UNDERSTANDING CONDITIONS

What is Mental Health?

Young Carers
Bedford Borough

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What is Mental Health ?

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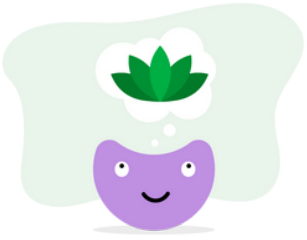


This booklet was created by Tiziana Di Placido
Young Carer Support worker

What I think Mental Health is and how it can feel.

Write your ideas below...

So what does mental health feel like?

For some it may feel like...

For some people mental health might mean that they experience lots of different emotions in one day.
Mental health can include feeling good and bad.
There are lots of ways that can help us deal with our mental health.
Sometimes mental health might mean someone is unsure or confused about how they are feeling.
Mental health can be difficult to talk about - and that's okay!

Mental health is something that all of us experience.
Mental health can involve our emotions; how we feel, what we think and how we behave.
Sometimes if we are feeling low, or sad, we might need the help of others around us like our friends, family to make us feel better.
Mental health is not something to feel ashamed about, it's important that we keep talking about it - especially if we are feeling sad, or confused.

Some people do not need any support with their mental health. Other people may need to interact with a wellbeing service or speak to a professional to help them deal with what they are feeling.
There is no right or wrong way that someone should feel, our emotions are personal and can affect us all in different ways.

Sometimes it can be hard to understand and cope

Sometimes my mum feels so sad she struggles to get out of bed

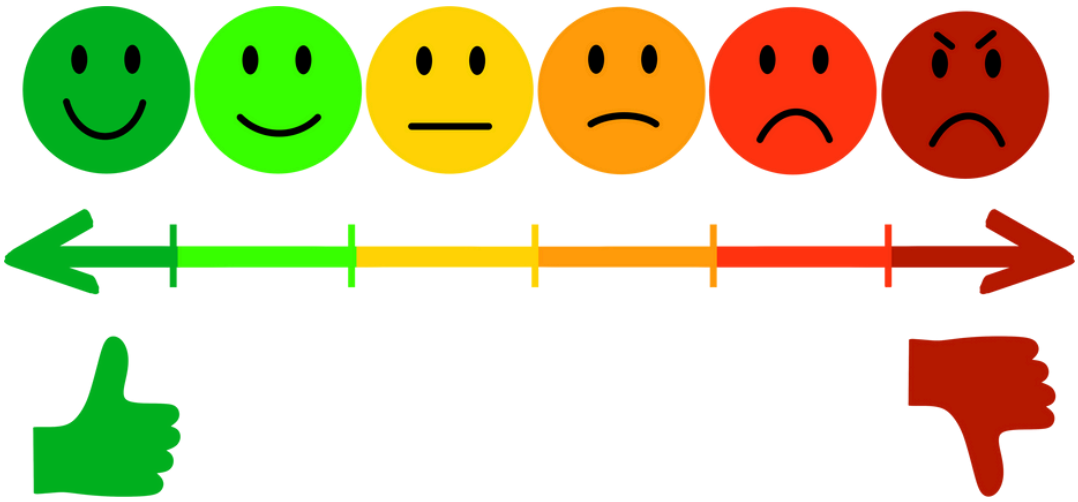
I sometimes do not know how I am feeling, so cannot talk to anyone about it

