

WHAT TO DO WHEN...

**YOU WANT TO GET HELP  
AND SUPPORT FOR YOUR  
MENTAL HEALTH**

1/6

WHEN YOU WANT TO GET HELP AND SUPPORT FOR  
YOUR MENTAL HEALTH...

## ASK FOR HELP IF A PROBLEM IS GETTING IN THE WAY OF YOUR LIFE

It's hard to know what's 'normal', but **if something is making you upset or interfering with your life, it's a good idea to get some support**

2/6

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## IT CAN BE HARD TO PUT YOUR FEELINGS INTO WORDS

It's difficult to know what to say to people.  
You could try **"I want to tell you something  
but I don't know how"** or, **"I need advice on  
something I'm stressed about"**.

3/6

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# REMEMBER THAT ASKING FOR HELP IS A GOOD THING

**It is okay to ask for help!** Some people might not know what to say to you at first but it doesn't mean that your problems aren't important. **Don't let it put you off finding support.**

4/6

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## THERE ARE DIFFERENT TYPES OF SUPPORT AVAILABLE

It's okay to try different types of support until you find the **right one for you**. Some services might be able to give you support right away (e.g., text/phone services), but for others **you might have to wait a bit. This doesn't mean your problems aren't important.**

5/6

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# MENTAL HEALTH PROFESSIONALS ARE THERE TO HELP YOU

Mental health professionals are trained to listen to you. **They want to help you but it can take time. More information about support can be found here:**

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

6/6