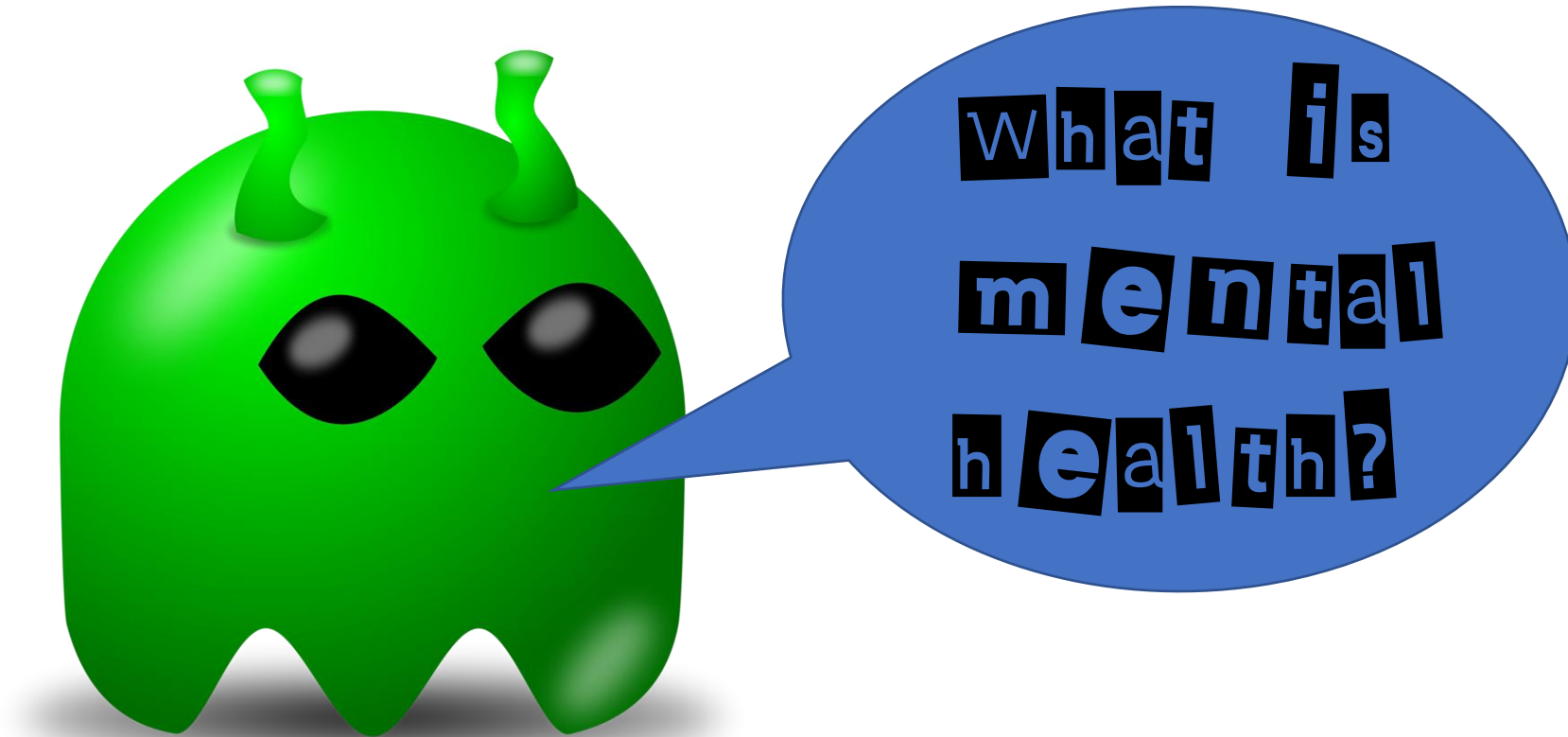




# Mental and emotional health



This is BLOB – he comes from a galaxy far, far away.



