

What can we do?



Talk - you can talk to your friends, family or seek the help of a professional or YPS staff member who can support you with how you are feeling.



Eat well - it isn't just your body that's affected by the food you eat, it can have an impact on your mind too. Try eating three balanced meals a day, drinking 6-8 glasses of water, eating your 5 a day and never skip your breakfast.



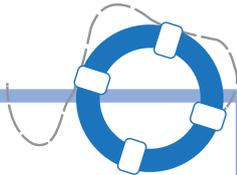
Exercise - keeping your body active will help to keep your mind healthy. Why not try riding your bike, taking a walk with a friend or doing a sport you enjoy?



Help other people - helping others to feel good will also make you feel good about yourself, so try to do one good deed a day or take up some volunteer work to help others.



Take time out - try different ways to relax that work for you - some examples are taking up a hobby, walking, yoga, a warm bath, watching a film, reading a book or seeing your friends. Also try practising your breathing... press pause and have time to think about how you are feeling.



Who can help...

- Your GP
- NHS (community mental health team)
- CAMHS (Child and Adolescent Mental Health services)
- MIND network (services available throughout Herts)
- Information on mental health and young people on www.youngminds.org.uk
- YPS staff team
- YPS well-being worker
- The Samaritans 08457 90 90 90

This leaflet has been produced in consultation with the young people living in our projects.

We aim to provide information in a format or language that is easy to read and understand by our customers.

Please contact Customer Services on 0300 500 62 62 if you require this publication in large print format, Braille or on audio tape.

Nëse keni vështirësi për të kuptuar këtë botim, ose nëse anglishtja nuk është gjuha juaj e parë, ju lutemi kontaktoni Shërbimet për Klientin në **0300 500 6262**

Albanian

Se ha difficoltà a comprendere questo documento o se l'inglese non è la Sua madre lingua, la preghiamo di contattare l'Assistenza Clienti allo **0300 500 6262**

Italian

Jeżeli masz trudności ze zrozumieniem tej publikacji lub angielski nie jest Twoim pierwszym językiem, prosimy o skontaktowanie się z linią obsługi klienta pod numerem: **0300 500 6262**

Polish

Bu broşürü anlamakta güçlük çekiyorsanız ya da asıl diliniz İngilizce değilse, lütfen Müşteri Hizmetleri'ne telefon edip Türkçe'ye çevrilmesini isteyin. Tel: **0300 500 6262**

Turkish

এই প্রকাশনা বুঝতে আপনার যদি কোন সমস্যা হয় অথবা ইংরেজী ভাষা যদি আপনার মাতৃভাষা না হয় তাহলে অনুগ্রহ করে **0300 500 6262** নম্বর ফোনো কাস্টমার সার্ভিসসকে যোগাযোগ করুন

Bengali

જો તમને આ પ્રકાશન સમજવામાં કોઈ મુશ્કેલી હોય અથવા અંગ્રેજી તમારી માતૃભાષા ન હોય તો, કૃપા કરીને ગ્રાહક સેવાને **0300 500 6262** પર સંપર્ક કરો

Gujarati

इस प्रकाशन को समझना यदि आपके लिये मुश्किल हो, या अगर अंग्रेज़ी आपकी भाषा नहीं है तो कृपया कस्टमर सर्विसिंग से फोन नंबर **0300 500 6262** पर संपर्क करें।

Hindi

ਜੇ ਇਸ ਪਰਚੇ ਜਾਂ ਵਿਤਾਬਚੇ ਨੂੰ ਪੜ੍ਹਨ ਵਿਚ ਤੁਹਾਨੂੰ ਕੋਈ ਮਸ਼ਕਲ ਆਉਂਦੀ ਹੈ, ਜਾਂ ਜੇ ਅੰਗਰੇਜ਼ੀ ਤੁਹਾਡੀ ਪਹਿਲੀ ਖੋਲੀ ਨਹੀਂ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਕਸਟਮਰ ਸਰਵਿਸਿੰਗ ਨਾਲ ਨੰਬਰ **0300 500 6262** 'ਤੇ ਗੱਲ ਕਰੋ।

Punjabi

اس اشاعت کو سمجھنے میں اگر آپ کو مشکل درپیش ہو، یا اگر انگریزی آپ کی زبان نہیں ہے تو برائے مہربانی کسٹمر سروسز سے فون نمبر **0300 500 6262** پر رابطہ کریں۔

Urdu

For more information on the work of the Young Persons Service team or to discuss new projects of partnership working, please contact:

Catalyst Housing Ltd
6 Houghton Hall Business Park
Porz Avenue
Houghton Regis
Bedfordshire
LU5 5UZ
t: **0300 500 62 62**

www.chg.org.uk



catalyst

YPS

young persons service

Mental Health

LET'S TALK ABOUT HOW WE FEEL



**A new start,
a new beginning**



catalyst

Your Mental Health

- Being mentally healthy is just as important as being physically healthy.
- If you are in good mental health you are able to make the most of your potential, enjoy time with your friends and family and cope well with life's challenges.
- However, sometimes our mental health can suffer, just as our physical health can.
- Mental health problems range from the worries we can all experience with everyday life to long term problems that could be diagnosed by professionals.
- Some people who experience mental health problems are able to manage them well and get the relevant support from friends, family or professionals.
- Other people may need long term support or intervention by professionals to help them. This depends on the person and the condition. It is important to remember that mental health conditions will affect people in different ways.

We asked all the young people living at our projects to paint a canvas around the theme "If you could see how I feel" and this is the winning picture



Anxiety

Anxiety is a normal emotion that is triggered when you are feeling uncomfortable or the thought of doing something is causing you unease. If you are feeling this regularly or for no reason, or if it is affecting the choices you make or the things you do, then this could impact your mental health. Common symptoms of anxiety include;

- A panicked, nervous feeling that you can experience throughout your whole body. It could affect your breathing, your speech, increased heart rate, feeling/being sick or having diarrhoea, shaking and tremors.
- You may not have any physical symptoms but you are experiencing racing thoughts, feeling nervous, over thinking things and your thoughts are causing you considerable distress.

Depression

As a young person you will feel up and down throughout your life. These feelings will make you feel sad, low and worried and this is normal!

However, if these feelings, thoughts and emotions are taking over your everyday life then this could be a sign of a mental health problem. Depression and anxiety are very common problems and they can be severe and long lasting. Below are common symptoms of depression;

- feeling tired/no sleep pattern
- sleeping and eating more or less than usual
- feeling irritable
- feeling sad or lonely
- criticising yourself for no reason
- low self esteem
- feeling helpless
- isolating yourself from friends, family etc.
- lack of motivation/no energy
- not taking part in hobbies or interests you previously enjoyed
- experiencing mood swings.

