



World Mental Health Day is a global awareness day to highlight the importance of mental health and it's a great opportunity to start a conversation about mental wellbeing.

What can you do to help and adult that is struggling?

Be mindful that trying to do too much can be stressful can have an adverse affect on the suffer. Instead try to:

- ❖ Make it clear that you want to help, listen without judgement and offer support
- ❖ Encourage them to seek help and offer to go with them if needed
- ❖ Be patient- recovery can rake a long time
- ❖ Help them with everyday tasks and establishing routine
- ❖ Encourage them to be social
- ❖ Encourage positive thinking
- ❖ If you feel they are at risk of self harm try not to leave them alone and call emergency services or the appropriate health care professional.

Ensure you are taking care of yourself to. Find ways to relax and continue to do things that you enjoy.



What can you do to help if you think your child is struggling?

- ❖ Talk to your child about the way they are feeling and whether anything is worrying them
- ❖ Pay particular attention to their well being during major milestones such as starting school or puberty
- ❖ Encourage them to get enough sleep and eat regularly
- ❖ Encourage them to participate in their hobbies
- ❖ If you feel your child is at risk of self harm do not leave them alone. Seek help from the appropriate medical professional



Sadly 1 in 6 people experience mental health problems in any given week. It can not only affect adults but children too. Prolonged signs that someone may be struggling can be:

- ❖ Poor quality sleep or sleeping too much
- ❖ Decreased motivation- not wanting to participate in their normal activities or hobbies.
- ❖ Isolation from friends and family
- ❖ Inability to concentrate
- ❖ Self loathing or negative comments
- ❖ Poor self care
- ❖ Mood changes

We all need to do more to keep our minds healthy as we would our bodies, and there are lots of great resources out there to help you do just that. Public Health England has produced some useful resources as part of their [Better Health - Every Mind Matters campaign](#).

Created by teachers together with young people, Every Mind Matters resources support teachers and students by providing practical advice for healthier minds. Starting a conversation about mental health might seem daunting, but we all experience difficulties from time to time and it's OK to reach out and ask for help. Now more than ever it's important to get the help you need and talk to friends and family to help them find support if they need it. A short conversation with another person can sometimes make all the difference.



Who do I go to for help?

- ❖ You can visit [Now Were Talking Together To Prevent Suicide | Healthy Minds \(whct.nhs.uk\)](#) where you'll find new local resources created to provide help and advice for those who are suffering with their emotional health. There are some really helpful tips and advice on how to talk someone about how they are feeling, so why not get that conversation started? You do not have to struggle alone.
- ❖ Firstly if the matter is not life threatening contact the local GP
- ❖ A trained therapist via NHS online
- ❖ Friends or family
- ❖ Samaritans on 116 123
- ❖ Childline 0800 1111
- ❖ 999
- ❖ Young minds
- ❖ Mind on 0300 123 3393

