

YOUNG PEOPLE'S GUIDE TO MENTAL HEALTH AND WELL BEING

Clear sense of
identity and
self worth

Recognise and
manage emotions

Can deal
with
difficulties

Opportunity to
learn, play and
enjoy friendships
and relationships



October 2020

Talking about what's on your mind

It's important to find someone who you could talk to about what's on your mind. It's okay to talk about what's going on inside your head and finding an adult who you can talk to can really help. We call this person a 'Trusted Adult'. You choose who your Trusted Adult is. It could be:

Parent

Grandparent

Caregiver

Family member

Sports coach

Youth worker

Friend's parent or family member

Find someone who is:

caring

laid
back

friendly

a good
listener

clear

informed

respectful

non
judgemental

empathetic

Understanding

It can be hard finding the words to tell someone how you're feeling, and you might feel nervous about opening up about your feelings. If you're not sure how to start the conversation you could:

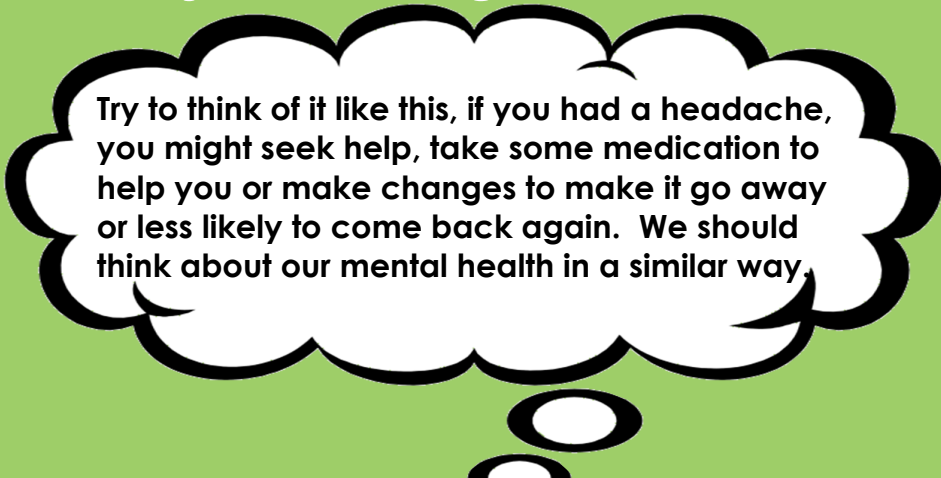
- Write them a letter
- Practice what you're going to say
- Draw them a picture of how you're feeling and hand it to them
- Walk and talk, sometimes it's easier talking when you're not face to face
- Show them this guide

You can always call Childline on 0800 1111 to talk to an adult you can trust Childline is open 24/7 and calls are free

Mental Health and Wellbeing is about how we're feeling and about our ability to cope

- ☒ If you have good mental health you can make the most of your potential, cope with setbacks in life and play a full part in your life
- ☒ Mental health is not about being happy all the time
- ☒ Mental health is not the same as having a mental health condition
- ☒ Your mental health is just as important as your physical health
- ☒ Your mental health changes depending what's going on in your life
- ☒ You can take steps to improve your mental health and wellbeing and make you healthier and happier
- ☒ Other people and support services can support you with your mental health

It's okay not to be okay, and many people find it helps to open up about how they are feeling



Try to think of it like this, if you had a headache, you might seek help, take some medication to help you or make changes to make it go away or less likely to come back again. We should think about our mental health in a similar way.



The 'Six Ways to Be Well' helps you to think about what you could do for your wellbeing and resilience

You should think about these as your 'six a day' for wellbeing. Think about today and how you are doing for each of the 'six ways', you can use the emoji flags below to mark how you are doing. You and a friend could work through each of the 'six ways' together.

