



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

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.



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."

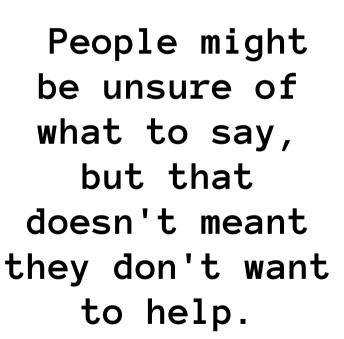
Here are some helpful phrases:



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



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

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



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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 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.

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

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).

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6.Mental health professionals are there to help 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.



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

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/