

What are mental health problems?

Information board created by Hawick High School senior pupils working with the Mentally Flourishing School team



moods
bullying
HELP
eating
suicide
stress
emotions
panic
disorders
depression
hopeless
agitated
self-harm
anxiety
Mental wellbeing health
psychosis
support
listen



tootoot 
make a noise

depression

Everyone has times when they feel **upset or down** – it's normal to feel like this. Sometimes, when it lasts for longer than two weeks, it may be depression.

Depression is a lot more common than you think.

It can affect people of all ages and in many different ways.

What are the signs and symptoms?

- **feeling hopeless or worthless**
- **a loss of appetite**
- **feeling very tired or on the other hand, agitated and unable to concentrate on anything**
- **finding it hard to sleep, to study or to find pleasure in hobbies**
- **avoiding friends or feeling like they want to harm themselves.**



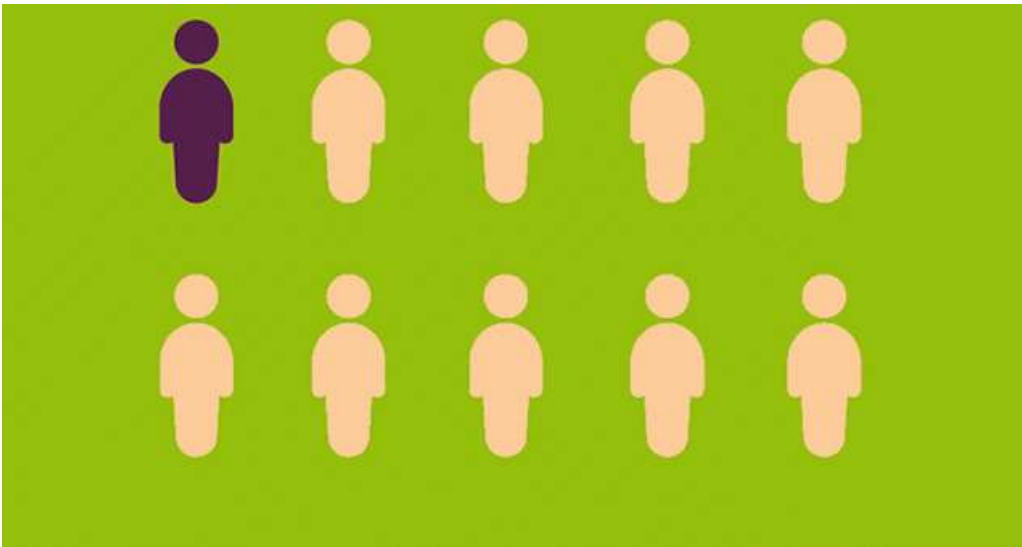
FACT:

1 in 10 young people has a diagnosis of a mental health problem

There are many different types of mental health problems that young people can experience.

There are different sources of support and help too.

Find out about some of the common types of mental and emotional health problems young people can face.



stress and anxiety

From time to time, everyone feels stressed or anxious – **these feelings are quite normal...** and can be useful as they can act as **warning signs** and tell us that we need to slow down or to be careful and think about what we are planning to do.

What are the signs and symptoms?

Stress and anxiety **can make it hard to:**

- Concentrate
- Take decisions
- Deal with frustration
- Control your temper
- Keep your sense of humour
- Or they can make a person feel **restless and jumpy**, to have **problems sleeping**, to feel **breathless**, to feel **fearful**, to have **headaches** or even to feel **sick or dizzy**.

When stress or anxiety builds up to the point that the feelings are really strong, some people can also have what are called “panic attacks”. They may “freeze” and be totally unable to deal with the situation that is worrying them.



self-harm

Self-harm is **not an illness**. It is the name for what people do when they **hurt themselves deliberately**.

There are different reasons why people self-harm, mostly to do with coping with difficulties in their lives.

Self-harming can range from minor to serious injury. **One in ten people aged 15 and 16** in the UK has self-harmed at some point in their life.



psychosis

Psychosis is the name for mental **illnesses that make people lose contact with what is real**. You might have heard some of the illnesses being called schizophrenia, manic depression or bipolar disorder.

It's more common than people think – **psychosis is 4 times more common than diabetes in young people**.

Psychosis can be triggered by **stress or bad life events** – and **using drugs can make psychosis more likely**.

What are the signs and symptoms?

If someone is experiencing psychosis they may:

- Feel very **anxious or agitated**
- have very **low or high moods**
- think that people are against them and they may hear **voices or sounds** that aren't real
- some people also have what are called **delusions** – beliefs about something that isn't true.

Sometimes psychosis can be a one-off. Sometimes it can come and go. It rarely gets better without **proper treatment and professional help**.

eating disorders

Eating disorders can affect someone physically, psychologically and socially.

They are serious mental illnesses and include **anorexia, bulimia and binge eating disorder**.

Over 725,000 men and women in the UK are affected by eating disorders.

Although serious, **eating disorders are treatable and full recovery is possible**. The sooner someone gets the treatment they need, the more likely they are to make a full recovery.



tips for good mental wellbeing

looking after yourself

Sometimes it can feel like we don't have any control over what we think or how we feel.

