

Everyone has mental health; it affects all aspects of your life. It's okay to talk about what's going on inside your head. Mental health is as important to consider as physical health, it's part of everyday life so don't be afraid to talk about it.

Find someone who is...

consistent, caring, clear, non judgemental, a good listener, understanding, laid back, informed, empathetic, friendly, respectful, reliable, trusted

You might not find the right person to talk to straight away so keep trying.

What's this for?

This card can help you to talk about mental health and get the help and support you need. It has information on **where**, **how** and **who** to get support from with mental health.

There are no right or wrong things to feel; everyone feels different things at different times and lots of things can affect how we feel; from family life, friends to school and work. Sometimes we can get a bit overwhelmed and the best thing they can do is to find someone who will listen and help them get support. You can use this card to start a conversation with a friend, family member, a teacher or when contacting one of the places listed overleaf to get support.



COVER

Managing what's on your mind



Try keeping a diary, notebook or blog on how you are feeling



Listen to music, draw, scribble or colour in



Try and eat regular healthy meals, drink water and get plenty of sleep



Ask for help



HELP!

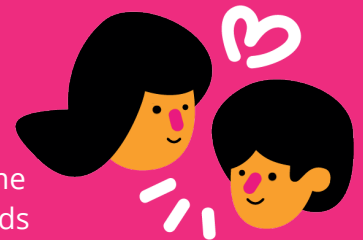
Be realistic, it's okay not to be perfect



Stay active, go for a run, jog or walk



Spend time with friends



When you feel that you're ready

STEP 1

Find someone you feel you can trust and plan what you want to speak about.

STEP 2

Decide what you are comfortable talking about rather than opening up too much before you feel ready.

STEP 3

Take it one step at a time, don't be scared. Talk sooner rather than later.

Sharing two minutes of your time with someone can make the difference and change their life.



COVER

How are you feeling and doing?

These circles contain words that help describe thoughts and feelings. We all have ups and down in our life but if you think that you are feeling more of the things at the bottom of this diagram then it's a good idea to find someone to talk to. This can be anyone that you feel you can trust and will listen, you are not alone and help is available. To find out more on how and where to get help and support look on the right hand side of this card.

Doing well



A bit too much



Struggling to cope

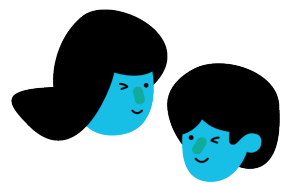


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Thank you to all the young people who have helped produce this guide for others by using their own personal experiences of coping with mental health.

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Where can you get help and support?



Sometimes you can sort out a problem on your own, but if you have a worry that you can't cope with, don't bottle it up. It can really help if you talk to someone, or you can contact some of these places, where support is available:

ChildLine
You can contact ChildLine about anything – they also offer online 1-2-1 chat sessions with a counsellor.
Call **0800 1111**
Go to www.childline.org.uk

Samaritans
Samaritans offer a 24-hour confidential support service.
Call **08457 90 90 90**
Text **07725 90 90 90**
Go to www.samaritans.org

Breathing Space
Breathing Space offer advice and support if you need someone to talk to.
Call **0800 83 85 87**
Go to breathingspace.scot

Young Scot
Young Scot has an InfoLine which is a free and confidential phone service. It has information on a range of topics including mental health.
Call **0808 801 0338**

Shout
Shout is a free, confidential, anonymous service for anyone in the UK. It won't appear on your phone bill. To start a conversation, text the word 'SHOUT' to **85258**.

If you or someone is at immediate risk, call 999.