

# Mental Health and Emotional Wellbeing: The Young People's Guide



# Table of Contents

- 3 What is Mental Health?
- 4 Important message
- 5 How do I know if I need some support with my mental health?

## First steps to get support with your mental health

6

- 6 Self-care
- 7 Talk to someone & Online support
- 12 Smartphone apps

## Getting more support with your mental health

14

- 15 Mental Health Support Teams in Schools (MHSTs)
- 16 Your GP (General Practitioner)
- 17 My self referral
- 18 Child and Adolescent Mental Health Services (CAMHS)

## What mental health professionals can I speak to for immediate support?

19

- 20 What mental health professionals can I speak to for immediate support?



# What is Mental Health?



It can be tricky to define mental health because it is made up of a range of different things. It covers how you feel emotionally, how you relate to the other people in your life, how you think about things and how you behave. These areas are all linked together to make up your mental health. It can sometimes be referred to as your state of mind.

Every person's mental state is different and can vary over time. We all experience good and tricky times in life (such as making a new best friend, having good or bad exam results) and we react differently to these events. If you are enjoying good mental health, you may cope with these experiences better than someone who is struggling with their mental health.

It is normal to feel sad during difficult times. When these feelings begin to affect your daily life and don't go away, you may need mental health support. There are many young people (and adults) who struggle with mental health issues; you are not alone. In fact, up to 1 in 4 people will experience poor mental health at some time in their lives. The good news is that, just like physical health, poor mental health can improve and many people enjoy full recovery.

Mental health specialists have helped create this booklet to make sure you get the right help, depending on the severity of your mental health needs.

## IMPORTANT!

What you can do if you are concerned and require urgent mental health support:

- you can call the Central Access Point (CAP) on 0808 800 3302 who have a 24 hour urgent mental health support line.
- Speak to an adult friend or someone you can trust as soon as you can
- Speak to your school nurse or social worker
- Call 111 (24 hours, 7 days a week)
- Call your GP

If you require **urgent medical attention**, go straight to the local Accident and Emergency Department. In an extreme situation, it might be necessary to contact the police or ambulance service. **Please only attend accident and emergency services if it is vital to do so for emergency medical attention.** Whoever you speak to, please give them as much information as possible to allow the mental health practitioner to make an informed assessment. Be clear about the changes in your behaviour and feelings that have prompted you to make contact.

**You will not be wasting anyone's time.**

# How do I know if I need some support with my mental health?

Have you felt anxious or sad over the past few weeks? Are these feelings not going away?

Are you sleeping a lot more or less than usual?

Are you avoiding doing activities you usually enjoy? For example, seeing friends or playing a certain sport?

Are you having unusual angry or emotional outbursts?

**Did you answer yes to any of these questions?**

If so, you may benefit from some non-urgent support with your mental health.

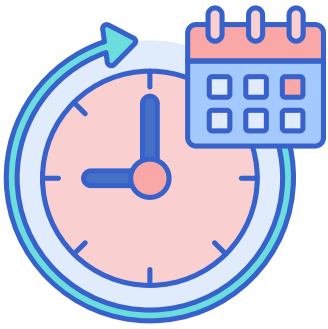
Different people can display different symptoms when it comes to mental health. If you aren't sure, speak to an adult you trust.



# First steps to get support with your mental health

## Self-care

Self-care means taking the time to do things that help you to live well and improve both your physical health and mental health. Here are a few self-care tips for you to try:



Setting yourself **new routines** can be a really helpful way of coping as having a structure to our day helps us to feel settled and in control.



It is important to set yourself a **healthy sleep pattern**. Getting a good night's sleep helps the mind and body to recharge.



**Regular exercise** is also an important way of keeping both your mind and body healthy. You don't have to join a gym or have access to special equipment to exercise. Try walking more or dancing!



**Relaxation strategies** are really helpful ways of calming your distress and are good to practice even when you are feeling calm. You might have an activity that you find relaxing such as art or listening to music.



## Talk to someone

Telling someone how you're feeling is a good starting place.

Talk to trusted family member, friend or health professional about how you feel.

It can be hard at first to tell someone how you are feeling but it's a very important first step in getting help with your mental health. You may feel like a 'weight has been lifted' by speaking to someone you trust.