# True or False?

Anyone can have a mental health problem	One in four people will ask for help with a mental health problem in their life at some time
Mental health problems are very rare	You can recover from a mental health problem like bipolar disorder
There are ways you can help yourself feel better if you feel bad	Someone who has a mental health problem can't go to Work
People with mental health problems are different from other people	People with mental health problems can overcome their difficulties
It is best not to talk to someone with a mental health problem	

Anyone can have a mental health problem	True
Mental health problems are very rare	False
There are ways you can help yourself feel better if you feel bad	True
People with MH problems are different from other people	False
It is best not to talk to someone with a mental health problem	False

One in four people will ask for help with a mental health problem in their life at some time	True
You can recover from a mental health problem like bipolar disorder	True
Someone who has a mental health problem can't go to work	False
People with mental health problems can overcome their difficulties	True

# Wellbeing fluctuates daily.

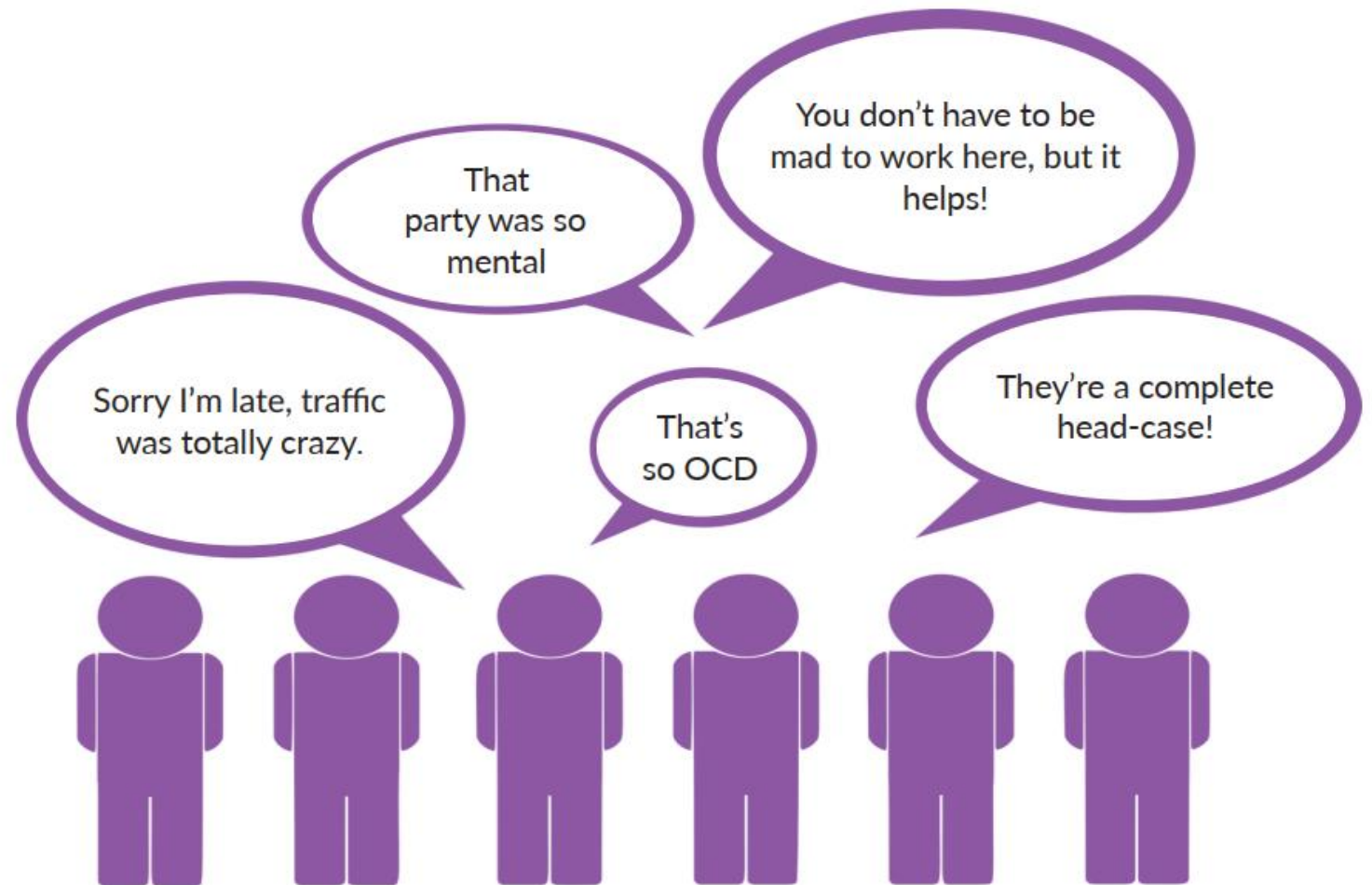


Sometimes people find it difficult to talk about mental health, or might have little understanding of it and can therefore say things that might be unhelpful or offensive to others, often without meaning to.

How might these statements make someone feel?

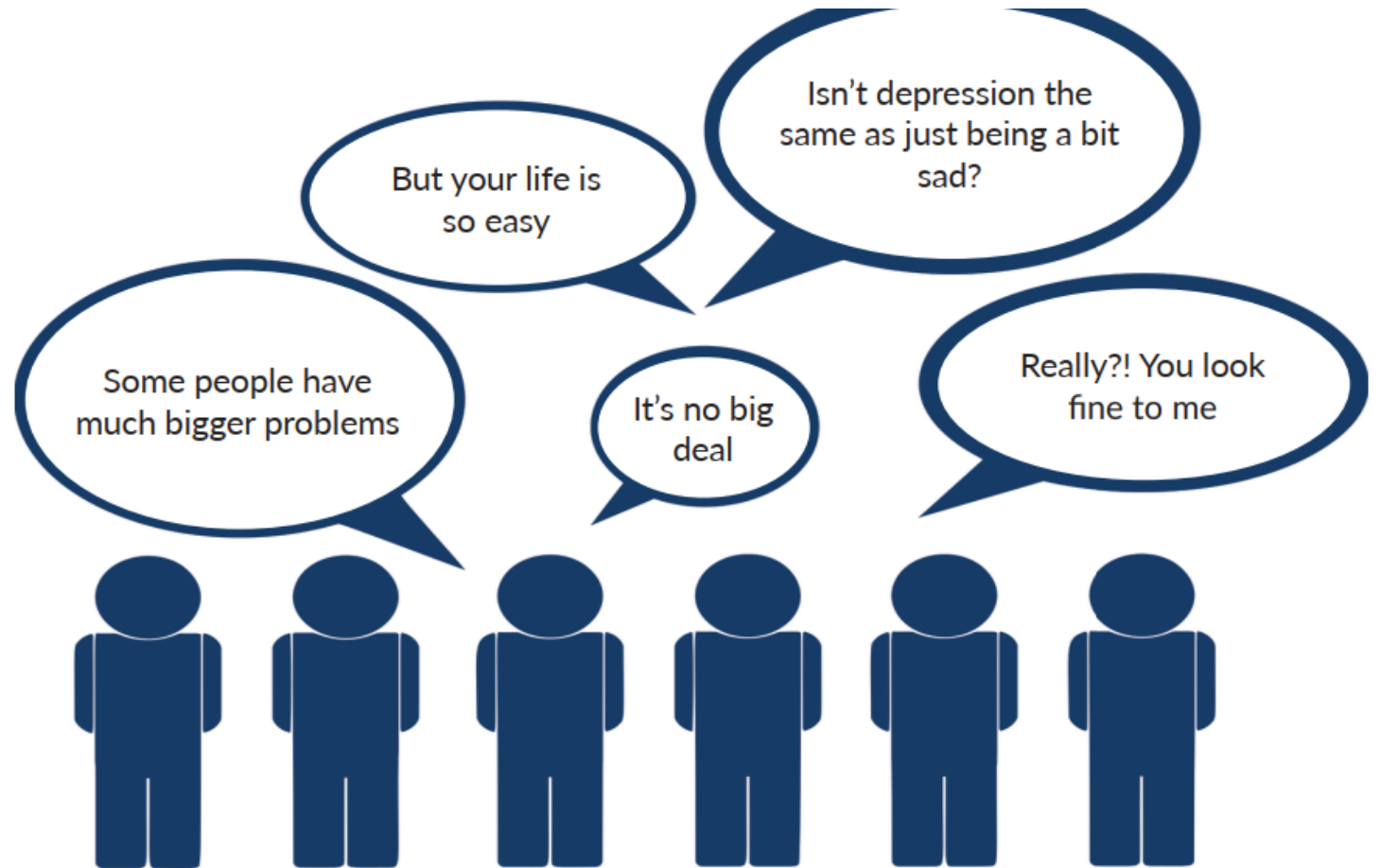
What could some more positive alternatives be?