I often feel overwhelmed and when I do, I'm not sure what to do

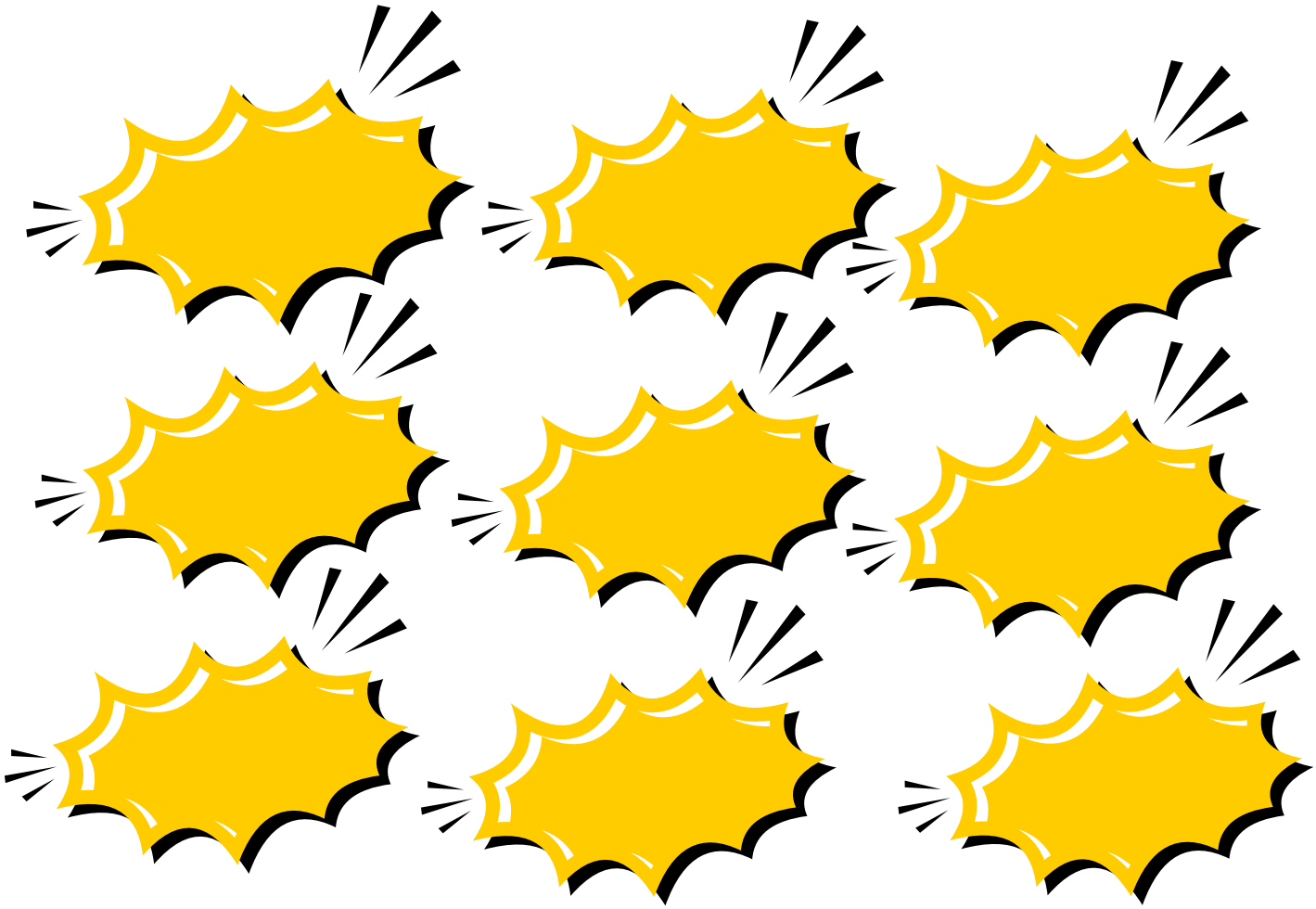
My parents struggle with their mental health, which can mean they often are forgetful

It makes me worried when my sibling hurts themselves because they feel low

Sometimes I may feel



Think of some words to describe your feelings and write them below



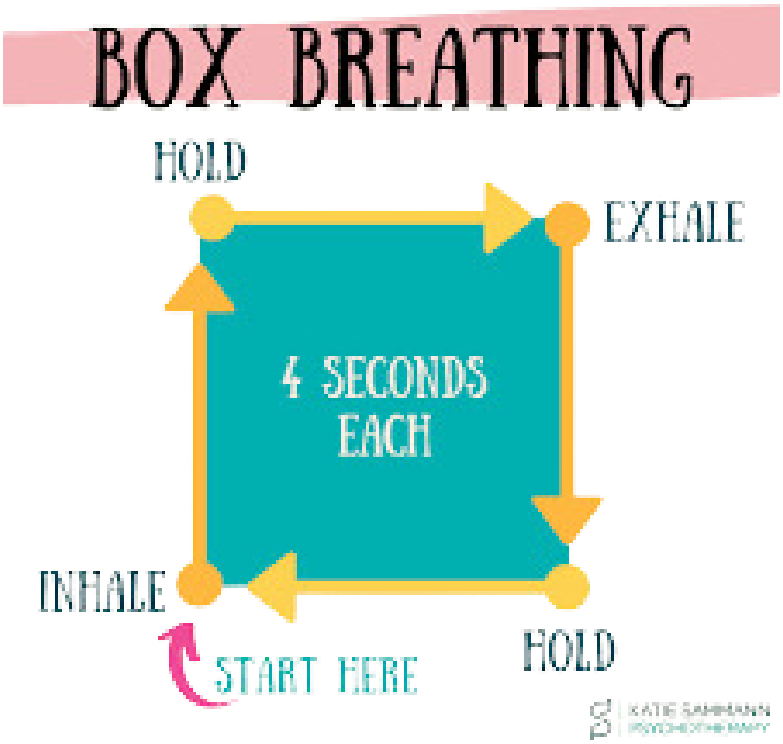
Top Tips

Keep asking questions if you don’t understand the answers don't worry– even adults find it hard to understand mental health.

