



# A presentation by...



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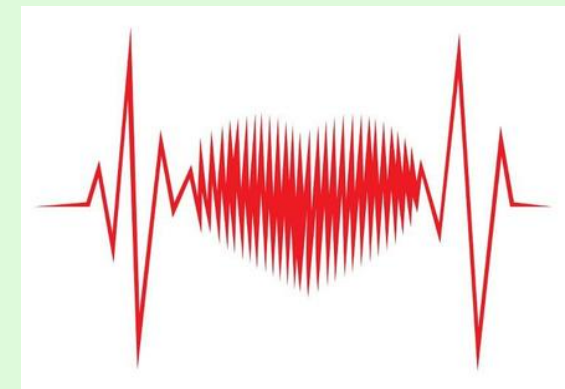
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# Mental Health



# Mental Health Symptoms



- Mental health can be when you feel down or depressed, you also may struggle with anxiety.
- Many people suffer from these conditions.
- For example, when people get worried a lot, they may notice their heart beats faster or they feel sick
- Sometimes people become poorly if they feel like this a lot and this not good for their health
- In this guide we are just going to focus on these 2 issues and ways to make you feel better.



# What to do if you feel unwell

- If someone is struggling with anxiety and depression for a long time they may go and see their doctor.
- The doctors may say they have a **mental illness or a mental health issue**. They are the same thing.
- They will talk to you about the way you feel and work out ways to make you feel better.





# Depression



- Feeling sad all the time can make you feel lonely and tired.
- You might like to talk to someone who can help you talk through your feelings.
- The doctor may think you need some extra help to get better.
- People are affected by depression in many ways like having less energy and sleep problems.
- You might not be able to focus or be able to enjoy doing the things you used to.
- You may not want to be around your friends.



# Anxiety

- The main symptom of anxiety is when you feel worried for a lot of time during the day or night.
- Everyone feels worried at some points during their lives, and this is OK.
- When people get anxiety sometimes it can make you feel sick and sweat. You can find it hard to concentrate
- Many people can get shakes in their body and a headache
- It is important for you to get help if you are struggling.



# Ways to feel better

- There are different ways to make yourself feel better one of them is eating a healthy diet.
- It is very important to look after your body and yourself.
- Examples of healthy food are...
- Vegetables
- Fruit
- Cereals
- Fish
- Good fats





# Exercise

- Going to the gym and keeping fit is good for your mind and body.
- If you've got a pet dog you can take it for walk.
- If you don't have a dog, you could listen to your music when you walk or run
- Yoga is good exercise because it makes you feel more relaxed and less stressed.
- Playing sports with your friends like tennis or going swimming is good and helps you to socialise.





## Other ways to help

- Some people may struggle to sleep if they feel anxious or sad.
- Stroking a pet can help.
- Watch something relaxing on tv before bed.
- Use a lamp if you don't like the dark.
- Call family or friends for support.



# Things to do to make you feel better

- You might struggle to tell someone if you are having problems with your mental health.

If talking can be difficult here are some ways to make you feel better...

- Going to the beach
- Park
- Holidays
- Watch happy comedies on TV
- Do some art to take your mind off things
- Stroke a pet
- Listen to your favourite music.





# People who can help



- Doctor/GP
- Social worker
- NHS 111

Crisis Team  
Samaritans



0300 303 1900  
116 123



SAMARITANS



# Question

- Is it easy to get support for your mental health where you live?
- What things make it difficult?