These demonstrate the flippant way people can use mental health language. This is a subtle way in which mental health stigma is reinforced





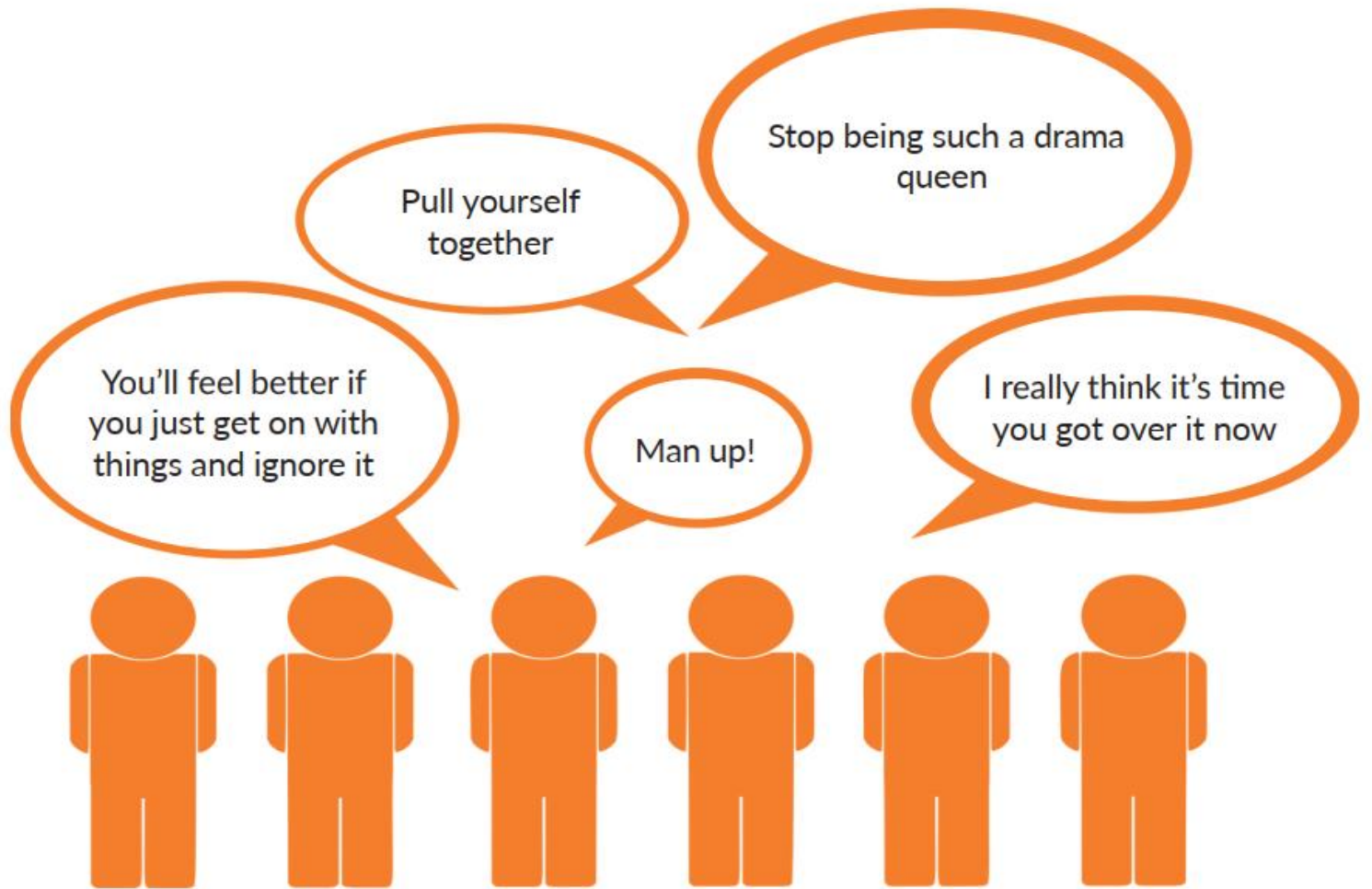
These statements are typical of the responses people with a mental health issue sometimes get from friends or family. The statements diminish the issue and minimise the impact of experiencing a mental health issue.