Don't worry if you don't manage to do something for all of the 'six ways' each day. If you are struggling with some areas every day or for a number of weeks it's a good idea to talk to a Trusted Adult. You can discuss with them ideas about what you could do and if they can support you.

Great - I'm doing well at this



Okay - I'm working on this but I'd like to do this more regularly or improve



Not good - I want to do this but don't know where to start



Awful - I'm struggling with this and need some support



Be Kind: Being kind to others can make you feel good.



Small acts of kindness can make a big difference to people around you. If other people are kind to you, don't feel guilty about receiving their support – it's good for them too. You must also remember to be kind to yourself.

Enjoy and Learn: Doing things that you enjoy and



that interest you can improve your wellbeing. Think about what you enjoy doing - it could be something creative, or musical, or outdoors. Only you can decide what you enjoy doing. Try different things until you find what you like.

Nurture: To nurture ourselves we should try and make healthy choices for both our body and mind. We should try to eat well, sleep well, be active and cut out things that are bad for us. Try to make time to relax, have fun and spend time with people you love. Small changes can make a big difference to the way that we feel.



Be Active: Taking part in sports, exercise and other activities can make you feel more confident, happier, less stressed, sleep better and have more energy. If you're looking to be more active you can start small and doing an activity you enjoy, something is better than nothing.



Belong: Feeling that we belong - that we are included - is good for our wellbeing. Belonging is also about being respected and having the opportunity to be heard and involved in decisions that affect you.



Be Aware: Paying more attention to the present Moment. Noticing how your thoughts, surroundings and other people can make you feel. Accepting yourself. These things can all make a difference to your mental health. You don't have to wait for signs that you need to look after your mental health, you can build activities into your routine to maintain your wellbeing.



Self care calendar

30 things to make you feel good

Be Kind, Nurture, Be Aware, Be Active, Belong, Enjoy and Learn

| | | |
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| Make an emoji playlist at feelsfm.co.uk | Call, text or arrange to meet with a friend | Run a bath, have a massage or give a manicure |
| Read a book | Make a meal for someone | Do a Random Act of Kindness |
| Challenge yourself to drink at least 6 glasses of water today | Download a Mindfulness App – try Calm App or Headspace | Switch off your phone an hour before bed tonight |
| Learn some breathing exercises, they can help you to cope with stressful situations | Find out what activities and groups there are in your local area and go along to one | Take control of your finances with the Wishfund App |
| Watch a film or favourite series | Try swapping a drink with caffeine in it for some water today | Go somewhere that makes you feel good |
| Try to eat only healthy snacks today | Give someone a compliment | Dance and sing to your favourite music |
| Take part in an exercise video online – try PE with Joe or YMCA 360 | Write a list of things you can do or you want to achieve | Take some time out, listen to the Mental Health Foundation's Podcasts for Wellbeing |
| Allow your mind to wander and daydream | Smile at everyone you see today | Take a small step towards an important goal today |
| Be a change maker, check out the Power of Youth or the Scottish Youth Parliament | Get a good night's sleep - Pzizz App can help | Spend time with your pet, go feed the ducks or offer to walk a neighbour's dog |
| Go for a walk outside | Volunteer your time | Have fun drawing |

Groups and activities for young people in the Scottish Borders

LGBT Youth

Youth groups and support for lesbian, gay, bisexual and transgender young people in the Borders.

www.lgbtyouth.org.uk/groups-and-support/find-local-youth-groups/

Uniformed Youth Organisations

Scouts, Girl Guiding; Boys Brigade, Girls Brigade, Cadets - find out how to get involved at

www.borderscouts.org.uk or www.girlguiding.org.uk

Volunteer Centre Borders

Volunteering your time can be good for your wellbeing.

