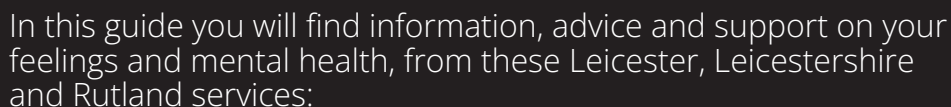


A photograph of a group of young people sitting on wooden steps. They are dressed in casual clothing like t-shirts, jeans, and sneakers. The image is partially obscured by a semi-transparent purple overlay.

# Mental Health Support in Rutland



## GUIDE FOR YOUNG PEOPLE



In this guide you will find information, advice and support on your feelings and mental health, from these Leicester, Leicestershire and Rutland services:

**Health for Teens** – [www.healthforteens.co.uk](http://www.healthforteens.co.uk)

**ChatHealth** – [www.chathealth.nhs.uk/start-a-chat](http://www.chathealth.nhs.uk/start-a-chat)

**Tellmi** – [www.tellmi.help](http://www.tellmi.help)

**Teen Health 11-19 Service Rutland** – [www.bit.ly/3WH4YCd](http://www.bit.ly/3WH4YCd)

**ChatAutism** – [www.leicspart.nhs.uk/chatautism](http://www.leicspart.nhs.uk/chatautism)

**My Self Referral** – [www.myselfreferral-llr.nhs.uk](http://www.myselfreferral-llr.nhs.uk)



### ALWAYS REMEMBER:



### IT'S OKAY NOT TO BE OKAY, AND YOU ARE NOT ALONE.



# HEALTH FOR TEENS

The Health for Teens website is packed with tips, articles and other helpful information on lots of areas that you may be worried or just intrigued about, including:

Feelings

Relationships

Growing up

Sexual health

Health

Lifestyle

There's also a focus on the support that's available for you in Rutland.

Check it out:

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



Free, safe, anonymous support.  
Download the app today.



groovysunnyfrog 2hr

I'm going to uni next month and I'm getting so nervous.. I get so anxious in social situations. Scared I'm going to have no friends :(



1 reply



anxiousrosecherub 2hr

I felt exactly the same way when I started uni, it's completely normal! I'm a year in and I have a really great group of friends. Just remember that everyone is in the same boat. Just be yourself <3

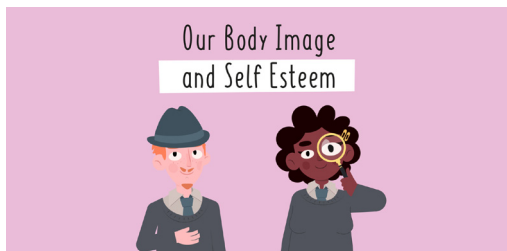


# Supporting your feelings around body

## image and self-esteem

**How you feel about yourself and your body matters, and this is all linked to your body image and self-esteem.**

In this animation, devised by the Public Health (School) Nursing Team at Leicestershire Partnership NHS Trust, you can find out more about what the terms mean, how and when to get support if you're struggling with any aspect related to the way you look and tips on how being kind to yourself can positively affect your emotional health and wellbeing.



Watch the animation here:  
[www.bit.ly/3WSAVHA](http://www.bit.ly/3WSAVHA)

# Supporting you through exams and handling exam stress

**Your body is good at telling you when you are stressed, and this stress can be common around exam season.**

In this animation, devised by the Public Health (School) Nursing Team at Leicestershire Partnership NHS Trust, uncover fantastic tips and advice for dealing with exam stress, managing your emotions and the support that is available to you at this time.



Watch the animation here: [www.bit.ly/3kQ4g8l](http://www.bit.ly/3kQ4g8l)

# Teen Health (11 - 19)

## Service Rutland



Rutland  
County Council



**The new Teen Health Service for young people aged 11 to 19 who live in or attend school in Rutland is now live**

**This service supports young people to:**

- Improve mental health and emotional wellbeing, including self-esteem, body image and building resilience
- Build healthy and positive relationships with the aim to reduce violence in intimate relationships and promoting positive sexual health and wellbeing
- Make healthier choices in order to reduce substance misuse and alcohol consumption

Each secondary school will have access to a Young People's Health and Wellbeing Coordinator/Officer, who will visit each school on a regular basis. They will focus on identifying where support is required and intervene early.

