

mind your head





Mind Your Head are a charity formed in 2006 and we promote mental health positively in Shetland. We do this by running awareness raising programmes and events in schools and in the community.

We do this because 1 in 4 people will experience mental health in their lifetime.

Find out more :

www.mindyourhead.org.uk

info@mindyourhead.org





Mental health is just the same as any other illness - only you cannot see it. It's important to remember that having a mental illness is **not** a sign of weakness.

Common causes of mental illness include stress, anxiety, physical health, body chemistry and social problems. Illnesses include depression, anxiety, obsessive compulsion disorder, phobias and bipolar disorder.

There are always ways you can help yourself.

Find out more online: www.mindyourhead.org.uk

Talk about it

Don't be afraid to talk about your feelings with a family member, friend, teacher or other professional.



Ask for help when you need it.



Accept who you are

We're all different.
It's much healthier to
accept that you're
unique than to wish
you were more like
someone else.

Feeling good about yourself boosts your confidence and helps you cope when life takes a difficult turn.

Do something you really love

Remember to do things that you really love to do. You don't always have to be the best to enjoy it.



Relax

If you cannot relax it can make you tense and you may not be able to sleep.



Sometimes life can get hectic and its important that we give ourselves some timeout.

Keep active and eat well

The effects of exercise on your mood are immediate, whether it's going for a walk or cycle or playing in team games with your friends.

A healthy diet can protect against feelings of anxiety and depression



Maintain friendships

Four 3D white figures are standing in a circle, holding hands. They are simple, rounded figures with large heads and small bodies. The background is a light, neutral color.

Close relationships affect how we feel – so nurture them. If there's a problem within a relationship, try and resolve it.

Make time for your friends both for their sake and your own.

Life would be boring if we were all the same. Differences make life interesting and should be respected.

If you are ever worried about a friend or someone you know then speak to a family member, teacher or other professional.

Do something you are good at



Learning new things and improving on things you're already good at can be a really positive way of helping yourself to feel confident and happier.

Recognise and accept what you're not good at and focus on what you can do well.

Remember to do things that you really love to do. You don't always have to be the best to enjoy it.

Look out for each other

There are times when friends may have difficult times. Listening to a friend who shares a worry can help them feel better.

If you care for a family member you may want to find out more about the Shetland Young Carers Group

Email: jo.jack@shetland.org



Minding Your Head

Don't be afraid to talk about your feelings



There are a number of national organisations which provide support and advice specifically for young people.

Samaritans www.samaritans.org 08457 90 90 90

Youngminds www.youngminds.org.uk

Childline www.childline.org.uk 0800 11 11

If you would prefer to speak to somebody closer to home then speak to a family member, friend, your GP, school nurse or teacher.

