans.org)

### Breathing Space

Breathing Space offer advice and support if you need someone to talk to.

Call **0800 83 85 87**

Go to [breathingspace.scot](http://breathingspace.scot)

### Young Scot

Young Scot has an InfoLine which is a free and confidential phone service. It has information on a range of topics including mental health.

Call **0808 801 0338**

### 7 Cups of Tea

7 Cups of Tea is an online emotional health and well-being service.

Go to [www.7cupsoftea.com](http://www.7cupsoftea.com)



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Thank you to all the young people who have helped produce this guide for others by using their own personal experiences of coping with mental health.