But there are lots of things we can do to make a real difference to our mental health.

Feeling good is worth investing in - and the best thing is that these simple tips won't cost you much time or money

There is lots more information about looking after yourself at www.youngminds.org.uk

Follow the links to 'For Children & Young People' and 'Looking After Yourself'



help a friend

There are lots of ways that you can help your friends and look out for signs that they are struggling.

Mental health problems very rarely come out of the blue.

In most cases, **there are changes in:**

- **a person's behaviour,**
- **their mood,**
- **their relationships with the people around them and,**
- **their general involvement in daily life.**

If you are concerned that someone is developing a mental health problem, there are things you can do to help them:

- Encourage them to **talk about how they are feeling**
- **Listen to them** in a non-judgmental, non-critical way
- Take things **at their pace**
- **Reassure them** that you are taking what they say seriously
- Offer to go with them to get **further advice or information**
- **Contact pastoral staff with concerns – you can also report using tootoot**



support and help

There are lots of locally based resources and support available to you, to help manage your mental health.

School nurses	Wednesday lunchtime drop-in or by referral from pastoral staff	For all young people in the school community
Pastoral staff	Visit us in the office, make an appointment by paper slip or using tootoot	For all young people in the school community; we can also arrange support from a mental Health First Aider
Penumbra Youth Project	01896 751 177 Email: bordersyp@penumbra.org.uk	For young people aged 16 – 21: referrals can be made by the school, parent, friend or yourself
Community mental health teams	See school nurses, pastoral staff or via GP	Within the teams there are mental health nurses, psychiatrists, psychologists, social workers, mental health officers, support workers and occupational health therapists. It is necessary to be referred.
One Step Borders	www.onestepborders.com	Free, confidential service for young people and families in the Scottish Borders. Can self-refer via the website.

telephone helpline numbers

ChildLine	0800 11 11	Any worries that you have, no matter how big or small. Free and confidential.
Breathing Space	0800 83 85 87	A free, confidential phone service for anyone in Scotland experiencing low mood, depression or anxiety.
Talk to Frank	0300 123 6600 Or text 82111	Friendly, confidential drugs advice
Borderline	FREEPHONE 0800 027 44 66	Confidential help-line for people in the Scottish Borders with mental health needs.
Border Samaritans	01750 200 00	Personal crises and emotional support. Free.
Living Life	Over 16? 0800 328 9655	For anxiety, low mood and stress. A series of telephone appointments aimed at helping you to learn new ways of coping.
Get Connected	0808 808 4994 11am – 11pm every day	The UK's free, confidential helpline service for young people under 25 who need help, but don't know where to turn.

MOODJUICE

Anger? Panic? Assertiveness? Anxiety? Stress?
Chronic Pain? Bereavement? Phobias? Depression?
Post Traumatic Stress? Obsession & Compulsions?
Sleep Problems? Shyness? Addiction? Carers Support?

A website designed to help you solve
emotional problems

www.moodjuice.scot.nhs.uk

YOUNGMINDS

The voice for young people's mental health and wellbeing

The UK's leading charity on children and
young people's mental health.

Info about anxiety, bullying, depression,
eating disorders, self-harm, suicide.

www.youngminds.org.uk

the lowdown

Your guide to teenage health.

Website run by Young Scot with support of
the Scottish Government.

young.scot/get-the-lowdown/

SafeSpot

App and website for creating a personal
'safespot' with tools, resources and
planning to get you through tricky times.

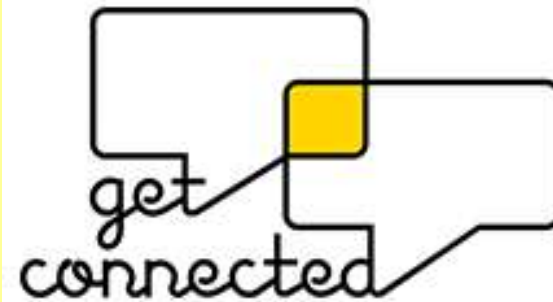
safespot.org.uk

THE SITE

Straight-talking emotional support available 24 hours a day.

Moderated discussion boards, live chat room, videos, young people's stories and experts to answer your questions.

www.thesite.org



Free, confidential help for young people under 25. Information and help by phone, email and web-chat.

www.getconnected.org.uk

selfharm^{UK}

A safe place to talk about self-harm, share stories, video blogs, poetry and art; and be honest.

<https://www.selfharm.co.uk/>

IT GETS BETTER PROJECT.

Groundbreaking campaign to send the message 'It Gets Better' to **LGBT** young people feeling lost, depressed, hopeless or suicidal.

www.itgetsbetter.org



App that turns your phone into a stress-killing machine.

www.stressheads.org

**BODY
GOSSIP**

Campaign on embracing your body, addressing body image challenges and self-esteem.

bodygossip.org

beat
beating eating disorders

Support for anyone affected by eating disorders or difficulties with food, weight and shape.

www.b-eat.co.uk

“ ” aye mind

Young people's mental health and wellbeing project in Glasgow.
Lots of helpful info and links.

ayemind.com