



What to do when...



You want to get help or support for your mental health

6 Key Messages

1. Ask for help if a problem is getting in the way of your daily life
2. It can be hard to put your feelings into words
3. Asking for help is a good thing
4. There are different types of help available for you to choose and try- it is your choice!
5. Find out what options are available to you
6. Mental health professionals are there to help YOU

Part 1– General things to know

1. Ask for help if a problem is getting in the way of your daily life

- It can be hard to know what is 'normal' or what is a problem with your mental health.

You might think that a problem might not be serious enough to ask someone for help.

- Sometimes problems go away on their own – but sometimes they don't.

For example ask for help if your mental health is:

- making you very upset,
- making it hard to do things like go to school or see your friends
- making sleeping or eating difficult

- If a problem is getting in the way of day-to-day life then it is a good idea to speak to someone to get some support for your mental health.



Part 1–
General
things to
know

2. It can be hard to
put your feelings
into words

It can be
difficult to know
what to say to
other people if
you are worried
about your mental
health.

"I want to
tell you
something,
but I don't
know how."

"I need some
advice on
something I'm
stressed
about."

"This is hard
for me to say,
but I have
something
important to
tell you."

Here are
some
helpful
phrases:



Part 1-
General
things to
know

3. Asking for help is a good thing

It is okay
(and a very
brave thing)
to ask for
help.

Try not to feel
embarrassed or be
put off by what
other people say
if they don't get
it quite right
straight away



People might
be unsure of
what to say,
but that
doesn't mean
they don't want
to help.



This doesn't mean
that your
difficulties are
any less
important and try
not to let this
put you off
asking for help.

Part 1–
General
things to
know

4. There are different
types of help available
for you to choose and try–
it is your choice!



There are lots
of types of
help you can
try and there
are different
people to talk
to.

If you need a bit of
support, a parent or
carer, a friend, a
member of school
staff, another
trusted adult, or
helplines/ mental
health support
organisations could
help you.

If you need more
support, you can
ask staff at your
school or your
GP.

They can tell you
what mental health
support is available.

It is okay to
try different
types of
support until
one feels
right for you.

Part 2 –
Specific things
to know when
getting
professional
mental health
support

5. Find out what options are available to you

If this
happens, it
doesn't mean
your
difficulties
are not
important.

If you're worried
about having a
face-to-face
appointment, many
mental health
services have
online or
telephone
appointments.

You might have
to wait a bit
for support—
depending on
what you need
and what is
available.

Some mental health
services might be
able to give you
information about
other ways to get
support straight
away (e.g. support
groups or phone/
text lines).

Part 2 –
Specific things
to know when
getting
professional
mental health
support

6. Mental health professionals are there to help YOU

Mental health
professionals
are trained to
listen to and
respect what you
say, without
judging you

Mental health
professionals
want to help,

try not to be put
off if you don't
feel better straight
away, this might
take time.



Mental health
professionals will
keep information
about your mental
health private

unless they are
worried about your (or
someone else's)
safety.



It is a good idea
to check with a
mental health
professional what
sort of thing
might be shared
with other people
(e.g., a family
member).

What should someone do if they are struggling with their mental health?



-
- If anyone is struggling at a level where it is getting in the way of daily life (e.g., causing distress, interfering with sleep, schoolwork, concentrating in lessons, socialising with friends), it is important to seek help.
 - This could be talking to a trusted friend or family member. Often a good starting point is to speak to someone at school (a school nurse, school mental health champion); this information can typically be found on the school website or by asking a form tutor.
 - Another option is to speak to a health professional, e.g., GP.
 - More information on sources of support (and other useful resources) can be found here:

<https://www.nhs.uk/oneyou/every-mind-matters/youth-mental-health/>