

Who can I talk to?

You're not alone, and you deserve support. There are lots of people you can talk to, like:

Your parent or carer.

Someone at school you trust, like a teacher, school nurse or counsellor.

Your doctor.

Childline childline.org.uk – for a free helpline, email service and online and phone counselling. They can also provide Welsh speaking counsellors. **Phone: 0800 1111**

The Mix themix.org.uk – for a free helpline, live chat, email service, telephone counselling service and crisis text line.

Phone: 0808 808 4994

YoungMinds youngminds.org.uk – for a free 24/7 crisis messenger service. **Text 'YM' to 85258**



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Please send your feedback to cyp@mind.org.uk

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Patient Information Forum

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Mind (National Association for Mental Health)

London E15 4BQ.

Your wellbeing Looking after your mental wellbeing



What's mental wellbeing?

Your mental wellbeing is about how you're feeling right now, and how well you can cope with daily life.

Our wellbeing can change from moment to moment, day to day, or month to month. Sometimes it changes because of things that happen to us, and sometimes it changes for no reason at all.

It can affect the way we feel about ourselves, other people, and the things we face in our lives.

Remember: We're all different, so what affects your wellbeing may not be the same as somebody else.

Tips and ideas to improve your wellbeing

Get creative You could try painting, creative writing, singing, playing an instrument or drama. Anything that uses your imagination and helps you to express yourself.

Learn something new This can be a great way of improving your confidence and giving you a sense of achievement. You could try cooking something new, doing a DIY project, or learning a new language or skill.

Be active and eat healthily This can improve your mood and make you feel more energetic. You could go for a walk or a bike ride, get involved in a team sport, or dance around the room. You could also try eating a balanced diet, drinking enough water, and avoiding too much caffeine or sugar.

Have time out from social media Putting your phone down and doing something else, even for 10 minutes, can boost your mood and help you feel calmer.

Get enough sleep Getting good sleep, and enough of it, is important for our minds and bodies. You could try:

- going to bed at a time that allows you to get enough sleep
- cutting down on screen time before bed
- doing something relaxing before bed – like having a bath, reading a book, listening to an audiobook or calming music.

Connect with others This might be with friends, family, or new people. It can help you feel more accepted, share experiences and support each other.

Do things you enjoy Whether it's sport, gaming or spending time with friends, make time for the things that you make you happy.

Find ways to relax Find things that help you to feel less stressed, like spending time in nature, listening to music, doing mindfulness exercises or praying.

Ask for help if you need it It's normal to want to try and deal with things on your own. But it's always okay to ask for help. Opening up to people you trust can help you feel less alone and get support, even if you're not sure what's wrong.

