

Websites, helplines &  
further information

# My Mental Health & Wellbeing booklet



This booklet has been designed by  
Lancashire Mind  
thanks to Spar.

Inside you'll find information about  
mental health and wellbeing, and details  
of organisations that can help you if  
you feel like you need some support.

There are also  
different activities  
you can try  
throughout the  
booklet - enjoy!



# What is Mental Health and Wellbeing?

Mental Health - how people feel, think and act. We all have mental health and it can be good, OK, poor, or make us ill, so it's important to look after it.

Wellbeing - how people feel on a day to day basis, and how we function (do stuff).

# Anxiety

A physical feeling of fear or panic.

We feel anxious in response to something that threatens the safety of ourselves or people we care about.

It's normal for you to feel some anxiety or stress, for example, over exams.

For most people, once the situation has passed, they feel better and calm down. If the situation has passed, but the feelings of fear or panic remain or get stronger and start to affect daily living, then that is when anxiety can become a problem.

# Try this..

## 5 Steps to Calm

This simple exercise can help you feel calm and more settled. Take a deep breath before you start...

5 - Name five things you can see

4 - Name four things you can hear

3 - Name three things you can feel

2 - Name two things you can smell

1 - Name one thing you can taste

# Further Information & Support

**YOUNGMINDS**

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

Text: YM to 85258

AnxietyUK 

Web: [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)

Tel: 03444 775 774

 **mind**  
for better mental health

Web: [www.mind.org.uk](http://www.mind.org.uk)

Tel: 0300 123 3393

# Further Information & Support



Web: [www.nopanic.org.uk](http://www.nopanic.org.uk)

Tel: 0300 7729844



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

Text: THEMIX to 85258

## childline

ONLINE, ON THE PHONE, ANYTIME

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

Tel: 0800 11 11

# Low Mood



Feeling down or 'low' is normal. We all have times when we feel sad and it's hard to keep going. Often this will last a day or two and then it will pass. Sometimes there is an obvious reason - like changing schools, our hormones, friendship or relationship difficulties, or parental conflict.

People sometimes say they're feeling depressed when they're having a bad day. A low mood will tend to lift after a few days or weeks.

# Depression



Depression is when sadness and low feelings do not go away for over 2 weeks. These feelings can overwhelm a person and stop them from doing the things they normally do.

Sometimes there's no obvious reason for feeling depressed, and depression is not the same for everyone - everyone feels different and there's no right way to feel.

Find out more from the websites on the next page...

## Further Information & Support

The logo for Young Minds, featuring the word "YOUNG" in white and "MINDS" in black on a yellow background.

**YOUNG MINDS**

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

Text: YM to 85258

The logo for Students Against Depression, featuring a purple speech bubble with the text "STUDENTS AGAINST DEPRESSION" and a green speech bubble with ".ORG".

**STUDENTS AGAINST DEPRESSION**

**.ORG**

Web: [www.students  
againstdepression.org](http://www.students<br/>againstdepression.org)

The logo for Childline, featuring the word "childline" in blue lowercase letters.

**childline**

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Tel: 0800 11 11

# Try this..

## Hunt the Good Stuff

This simple mood booster can help to remind ourselves of the good stuff in our lives. Try writing down 3 positive things that happened to you each day, no matter how big or small! For example...



- Mon - I ate my favourite food
- Tues - I spoke with an old friend today
- Wed - The sunset this evening
- Thur - .....
- Fri - .....
- W/e - .....

# Body Image

how you feel about your body.

For a lot of people, maintaining a positive body image especially during puberty can be difficult. It's common to have the odd negative thought about your body.

People with poor body image may develop a complicated relationship with food. In some cases, this can turn into an eating disorder, which is a mental health problem that can affect how much and what they eat.

You can find out more from the websites over the page...

## Try this..

### Compliment yourself

If you catch yourself having negative thoughts, reply to these by giving yourself a compliment. This could be in your head, out loud, drawn, or written down on paper.

## Or this..

### Go Offline

Social media makes it easy to compare ourselves to others. Try taking a break for a while, and see how you feel. It's ok not to be constantly available online.

## Further Information & Support

**YOUNGMINDS**

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

Text: YM to 85258



Web: [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)

Tel: 0808 801 0677

**THE MIX**

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

Text: THEMIX to 85258

## Try this..

In the gingerbread person, write what you like about your body, as well as any skills, qualities and abilities that make you you.



Keep this page as a future reminder if negative thoughts start creeping back up!

# Self Harm

hurting yourself on purpose.

Self-harm is when you injure yourself as a way of dealing with very difficult feelings, painful memories or overwhelming situations and experiences. Self-harm can be very different for everyone and can carry serious risks, but this doesn't mean someone who self-harms is always intending to cause themselves serious injury.

Sometimes, you might not know why you hurt yourself. If you don't understand the reasons for your self-harm, you are not alone and you can still get help.

# Suicidal Thoughts

thoughts of ending your life.

Experiencing thoughts of suicide can be really frightening. Suicidal thoughts can feel like they come from nowhere or begin as fleeting thoughts of wanting to disappear or escape. They may progress into feelings of hopelessness and worthlessness and planning to end your life.

If you're experiencing thoughts of suicide, it's important to know that there is help available. It can take a huge amount of courage to talk about these thoughts.

Take some time to think about who you might want to talk to.

If you feel you are at risk of seriously harming yourself call 999

## Further Information & Support



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

Text: YM to 85258



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

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Tel: 0800 11 11

# Emergency & Crisis numbers



**Lancashire &  
South Cumbria**  
NHS Foundation Trust



Tel: 999 Emergency

Or: 111 if non-emergency

Crisis: 0800 953 0110



**PAPYRUS**  
PREVENTION OF YOUNG SUICIDE

**HOPELINEUK**

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

Tel: 0800 068 4141

Text: 07860039967

## Further websites



**Anna Freud**  
National Centre for  
Children and Families

Web: [www.annafreud.org/onmymind](http://www.annafreud.org/onmymind)



Web: [www.healthyyoungmindsisc.co.uk](http://www.healthyyoungmindsisc.co.uk)

**BBC**

**Bitesize**

Web: [www.bbc.co.uk/bitesize/support](http://www.bbc.co.uk/bitesize/support)

# Apps

Remember in an  
emergency  
call 999



InsightTimer



STOP, BREATHE  
& THINK

The app developer is solely responsible for their app's advertisement, compliance and fitness for purpose. Apps are not supplied by Lancashire Mind, and Lancashire Mind are not liable for their use.

# Who are Lancashire Mind?

Lancashire Mind are a local independent mental health charity working for the people of Lancashire.

We see a future where everyone in Lancashire understands their mental health and wellbeing, see it as important as physical health and know how to look after it.

Check out what we do on our website!

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



## Join Us!

- If you would like to support Lancashire Mind, you can help spread the word through:
  - Fundraising for us
  - Sharing our social media posts
  - Sharing our website and resources
  - Getting involved in any of our mental health campaigns



Follow our work across Lancashire!

twitter, Instagram, LinkedIn  
@LancsMind

Facebook  
@MindLancashire



80-82 Devonshire Road

Chorley

01257 231660

Registered charity no: 1081427