## Online support

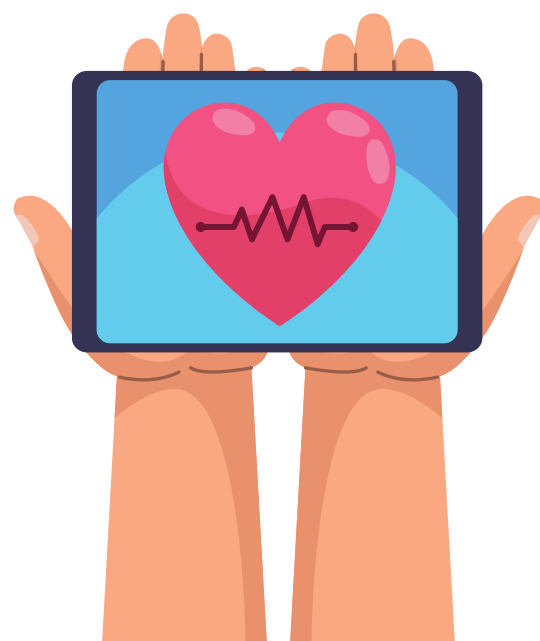
There are a range of websites that provide information, advice, links and even counselling to support you with your mental health. Some of these include:

**YOUNGmINDS**

### Young Minds

Young minds is a mental health charity for younger people. Their website has different articles, useful resources and an online crisis messenger. You can also text YM to 85258.

[www.youngminds.org.uk](http://www.youngminds.org.uk)







## Health For Teens

Health for Teens is an online service provided by the NHS that covers large areas of health and wellbeing. Their site has many different articles, quizzes and local information. Why not check out their TikTok? **@healthforteensnhs**

**[www.healthforteens.co.uk](http://www.healthforteens.co.uk)**



## Tellmi

Tellmi allows an online safe and anonymous space for young people to discuss their feelings, seek support and receive counselling when necessary. It is available 365 days a year.

**[www.tellmi.app/landing](http://www.tellmi.app/landing)**

# childline

ONLINE, ON THE PHONE, ANYTIME  
[childline.org.uk](http://childline.org.uk) | 0800 1111



## Child Line

Childline is a counselling service. Their website provides free online counselling support. They also have a free phone support service on 0808 808 4994.

**[www.childline.org.uk](http://www.childline.org.uk)**





## Love4Life

Love4Life specialises in supporting vulnerable girls\* in Leicestershire, Leicester & Derby to develop their self-esteem and form positive and empowering relationships by offering Love4Life groups, one-to-ones and workshops at school and in the community.

\*Love4Life accepts referrals from parents/guardians, schools and other support services. If you are young person aged 16-18 you can also refer yourself.

This service is free.

[www.twentytwenty.org.uk/referral-process](http://www.twentytwenty.org.uk/referral-process)



## The Mix

The Mix offers online counselling and has a crisis messenger. You can also ring their free phoneline on 0808 808 4994.

[www.themix.org.uk](http://www.themix.org.uk)



## Every Mind Matters

Every Mind Matters helps young people be kind to their mind. It offers mental health resources include tailored advice, practical tips on sleep and self-care.

[www.nhs.uk/every-mind-matters](http://www.nhs.uk/every-mind-matters)



## CALM

CALM's website has a helpline and a live chat that are open from 5pm to midnight, 365 days a year.

[www.thecalmzone.net/get-support](http://www.thecalmzone.net/get-support)



## First Steps

First Steps can provide help to anyone who is facing difficulty with mood, anxiety or depression. It is also for anyone whose relationship with their body and/or food is impacting their life. You can refer yourself to this service.

[www.firststepsed.co.uk/make-a-referral](http://www.firststepsed.co.uk/make-a-referral)



## Coram

Coram supports children either currently in (or have been in) the care system. Coram help find adoptive families for children in need of loving, permanent homes and more.

They extend their support through their 'Coram Group Charities' to help children and young people access their legal rights and school children avoid harm by making safe and healthy choices.