- **Write a list of the things that are making you worried, writing things down can sometimes be easier than talking about it, and share it with your parents or a trusted adult**
- **Learn some techniques for when you are feeling overwhelmed such as mindfulness, or grounding techniques**
- **Talk to your teacher if the care you are doing is stopping you from doing your homework**
- **Make a list of the things you enjoy doing and see if you can do one of these each week**
- **Go to a place in your house that makes you feel happy, or go for a walk and be in nature to help you relax.**

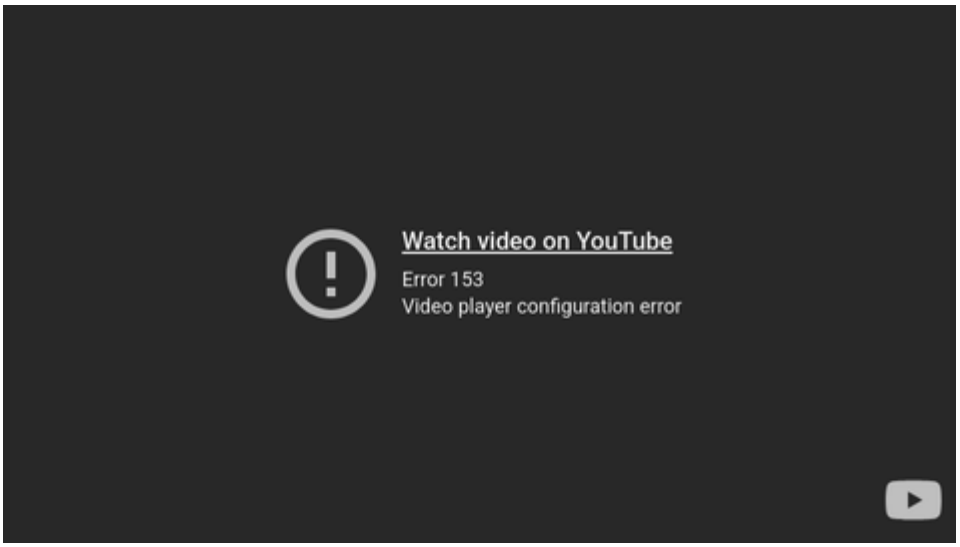
There are lots of different methods that can help us when we are feeling overwhelmed, try some of these techniques!

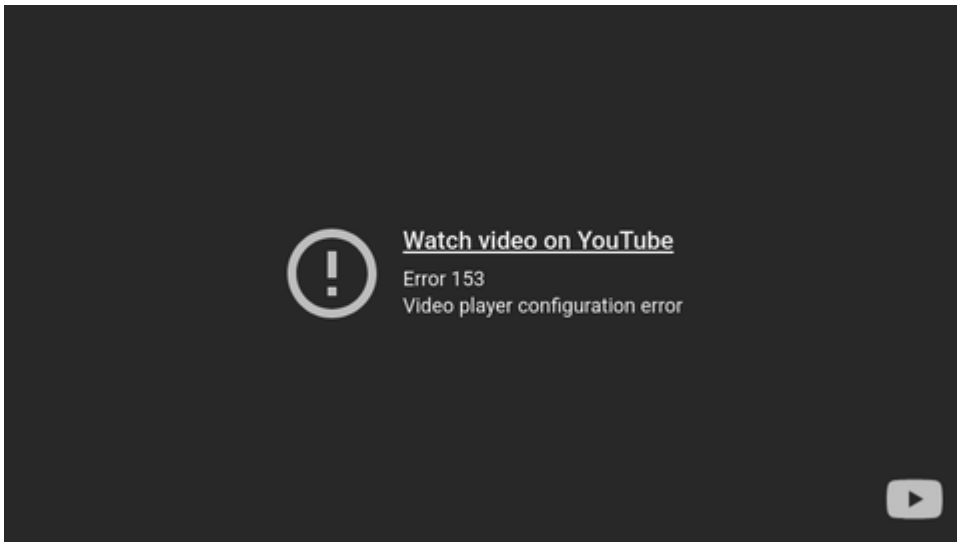
FAMILY MEMBER OR TRUSTED ADULT



Now you have completed this workshop, take a moment to think about your thoughts and anything you have found useful.

Internet support Links





Apps

- **SMILING MIND:** practice daily meditation and mindfulness exercises
- **MOOD PANDA:** track your mood and get anonymous support
- **DEPRESSION CBT SELF-HELP GUIDE**: learn to control stress that contributes to depression
- **SLEEP CYCLE**: track your sleep so you can get woken up at the perfect time for your mood
- **MOODPATH**: depression and anxiety tracker and test (ages 13-25)
- **BREATHR APP**: Designed for young people offering mindfulness exercises, which may be fun and accessible for you to try
- **SEL-ANXIETY MANAGEMENT (SAM) APP:** SAM includes lots of information about anxiety, as well as calming activities to help you feel more relaxed
- **MINDSHIFT**: designed to help teenagers struggling with anxiety or low mood. It includes tracking tools, positive thinking activities, relaxation tips, and inspiring quotes/stories
- **PACIFA**: aims to help with anxiety, depression and stress using techniques based on Cognitive Behavioural Therapy (CBT) and mindfulness
- **HEADSPACE**: train your mind for a healthier, happier life (ages 13-25)

Other Support::

- **SIBS**: https://www.sibs.org.uk/youngsibs/
- **Autism Beds** https://www.autismbedfordshire.net/

Young Carers
Bedford Borough

A booklet with some information on mental health and top tips

We are an experienced charity supporting unpaid carers, of all ages, across Bedfordshire.

Bedford Borough Council

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www.youngcarersbedford.com
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