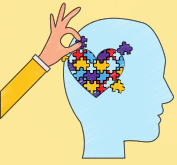


Young people and Mental Health



What is good mental health?

Good mental health is not just something older people should be concerned about. Young people are also affected by mental health issues.

Good mental health means feeling positive and having the ability to cope with school, parents, siblings, friendships and relationships.

1 in 8 young people in Northern Ireland experience emotional difficulties and 1 in 8 young people have depression or anxiety

There are a number of things that can affect mental health and wellbeing but research has shown that the quicker you seek help the more likely you will feel yourself again, sooner.



What can happen if you do not seek help?

You can be left vulnerable to unhealthy coping mechanisms such as: self harm, eating disorders, alcohol and drug abuse

Problems that can affect young people and their mental health

Problems at home:
Family strife can take a toll on your life, making it difficult to concentrate in school. Stable family relationships are a good source of emotional support for young people, so if that breaks down you may feel there's no one to turn to.



Bullying:
This can range from name-calling and physical aggression to cyberbullying online. This can be detrimental to a young person's self-esteem. Never suffer alone- talk to someone you trust.



Relationships:

The breakdown of relationships at school, whether platonic or romantic, can leave you feeling hurt/overwhelmed. In these instances many young people are more likely to turn to unhealthy coping mechanisms



Trauma:

If you've suffered a bereavement- even the death of a pet- or have been involved in an accident, or suffered abuse, you can be left feeling very vulnerable and in need of support

Exam Pressure:

The pressure of exams can often be a trigger for mental health problems. Whether the pressure comes from parents or peers, this type of stress can be over-whelming. This is especially stressful around milestone years like GCSE's. Exam stress can cause mood changes, hair loss and even suicidal thoughts.

Transition to a new school:

This can be very difficult. Some may be fearful of new friendship groups and the unfamiliarity of the new school.



Where to get Help for Young People



Childline is here to help anyone under 19 in the UK with any issue they're going through. You can talk about anything. Whether it's something big or small, our trained counsellors are here to support you.



Samaritans is a registered charity aimed at providing emotional support to anyone in emotional distress or struggling to cope.

"It's alright to ask for help"



116 123

Getting Support

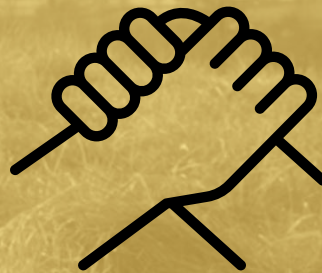
Lifeline is a 24hr help and counselling service. They can give you immediate support and information on local services.



0808 808 8000

You can:

- See your doctor
- Call the out of hours GP service
- Go to A&E department
- Call emergency services
- Call Samaritans on 116 123
- Text Shout 85258
- Don't let things build up; talk to people you love and trust.



"Hope is being able to see the light, despite all of the darkness"

Take 5 Steps for Wellbeing

The Take 5 Steps for wellbeing are an evidenced based way to promote mental health.



Do something nice for a friend. Smile. Volunteer your time and help your club.

Surround yourself with Family, friends or teammates. Good connections will help you feel supported.



Don't be afraid to try something new. Take up a hobby and something you enjoy and learn a new skill.

Exercise acts as an anti-depressant. Being active is good for your mental health and physical health.



Be aware of the world around you and how you are feeling. Take a step back, breath and take a time out.

www.tamhi.org