Referrals can be made by schools, parents, professionals, or the young person themselves. Initial visits and conversations are vital for embedding strong foundations and it will give you the chance to discuss your priorities for young people over the course of the year.

**For more information, visit:**

**[www.bit.ly/3WH4YCd](http://www.bit.ly/3WH4YCd)**

# HOW YOU MIGHT BE FEELING

**There is no right way to feel or respond in stressful situations. But below are some common reactions:**

- In the early stages you may have been in shock and felt confused, helpless or anxious. You may also have felt scared and sad.
- As time went on you may have felt angry with yourself, with school or with others. You may have even felt guilt or shame.
- You may have been visualising or dreaming about your experience.
- You might be distancing yourself from other people.

You could find yourself avoiding anything to do with the event, including talking to other people involved, being in places related to the event or blocking out thoughts.

People react differently and take different amounts of time to come to terms with what has happened. Even so, you may be surprised by the strength of your feelings. It normal to experience a mixture of feelings:

- You may be alarmed or confused by your reaction to the event
- You may have some negative and positive feelings and thoughts – for example, feeling grateful for your personal circumstances, as well as guilt or anger.

## Other feelings you might experience include:

**Frightened** that the same experience will happen again, or that you might lose control of your feelings and break down.

**Helpless** that something really bad happened and you could do nothing about it. You feel vulnerable and overwhelmed.

**Angry** about what has happened and with whoever was responsible.

**Guilty** that you have survived when others have suffered or died. You may feel that you could have done something to prevent it.

**Sad** particularly if people were very poorly or died, especially someone you knew.

**Embarrassed** that you have these strong feelings you can't control, especially if you need others to support you.

**Relieved** that the immediate danger is over.

**Hopeful** that your life will return to normal. People can start to feel more positive about things quite soon after.



## WHAT ELSE MIGHT

## YOU NOTICE?

**Strong feelings affect your physical health. In the weeks after a trauma you may find that you:**

- Feel very tired and have poor concentration
- Cannot sleep, or when asleep you dream a lot and have nightmares
- Have memory problems or difficulty thinking clearly
- Suffer from headaches
- Experience changes in appetite
- Have aches and pains, and feel your heart beating faster

## WHAT SHOULD YOU DO?

- Give yourself time. It takes weeks or months to accept what has happened and to learn to live with it. You may need to grieve for what (or who) you have lost
- Find out what happened. It is better to face the reality of what happened rather than wondering about what might have happened.
- Your support network. If you go to funerals or memorial services, it can help to spend time with others who have been through the same experience as you for support
- Ask for support. It can be a relief to talk about what happened. You may need to ask your friends and family for the time to do this – at first they will probably not know what to say or do.
- Take time for yourself. At times you may want to be alone, or just with those close to you.

- Talk it over. Bit by bit, let yourself think about the trauma and talk about it with others. Don't worry if you cry when you talk, it's natural and usually helpful. Take things at a pace that you feel comfortable with.
- Get into a routine. Even if you don't feel much like eating, try to have regular meals and to eat a balanced diet. Doing some exercise can help – but start gently.
- Physical exercise. Some young people find moving about and staying active can provide some temporary relief and occupy your mind with other thoughts.
- Relaxing activities, such as hobbies, writing, or listening to music.

Your feelings and thoughts may be very intense, and should gradually reduce over time (although they may not totally disappear). If your feelings or thoughts continue to cause you difficulties after approximately one month after the event, you may want to consider further support. You could talk to friends or family, or a teacher in school.

If you are a parent/carer, a professional or an education provider in Rutland, you can contact the Teen Health 11-19 Service.

**email: [ypservices@rutland.gov.uk](mailto:ypservices@rutland.gov.uk)**

**phone: 01572 758 301**