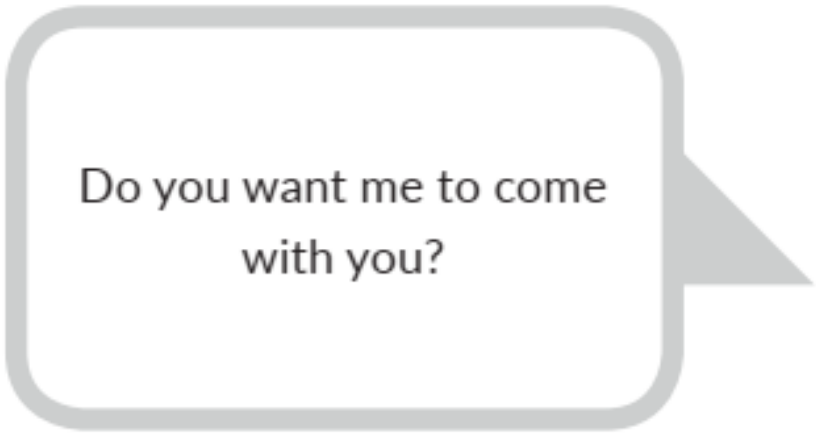
These statements focus on unhelpful behaviours in relation to mental health, primarily excluding or deliberately trying to upset someone known to have mental health issues.




these statements  
include unhelpful  
advice that people  
sometimes receive  
when discussing a  
mental health  
concern



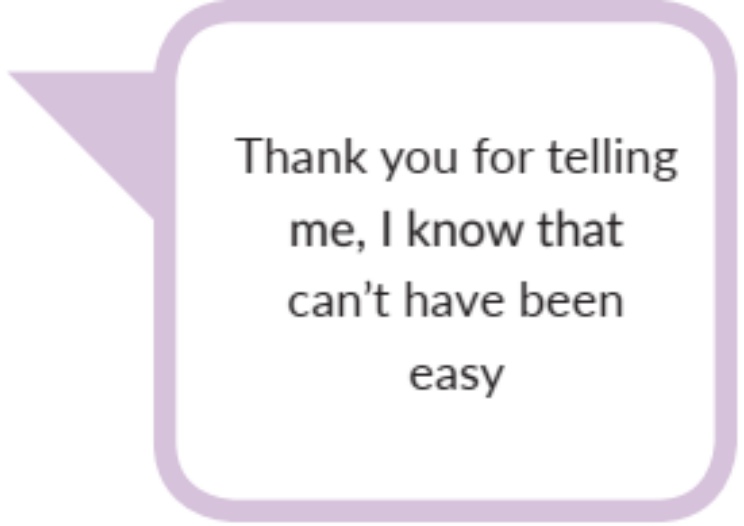
# So what could you say?

A grey speech bubble with a tail pointing to the right.

Do you want me to come  
with you?

A purple speech bubble with a tail pointing to the left.

Take your time

A purple speech bubble with a tail pointing to the left.

