



WHAT TO DO WHEN...

YOU WANT TO GET HELP  
AND SUPPORT FOR  
YOUR MENTAL HEALTH



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

- It can be hard to know what is 'normal'
- Some problems go away on their own, but some don't
- If something is making you upset or interfering with your life, it's a good idea to get some support





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

- It can be hard to know what to say to people if you're worried about your mental health
- 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"



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## REMEMBER THAT ASKING FOR HELP IS A GOOD THING

- It's okay (and brave) to ask for help!
- Some people might not know what to say at first but that doesn't mean they don't want to help
- Try not to let this put you off asking for help





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## THERE ARE DIFFERENT TYPES OF SUPPORT AVAILABLE

- Some services might be able to give you support right away (e.g., text or phone services) but for others you might have to wait a bit (this doesn't mean your problems aren't important)
- If you need more support, you can ask staff at school, or your GP
- It's okay to try different types of support until you find the right one for you





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# MENTAL HEALTH PROFESSIONALS ARE THERE TO HELP YOU

- They will always listen to you and respect what you say
- They want to help you but this can take time
- More information can be found here: <https://www.nhs.uk/oneyou/every-mind-matters/youth-mental-health/>

