

Useful links and contacts

Childline free on: **08001111**

Samaritans: **FREE 116123**

jo@samaritans.org

www.childline.org.uk

www.mymindmatters.org.uk

www.talkoutloud.info/

www.time-to-change.org.uk

www.bbc.co.uk/radio1/advice

www.riseabove.org.uk

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

For more information,
please contact:

young.voice@northlincs.gov.uk

We all have a mental health. We can feel up, down, anxious and upset. Try to find ways of coping with life's demands and don't be too hard on yourself if things go wrong.

Following these steps will be a good start.



POSITIVE

STEPS

...towards
emotional
wellbeing

**A guide for young people
written by young people**



Accept who you are

There are many things that make us unique. Some of these include our values, beliefs, background, religion, race, gender and sexuality.

**Respect
others and
be yourself.**



Talk about it

Talking and sharing your feelings with others can help them to understand - making you feel less alone in your situation. **This then makes you feel more relaxed and less stressed over your worries.**



Sleep well, eat well

Our minds need food as well as our bodies. Having a balanced diet will help give you the energy you need to get up and go. Remember to eat regularly and get your 'five a day' as it will help you along the way.



A full night's sleep can help bring a positive new day.

Do something you enjoy

We all have a fun side. When we use our mind practically, we get a sense of achievement and it can allow us to express our feelings. Find something you enjoy such as music, writing, painting, poetry, cooking or gardening **and just do it!**



Spend quality time with others

Friends, family and pets can be supportive. It's important to have a range of people in our lives to help us feel connected with the world.

People can offer us support when we need it most and in return we can do the same.

