



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

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.

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**



**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

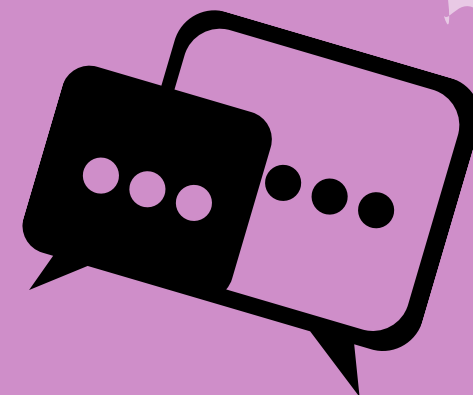
Mental health professionals are trained to listen to and respect what you say, without judging you

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?



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- 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/>