# Your Mental Health

## Mental Health Information and Points of Contact

Mental health problems affect about one in ten children and young people. They include one of more of the following:
Depression, anxiety, use of self harm, use of drugs/alcohol to cope, lack of motivation, generalised anxiety disorder, Post-traumatic stress disorder, eating disorders and are often a direct response to what is happening in a persons life.
You may feel like you going mad, or friends may notice a change in your behaviour.

### You can get support

We can all experience anxiety, stress and periods of low motivation. A lot of the time we can get through such times with the assistance of a family member/good friend.
If this doesn't help you need the right person to talk too. Contact your doctor. It might be beneficial to write done how you feel and take this with you. Or take someone with you. The doctor can refer you to an NHS specialist and for counselling.

If you feel your mental health has reached crisis point and you are unable to wait to see a doctor you should go to the emergency department at your local hospital.

### Samaritan's

Samaritans is a helpline service which is available 24/7 and is about working with people to create a safe place where they can talk about what is happening, how they're feeling and help them to find their own way forward.
**www.samaritan.org or call:** 116 123

It is good to know that you can get the help you might need and that the professionals supporting you will keep information about you confidential.

### Top Tip...

**More info @**

www.thecalmzone.net
www.mind.org.uk
www.mentalhealth.org.uk
www.mindfull.org

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