

# MY VOICE MATTERS

Place2Be's  
**CHILDREN'S  
MENTAL HEALTH  
WEEK**

## 10 WAYS TO LOOK AFTER YOUR MENTAL HEALTH

Here are some brilliant tips from young people just like you on how you can look after your mental health.



- 1 Don't keep it all to yourself and spend too much time in your own head. This can sometimes make it keep piling up, and make you feel worse.
- 2 Talk to someone you trust and feel comfortable with – a teacher, parent, sibling, cousin, friend... if you can't think of anyone and need to talk, try talking to someone like Shout by texting SHOUT to 85258 for free.
- 3 Write your thoughts and feelings down.
- 4 Keep in contact with people, don't isolate yourself.
- 5 Don't dismiss your feelings because you think they aren't valid. Everything you feel is valid and important to you.
- 6 Focus on the good parts of your life and doing what you love, rather than the negative.
- 7 If you feel like harming yourself then tell someone you trust and distract yourself in the meanwhile.
- 8 Do something you enjoy to help you relax and have a break – watch a film, play a game, watch your favourite YouTuber, listen to music.
- 9 Be your own best friend because at the end of the day, you're stuck with you – so look after yourself!
- 10 Remember that you're not alone, even if it sometimes feels like you are.

\*With thanks to students at Stewards Academy and Ark Globe Academy

### ASK FOR HELP

Let your family, friends, and teachers know if you are struggling so that they can support you.

If you're feeling overwhelmed and need to talk:

- Text P2B to 85258 for free to speak to Shout
- Call 0800 1111 to speak to Childline, or visit
- [childline.org.uk](https://www.childline.org.uk) for their free online chat
- Visit [place2be.org.uk/help](https://www.place2be.org.uk/help) for more advice

