



If you or someone you know is struggling with any mental health concern, please do reach out for help.

There are many routes to this such as:

- + Accessing any existing support or care team
- + Talk to a teacher, friend or family member
- + Search the internet for **every mind matters**
- + Access a national support group such as the Samaritans or SHOUT
- + Speak to your GP
- + If urgent, contact **111**
- + In an emergency or if feeling suicidal, call **999** and ask for ambulance service

There is always help available and no one should suffer from a mental health crisis alone.

**Remember to keep talking and that your life and every life matters!**

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UNITED AGAINST SUICIDE

## Triangulation of treatment

Mental health support often involves a combined approach to recovery and resilience that includes any or all of the below elements.



**For further information on mental health awareness, supporting someone and signposting options:**



Search:  
[www.tvsuicideprevention.uk](http://www.tvsuicideprevention.uk)

Or scan this QR Code:



Text  
**shout**  
**85258**  
here for you 24/7

# Giving young people's Mental Health a voice.

Working together to create a **safe space for compassionate conversations.**



## Children and Young People's (CYP) mental health

**The long term psychological affects of Covid and negative social media has had a big impact on CYP mental health.**

Frequent symptoms include worry, isolation, stress and low mood. Helpful signposting support services include the website accessible by QR code on front of this leaflet along with below organisation links.

► **Anna Freud**  
[www.annafreud.org](http://www.annafreud.org)

► **Children and Young People's Mental Health Coalition**  
<https://cypmhc.org.uk>

► **Shout**  
[www.giveusashout.org](http://www.giveusashout.org)

► **YoungMinds**  
[www.youngminds.org.uk](http://www.youngminds.org.uk)



## What factors can impact CYP mental health?



**We can of course all find things difficult from time to time and worry about things such as confidence problems, school problems or relationship problems.**

These worries can start to become a clinical condition when the frequency and intensity of signs and symptoms start to impact our lives, relationships and day-to-day functioning.

By day-to-day functioning, we are referring to **sleep, diet, mood, memory, motivation, sense of enjoyment and other activities of daily living.**

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This is why it's important to listen carefully to young people and get feedback from others so things don't get worse. We can all take positive steps to manage and improve our mental health through self compassion.

## How can you promote mental health?

**The key to promoting mental health and a safe place for young people to talk about their feelings is to tackle the stigma related to mental health in society. Try to imagine if you or a loved one were experiencing a mental health crisis.**

If you are feeling frightened, lonely, isolated and distressed how would you like to be treated? If young people feel they are likely to be judged, they are unlikely to open up so things can get worse.

Remember, just because someone is struggling, it doesn't mean they are failing or their family are ever better off without them.

**We must all create a culture where it's ok not to be ok and provide space for compassionate conversations.**

### Social prescribing principles

**Connect**

KEEPTALKING



Talk & listen, Be there, Feel connected

**Give**



Your time, Your words, Your presence

**Take Notice**



Remember the simple things that give you joy

Take **5** For mental health

**Keep Learning**



Embrace new experiences, see opportunities, surprise yourself

**Be Active**



Do what you can, enjoy what you do, move your mood