Volunteer Centre Borders can help you to find a volunteering placement and give you more information about the Saltire

Awards www.vcborders.org.uk

Live Borders

Live Borders is the Leisure, Culture and Sport organisation for the Scottish Borders. Find out more, including information about events, performing arts activities, museums, visitor centres and libraries at

www.liveborders.org.uk

Participation will incur costs

Find out more at

Youth Borders

Youth Clubs, cafes, projects, after school clubs and voluntary projects in the Borders. Drop ins, activities and opportunities for young people. A full list of youth groups and activities is available here:

<https://young.scot/scottish-borders>

You can also contact Youth Borders for more information on 01896 755 110 or email info@youthborders.org.uk

Things you might experience as a young person

Relationships

Positive relationships can support our wellbeing, but relationships can also be an area where you might need some extra support. Relationships with family and carers, friends, partners or others in your class change as you grow older and become more independent.

Healthy relationship: You should feel happy to see and spend time with certain people. It's normal to have some disagreements that might cause some frustration but it's likely you can work through these. **TRUST, RESPECT, TAKE RESPONSIBILITY, HONEST.**

Unhealthy relationship: can be damaging to your mental health, signs of an unhealthy relationship might be that people stop communicating or argue more frequently, or someone is treated in a way that doesn't value them as a person. **NOT VALUED, FRIGHTENED, INTIMIDATED, CONTROLLED**

Bullying

If someone's words or behaviour is making you feel unsafe or not in control of yourself then you might be being bullied. Bullying behaviour happens face to face and online. This can hurt you physically or emotionally and, although the behaviour might not be repeated, the threat or worry that it will happen again can be very real. Telling your Trusted Adult that you're being bullied can make you feel better, you can then discuss if you'd like them to get involved.

Grief & Bereavement

Grief is the word used to describe a response to a loss. A bereavement is a specific type of loss when someone you care about dies, this could be a person or a pet. People have different reactions to a bereavement including anxiety, feelings of helplessness, anger, fear or blame. Experiencing some, all or none of these feelings and reactions is normal. Everyone's experience is different and no reaction is right or wrong. Most feelings will pass with time, although they might feel difficult to process.

Feeling stressed, low or anxious

It's normal to feel stressed, low or anxious at times and these feelings can act as warning signs and tell us that we need to slow down or to be careful and think about what we are planning to do.

Depression

Everyone has times when they feel upset or down - it's normal to feel like this. Sometimes, when it lasts for longer than two weeks, it may be depression. Depression is a lot more common than you think. If someone is feeling depressed they may feel hopeless or worthless, not feel hungry or feel very tired, find it hard to concentrate or sleep, or no longer enjoy hobbies or spending time with friends.

Eating Disorders

Eating problems are common and can affect anyone of any body shape. Worry or stress can trigger eating problems or they are sometimes to do with body image. If eating makes you feel anxious, guilty, upset or is affecting your everyday life it could mean that you have an eating disorder.

Generalise Anxiety Disorder (GAD)

Generalised anxiety disorder or GAD is a long-term condition that causes you to feel anxious about a wide range of situations and issues, rather than one specific event. People with GAD feel anxious most days and often struggle to remember the last time they felt relaxed.

Psychosis

You might have heard some of the illnesses being called schizophrenia, manic depression or bipolar disorder. Psychosis is the name for mental illnesses that make people lose contact with what is real. Psychosis is more common than you think and can be triggered by stress or bad life events - and using drugs can make psychosis more likely. Sometimes psychosis can be a one-off. Sometimes it can come and go. It rarely gets better without proper treatment and professional help

Self Harm

Self-harm is a sign that something is wrong. Young people who self-harm inflict pain on themselves as a way of coping with mental distress. There are a variety of ways young people self-harm and many different reasons for doing so and it's a lot more common than you think.

If you are experiencing any of these things it's important that you talk to your Trusted Adult. They can help you to cope with how you are feeling or help you to get further support, this could include talking to your doctor, a counsellor, taking medication, getting help from crisis services, accessing self-help resources or contacting an emotional support helpline.

