



Friendship

Connecting with others can make a real difference to your emotional wellbeing
Find out on the 'looking after yourself' pages



Welcome to **mind you** - South Gloucestershire's mental health and emotional wellbeing hub for young people.

mind you is here to help you to look after your mental health, to find out about mental health problems and where you can go if you are finding things hard.

What is mental health and emotional wellbeing?

- We all have mental health
- It relates to how we think, feel and behave
- We need to look after our mental health, just as we do our physical health
- We all find things hard sometimes and it's okay to ask for help



Working with children and young people

Children and young people in South Gloucestershire have helped create and develop the **mind you** website.



Thank you to Digitech Studio School, the South Gloucestershire Youth Board, Children in Care Council, Off the Record, Barnardos HYPE, Brimsham Green Digital Champions, 6th formers at Yate Academy and pupils at Abbotswood, Charborough Road and Callicroft Primary Schools.





The section for children includes an A-Z of common issues, information on where to get help, and advice on looking after yourself.



A to Z

A

Anger

Anxiety

Attention deficit and hyperactivity disorder (ADHD)

B

Body image

Bullying

C

Changing schools

D

Depression

The 'A-Z' section contains information on a range of issues and topics.

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Happy, excited, sad and angry are all different types of feelings. Everyone has feelings, they are part of us and our lives. Feelings change all the time, every day, every week and throughout our lives.

It is important not to be ashamed of having feelings. Everyone has them – good and bad.

Showing our feelings are important, it can be really helpful to ourselves and to others, but is important that we don't show them in ways that are hurtful (to ourselves or other people).

If you sometimes have feelings which are unhelpful or hurtful, there are things you can do to help yourself.

This page in the A-Z, for example, has information on emotions and feelings, as well as where to get help.

Getting help



- If you are in an emergency and there is risk to life (yours or someone else's) call 999
- If you are in crisis call Childline free on 0800 1111 or visit childline.org.uk/get-support/
- To report any concerns about the safety or welfare of a child or young person call 01454 866000
- If you can, talk to an adult you trust, whether it's a parent or carer, teacher, youth worker or school nurse. It's better out than in!

+ Help in South Gloucestershire

+ Other information and support

The 'Getting help' section includes information on support available in South Gloucestershire and other resources.

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Where to get support

- Try talking to a parent or carer, or another adult you trust...it's better out than in!
- Your school can help with your wellbeing - just ask a teacher or another member of staff
- GP – you can visit your doctor or nurse to talk about any worries or concerns you have about your health and wellbeing
- Childline is a helpline for children to talk about any problems 24 hours a day, 7 days a week – call free on 0800 1111 or visit www.childline.org.uk/get-support
- Off the Record – free and confidential mental health support for 11-25 year olds. You can find out more at www.otrbristol.org.uk, call 0808 808 9120 or text 07896880011





Looking after yourself

The reality of life is that it can be full of worries and pressures. While lots of stuff that causes us stress is out of our control, there are things we can do to look after ourselves.

Resilience is about how we deal with challenges, cope with stress, and recover from distressing situations. It's sometimes called 'bounce-back-ability'. You are probably more resilient than you think, and there are simple things we can learn to help us get through life.

In the 'Looking after yourself' section you will find lots of ideas on being and staying emotionally resilient.



Top tips for emotional wellbeing

- Recognise worries: notice when you're feeling low or stressed
- Do something nice: have a bath, listen to music, get creative
- Reach out: talk to a friend or an adult you trust
- Relax: do a breathing exercise or meditate
- Play to your strengths: recognise the qualities that make you who you are and use them more
- Gratitude: think about good things that have happened recently, however small



If you are interested in being involved with creating content for **mind you** (including sharing stories and videos) please contact us on mentalhealth@southglos.gov.uk.

www.mindyou.org.uk