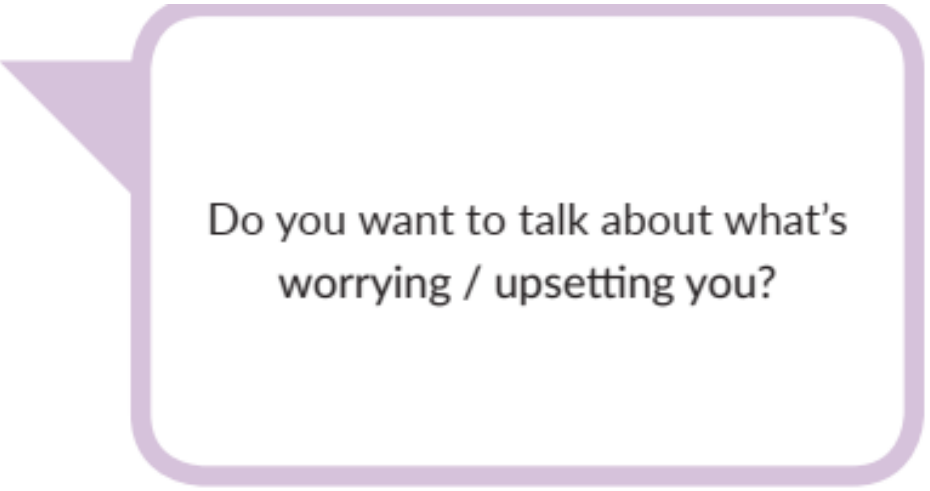
Thank you for telling  
me, I know that  
can't have been  
easy

A purple speech bubble with a tail pointing to the left.

I'm here for you

A grey speech bubble with a tail pointing to the right.

What might help?

A purple speech bubble with a tail pointing to the left.

Do you want to talk about what's  
worrying / upsetting you?

# How to look after your mental health.

- Make meaningful connections
- Develop a sense of purpose by supporting their community and/or moving towards goals
- Embrace change as a normal part of living
- Avoid seeing disappointments and setbacks as failures or problems which cannot be overcome
- Develop a positive sense of self by focusing on their strengths and accomplishments
- Gain self-confidence by embracing new challenges
- Keep things in perspective
- Maintain a positive outlook
- Take care of themselves emotionally and physically - additional techniques like journaling or meditation can support emotions, while healthy sleep, exercise and diet help both physical and emotional wellbeing



7:00

Logan wakes up after a good night's sleep. He checks his phone for messages and to see what's happening on social media sites.



8:30

He gets dressed hurriedly and grabs his bag – he's running late again – he was playing his favourite online game. His stomach rumbles so he grab some crisps from the corner shop.



11:00

Logan found it hard to concentrate in science; he didn't really understand what was going on. It's break time and he's starving so he gets a sausage roll from the canteen.



13:00

Logan had a great lunch break. It's a sunny day so he went out to play football. He figured he could grab something to eat later and the sausage roll was keeping him going for now. He scores twice and has a really good time with his friends out in the fresh air.



15:30

Logan found it hard to concentrate in maths last period. He often feels confused but he can copy enough from his friend Matt to get by. His stomach was grumbling all afternoon, so he and Matt walk home via the chippy, where they get a massive portion of chips. Matt lives nearby and comes back to Logan's house for a few hours.



18:00

Logan's Dad has made pasta salad and there's more than enough for Matt as well. After their chips they're not hungry, so hardly touch the pasta and head back up to Logan's room.



19:00

Now it's time for homework. When Logan tries to start his science assignment he realises just how little he'd understood in class. It's not due in yet, so he'll leave it for now. He logs onto his computer.



21:30

Logan's exhausted and crawls into bed with happy thoughts of football but a niggling feeling about all the things he didn't understand in class today.

8am

9am

10am

11am

12pm

1pm

2pm

3pm

HIGH WELL

? What might have improved Kaz's wellbeing?

? What strategies might  
to feel better?

? What might have caused Kaz's  
wellbeing to change?

LOW WELL

3pm

4pm

5pm

6pm

7pm


8pm

9pm

10pm

WELLBEING

egies might Kaz have used  
er?

 What might Kaz be doing or thinking now?

**?** What might cause this gradual decline in Kaz's wellbeing?

## WELLBEING





# Signposting for help.

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Young Minds - [www.youngminds.org.uk](http://www.youngminds.org.uk)

Childline - [www.childline.org.uk](http://www.childline.org.uk)

Samaritans - [www.samaritans.org](http://www.samaritans.org)

Shout - a 24-hour text service for someone experiencing a crisis and needing immediate help.