

# Understanding mental health

## Mental health is like physical health

Some days we feel great. Other days we're not feeling at our best but we're OK and we can carry on with day to day activities. Sometimes we have wounds we need to take special care of. Occasionally we feel really bad and might need to seek help from others.

## This week we look at Emotional Check in

Where you can find help. Usually, if we struggle with our emotional well-being or mental health, we can turn to friends and family for care, advice and support, sometimes though, this isn't enough.

### If you need support with your emotional well-being these organisations can help

**School** There will be someone at school you can talk to about your emotional well-being. This might be a teacher, your head of year or a pastoral lead.

**SAYit** Support and social opportunities to empower LGBT+ young people.  
[sayit.org.uk](http://sayit.org.uk) 0114 241 2728

**Listening Ear** A telephone support, advice and guidance service for anyone who has lost a loved one during the Coronavirus pandemic.  
 0800 048 5224

**Door 43** Information, advice and guidance to young people aged 13-25 experiencing low mood, stress and anxiety, loneliness and low confidence.  
[www.instagram.com/door43](http://www.instagram.com/door43)

**Shout** 24/7 text service for anyone in crisis under 18.  
 Text **8525**

**Childline** You can call to speak to a counsellor from 9am - Midnight every day.  
**0800 1111**

**Kooth** A free online chat service for young people, available Mon to Fri 12pm to 10 p4m, Sat and Sun 6pm to 10pm. You can chat to a counsellor or with the online community.

Sheffield Children's NHS Foundation Trust

Young people experiencing mental health difficulties can get therapeutic support from Children and Adolescent Mental Health Service (CAMHS).

For more information see [www.sheffieldchildrens.nhs.uk/services/camhs/](http://www.sheffieldchildrens.nhs.uk/services/camhs/)

Sheffield Well being support line (12-18 yrs)

**0808 275 8892** 9am to 9pm Mon to Sat.

Sheffield Futures and Sheffield CAMHS

Talk to your GP to get referred.

## Stay Connected

It's really important to stay connected with friends, social groups and family - online, phone or post

Check out *Thinkuknow* or *Own It*

## Build Skills

Set yourself a challenge – now is a great time to learn a new skill

Choose a set time and place to complete school work

## Be Healthy

Keep to a healthy routine

If you're feeling sluggish and tired you probably need to move!

## Emotional Check-in

Notice your emotions

Notice your mood and what makes you feel better or worse

## Be In the Moment

Calm your body and mind - it's important to take a break from our thoughts even only for a few minutes

The more you practice the more it will help when you most need it

**Please contact your GP if you are concerned about your own mental health or someone within your family**

See **Lets Talk Sheffield** for more info