Suicidal Thoughts

Some people may experience thoughts on wanting to die, these are called suicidal thoughts. Sometimes these are a one off, or for others it may feel like it's constantly on their mind or may progress to planning or taking steps to end their life. Many people who are thinking about suicide don't want to die, but they want the pain to go away. No matter what the reason, if someone is thinking about suicide then it should be taken seriously.

If you or someone else is at immediate risk of suicide you should call the emergency services on 999



You can find out more information about these topics and more at <https://young.scot/BordersWellbeing>

Worried about someone else

It can be very difficult to see someone who you care about becoming distressed and unwell, but you don't need to be an expert on mental health to offer support. Struggling with their mental health or having a mental health condition doesn't define who they are, and it's just one part of the person.

Often, small everyday actions can make the biggest difference.



If you're worried about someone else it's a good idea to encourage them to speak to a Trusted Adult or a doctor. It can be hard supporting someone else and so talk with a Trusted Adult about how you can look after yourself. This is particularly important if you're worried about a parent or carer.

If you want to speak to someone you don't know for help and support you could also call Childline on 0800 1111 (calls are free).

Self help information



More information health and wellbeing can be found online including links to more information on the topics covered and self help information. Visit <https://young.scot/BordersWellbeing>



Scotland's programme to end mental health discrimination. Includes information about young people's mental health and ways to tackle stigma. www.seemescotland.org



Check out Feels FM, express how you're feeling through the emoji-powered jukebox. Use music as a positive coping strategy, and find new ways to talk about mental health stigma and discrimination.

<https://feelsfm.co.uk/>



The UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people.

www.youngminds.org.uk



aye mind

A set of positive digital resources for improving mental health and wellbeing, developed in collaboration with young people. www.ayemind.com



If you're thinking about talking to your doctor about your mental health you can find out how to prepare for your appointment using the Doc Ready site.

www.docready.org



#StayAlive

StayAlive mobile app for those at risk of suicide and people worried about someone.



respectme
Scotland's Anti-Bullying Service

Scotland's anti-bullying service,

Respect Me has further tips for dealing with bullying.

www.respectme.org.uk

Local mental health support for young people

Where a service has **SR** icon you can make a self-referral.

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| GP SR | Your GP can talk to you about your mental health and discuss with you options for referral to other mental health services, discuss medication options or refer you to self-help resources or courses. www.nhsborders.scot.nhs.uk |
| Support at school SR | If you are at school you can talk to Quarriers, your school nurse or your guidance staff for support. |
| Quarriers SR | Support you to improve your wellbeing and resilience and build confidence to work towards your goals. www.quarriers.org.uk/borders (12-18 yrs) |
| Youth Wellbeing Coaching SR | Offer proactive solution focused coaching to support and empower you in decision making and taking actions to help you move forward. www.youthwellbeingcoaching.com (16-25yrs) |
| LGBT Youth (Borders) SR | LGBT Youth works with and supports young people who identify as lesbian, gay, bisexual or transgender by providing one to one and group support. www.lgbtyouth.org.uk/groups-and-support/find-local-youth-groups/ (13-25yrs) |
| Child and Adolescent Mental Health Service | Work to improve your mental health by helping you with the things that make you worried, upset or angry. CAMHS Teams work with young people who have moderate and severe mental health problems. Referrals via your GP or school nurse. (up to 18yrs) |
| Distress Brief Intervention (DBI) | If you're in need of crisis support your GP can refer you to the DBI Service who can contact you within 24 hours of referral and provide problem solving support, wellness and distress management planning, supported connections and signposting. www.dbi.scot |

If you're over 18, more information about adult mental health services can be found at www.nhsborders.scot.nhs.uk/wellbeingpoint

Support from helplines

A list of emotional support and crisis helplines can be found on the back page.