[www.coram.org.uk](http://www.coram.org.uk)



## **NHS Leicester, Leicestershire and Rutland Talking Therapies**

In partnership with the NHS, Vita Health Group offer a range of short-term psychological therapies to people 16-years and over.  
Phone: 0330 094 5595

[www.vitahealthgroup.co.uk/make-a-referral](http://www.vitahealthgroup.co.uk/make-a-referral)

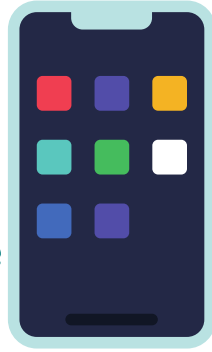


Scan the barcode for even more self help resources!



# Smartphone apps

There are a range of smartphone apps that also provide information, tips, games, links and exercises to support you with your mental health. Some of these include:



## Stay Alive

The **Stay Alive app** is a suicide prevention app packed full of useful information and tools to help you **stay** safe in crisis.

[www.stayalive.app](http://www.stayalive.app)



## What's Up?

The **Stay Alive app** is a suicide prevention app packed full of useful information and tools to hlp you **stay** safe in crisis.

<https://www.thewhatsupapp.co.uk/>



## MindDoc App

MindDoc helps if you are struggling with emotional problems. It is a personalized mental health companion that checks on you three times a day.

[www.minddoc.com/us/en](http://www.minddoc.com/us/en)





### Calm

The Calm app allows you to relax and fall asleep with meditations, music and more. There are meditations for stress management, deep sleep, anxiety reduction and increased concentration.

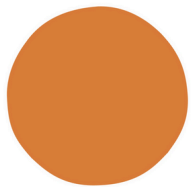
[www.calm.com/app](http://www.calm.com/app)



### Calm Harm

The Calm Harm app provides some immediate activities and techniques to help you break the cycle of self-harm.

[www.calmharm.co.uk](http://www.calmharm.co.uk)



HEADSPACE®



### Head Space

Through science-backed meditation and mindfulness tools, Headspace helps you create life-changing habits to support your mental health and find a healthier, happier you.

This app may have costs involved.

[www.headspace.com](http://www.headspace.com)

# Getting more support with your mental health

Sometimes people may need additional support for their mental well-being if self-help resources have not been helpful.

Do you feel disconnected from normal activities, friends or family?

Are you having unusual changes in your personality, eating or sleeping patterns?

Do you feel your mental health is getting worse?

Do you feel unable to control your worrying?

Did you answer yes to any of these questions? If so, you may benefit from some more support with your mental health.

Don't forget, different people can display different symptoms when it comes to mental health. If you aren't sure, speak to a trusted adult or a professional.



# What Mental Health Professionals can I speak to for non-urgent support?

## Mental Health Support Team in Schools (MHSTs)

Mental Health Support Team in Schools (MHST) is a service that is working with a number of schools across Leicester, Leicestershire and Rutland to help young people with their mental health and emotional wellbeing.

These teams are there to help children and young people who are struggling with low mood, anxiety and worry.

If your school has Mental Health Support Teams, you can speak to a teacher, member of school staff or mental health support lead to find how you can get help from this team.



For more information [click here](http://www.healthforteens.co.uk/leicestercity/introducing-mental-health-support-team-schools) to visit [www.healthforteens.co.uk/leicestercity/introducing-mental-health-support-team-schools](http://www.healthforteens.co.uk/leicestercity/introducing-mental-health-support-team-schools) or scan the QR code on the left.



# Your GP (General Practitioner)

A general practitioner (GP) is a clinician who treat both acute (one off) and chronic (long term) illnesses.

GPs don't specialise in mental health but they can still support you with your mental health.

A GP might:

- Diagnose you with a mental health condition such as depression or anxiety
- Give you the details of a service you can contact yourself
- Advise you on self-help measures such as how to reduce stress, get better sleep or eat well
- Refer you for specialist support



For more information on how your GP can help [click here to visit: www.youngminds.org.uk/young-person/your-guide-to-support/how-to-speak-to-your-gp](https://www.youngminds.org.uk/young-person/your-guide-to-support/how-to-speak-to-your-gp) or scan the QR code on the left.

# My self referral

## My self referral

Did you know you can refer yourself for mental health support if you live in Leicester, Leicestershire and Rutland and fall under certain criteria? You can receive support for: Anger, anxiety, bereavement, loneliness, phobia, substance misuse and more!

Referrals from your **GP** for further mental health support and referrals made by **'My Self referral'** will be reviewed by a mental health practitioner and sent to the most appropriate service to meet your needs from a range of services available. This may include Early Intervention service (provided by Relate) or the **Specialist Child and Adolescent Mental Health Service (CAMHS)**.

The **Early Intervention Service** is an emotional wellbeing and therapeutic support service for children and young people between the age of 5-18 years old living in Leicester, Leicestershire and Rutland with low to moderate mental health needs. They offer a range of support interventions for children, young people and parents/carers. The service aims to promote positive mental health, increase healthy coping strategies and encourage communication and support.



For more information about my self referral **click here to visit: [www.myselfreferral-llr.nhs.uk](http://www.myselfreferral-llr.nhs.uk)** or scan the QR code on the left.

# Child and Adolescent Mental Health Services (CAMHS)

CAMHS is an NHS service for young people (up to the age of 18 years) who need more help with their mental health.

CAMHS is made up of a number of specialist teams, who work with children, young people and their families in the community.

CAMHS can support young people with:

- Moderate to severe depression
- Moderate to severe anxiety
- Phobia or panic disorders
- Obsessive Compulsive Disorder
- Post-Traumatic Stress Disorder
- Eating disorders
- Psychosis
- Self-harm associated with any of the above problems

[Click here](#) or visit

[www.leicspart.nhs.uk/services/help-support-resources/?v=12881](http://www.leicspart.nhs.uk/services/help-support-resources/?v=12881) to see more useful resources created by CAMHS.



For more information on CAMHS, [click here](#) to visit:

[www.healthforteens.co.uk/leicestercity/child-and-adolescent-mental-health-services](http://www.healthforteens.co.uk/leicestercity/child-and-adolescent-mental-health-services) or scan the QR code to the left.



# What mental health professionals can I speak to for immediate support?



## NHS 111

The NHS 111 Mental Health Triage team provides mental health support **24 hours a day**, 7 days a week, to people of all ages. You can access urgent support by ringing 111 or visiting their website.

[www.111.nhs.uk/guided-entry/mental-health-help](http://www.111.nhs.uk/guided-entry/mental-health-help)

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## Leicestershire Partnership Trust website

The Leicestershire Partnership Trust website has an area dedicated to mental health support available in Leicestershire. They share who to contact in an emergency, for urgent support and non urgent support.

<https://www.leicspart.nhs.uk/mental-health/i-need-help-now/>

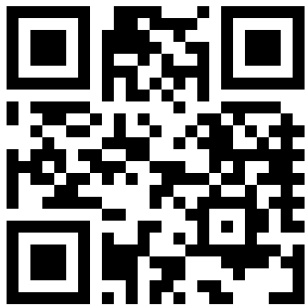


Leicestershire Partnership  
NHS Trust





**HOPELINEUK**  
**0800 068 41 41**



## HOPELINE UK

Please note this service is for children and young people under the age of 35. If you are having thoughts of suicide or are concerned for a young person who might be, you can contact HOPELINEUK for confidential support and practical advice.

Call: 0800 068 4141

Text: 0778 620 9697

Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

[www.papyrus-uk.org](http://www.papyrus-uk.org)

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## Mental Health Central Access Point

If you, or someone you care about, need urgent advice or support for your mental health, you can call our Mental Health Central Access Point 24 hours a day, 7 days a week, free of charge and in confidence.

[www.leicspart.nhs.uk/service/central-access-point](http://www.leicspart.nhs.uk/service/central-access-point)

Free 24-hour  
**Mental Health  
Helpline**

Telephone  
**0808 800 3302**





## Samaritans

When life is difficult, Samaritans are here - day or night, 365 days a year.

You can call them for free on **116 123** or visit [www.samaritans.org](http://www.samaritans.org) to find your nearest branch

**Samaritans also offers non-urgent services.**

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## Shout

Feeling worried or low? Need to talk?

Text **SHOUT** to **85258** for free and confidential support, 24/7.

Texting the word 'SHOUT' to 85258 is anonymous and will not show up on your phone bill. Visit their website [www.giveusashout.org](http://www.giveusashout.org) for more information.

**Shout also offers non-urgent services.**





**For more advice about  
mental health support for  
young people in Leicester,  
Leicestershire and Rutland,  
scan the QR code.**