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| Cruse Bereavement Care Scotland 0845 600 2227 support@crusescotland.org.uk | Helpline for enquiries from bereaved people. Local contact is then arranged as appropriate. www.crusescotland.org.uk Mon-Thurs 10-8, Fri 10-4 Calls cost 5p per minute plus your phone company's access charge |
| Beat Eating Disorders 0808 801 0711 (under 18s) 0808 801 0677 (over 18s) help@beateatingdisorders.org.uk | If you or someone you love is suffering from an eating disorder or experiencing symptoms you can contact Beat Eating Disorders. Webchat also available. Offers online support groups. www.beateatingdisorders.org.uk Open 12pm-8pm during the week, and 4pm-8pm on weekends |
| NHS 24 Call 111 | 111 provides urgent health advice out of hours, when your GP Practice is closed. You can access the website NHS inform which provides health and care information. www.nhs24.scot 24/7 FREE |
| LGBT Scotland Helpline 0300 123 2523 helpline@lgbthealth.org.uk | Working to improve the health, wellbeing and equality of lesbian, gay, bisexual, transgender (LGBT) people in Scotland https://www.lgbthealth.org.uk/ Open every Tuesday and Wednesday between 12-9pm |
| National Domestic Abuse Helpline 0808 200 247 Webchat Mon-Fri 3-6pm | Support for women and children who have experiences domestic violence. www.nationaldahelpline.org.uk Open 24/7 FREE |

| | |
|--|--|
| Rape Crisis Scottish Borders 01896 661 070 support@sbrcc.org.uk | Support, information and advocacy for all woman and girls in the Scottish Borders who have experienced rape or sexual violence. www.scottishbordersrapecrisis.org.uk Age 12+ |
| Talk to Frank 0300 123 6600 Text 82111 frank@talktofrank.com | Drugs info and advice. Live chat 2-6pm 7 days a week www.talktofrank.com Open 24 /7, Calls may cost |
| Who cares? Scotland 0330 107 7540 Text 0775 604 7389 help@whocaresscotland.org | Advice and support line for care experienced people. www.whocaresscotland.org Open Mon – Fri, 12-4pm |
| Young Scot Info Line 0808 801 0338 info@young.scot | Information line on topics such as relationships, health and wellbeing, school or work. Monday to Friday, 10am to 6pm Ages 11-26 / FREE |
| Youth info @ CAB 07508 331 513 youthinfo@roxburghcab.casonline.org.uk | Provides advice and support with benefits, work, housing and much more. www.roxburghcab.org.uk/services/youthinfocab Ages 16-24 / FREE |
| HOPELineUK 0800 068 41 41 Text 07786 209 697 pat@papyrus-uk.org | For children and young people experiencing thoughts of suicide, or anyone concerned that a young person could be thinking about suicide. Confidential support and advice. Weekdays 9am-10pm, Weekends 2pm-10pm Under 35 FREE |
| Parentline Scotland 08000 28 22 23 | Provides information, advice and support to parents and carers. www.children1st.org.uk/help-for-families/parentline-scotland/ Mon-Fri 9am-9pm, Sat-Sun 9am-12noon |

Need help now - These confidential and free helplines can support you

In an emergency, or if you or someone else is in danger you should contact the emergency Services by dialling 999

Childline 0800 11 11

Any worries that you have, no matter how big or small.

www.childline.org.uk

Open 9am - midnight

Up to age 19

YoungMinds Crisis Messenger

Text YM to 85258

Provides support to any young person experiencing a mental health crisis.

Open 24/7

25 or under

Samaritans

Call 116 123

Text 07725 90 90 90

Personal crisis, risk of suicide and emotional support. Call free from any phone. Standard rates apply for texts.

Open 24/7

Open to anyone

Breathing Space

0800 83 85 87

A free, confidential phone service for anyone in Scotland experiencing low mood, depression or anxiety.

Open Monday - Thursday

6pm to 2am and 6pm

Friday - 6am Monday

Age 16+

You can also call your doctor if you would like to speak to someone you know. If you need crisis support they can refer you to the DBI service