

# YOUNG PEOPLE'S GUIDE TO MENTAL HEALTH AND WELLBEING

Having a clear  
sense of identity  
and self worth

Being able to  
recognise and  
manage emotions

**Good mental health  
and wellbeing is ...**

Having opportunities  
to learn, have fun  
and enjoy friendships

Feeling able  
to deal with  
difficulties



For more information or to request  
the guide in other formats contact  
[health.improvement@borders.scot.nhs.uk](mailto:health.improvement@borders.scot.nhs.uk)

# Talking about what's on your mind

It's important to find someone who you could talk to about what's on your mind. It's okay to talk about what's going on inside your head and finding an adult who you can talk to can really help. We call this person a 'Trusted Adult'. You choose who your Trusted Adult is. It could be:

Parent

Teacher, school nurse, social worker

Caregiver

Family member

Sports coach

Youth worker

Friend's parent or family member

Find someone who is:

caring

clear

friendly

a good listener

informed

respectful

non judgemental

It can be hard finding the words to tell someone how you're feeling, and you might feel nervous about opening up about your feelings. If you're not sure how to start the conversation you could:

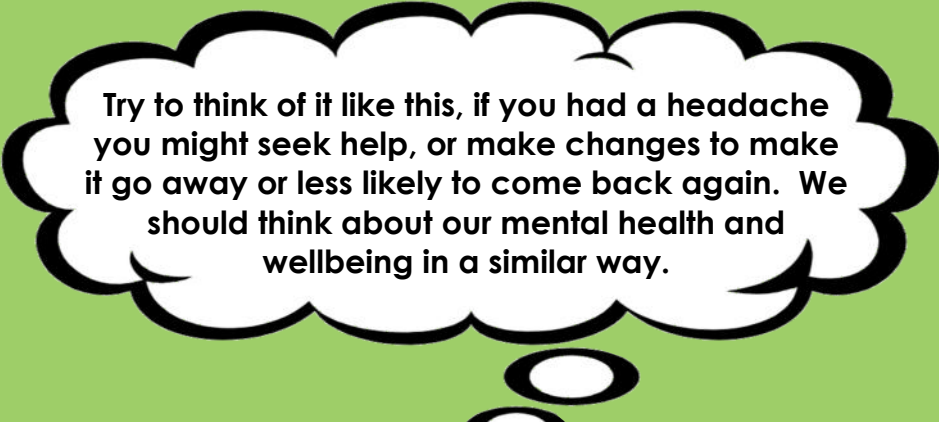
- Write them a letter, send them a text or instant message
- Practise what you're going to say
- Draw them a picture of how you're feeling
- Walk and talk, sometimes it's easier talking when you're not face to face
- Show them this guide

If you're not sure who to talk to you can call Childline free on 0800 1111 to talk to an adult you can trust

# **Mental health and wellbeing is about how we're feeling and about our ability to cope**

- If you have good mental health and wellbeing you can make the most of your potential, cope with setbacks and play a full part in your life
- Mental health and wellbeing is not about being happy all the time
- Mental health and wellbeing is not the same as having a mental health condition
- Your mental health and wellbeing is just as important as your physical health
- Your mental health and wellbeing changes depending what's going on in your life
- You can take steps to improve your mental health and wellbeing and make you healthier and happier
- Other people and support services can support you with your mental health and wellbeing

**It's okay not to be okay, and many people find it helps to open up about how they are feeling**



**Try to think of it like this, if you had a headache you might seek help, or make changes to make it go away or less likely to come back again. We should think about our mental health and wellbeing in a similar way.**



# The 'Six Ways to Be Well' helps you to think about what you could do for your mental health and wellbeing

You should think about these as your 'six a day' for mental health and wellbeing. Think about today and how you are doing for each of the 'six ways', you can use the emoji flags below to mark how you are doing. You and a friend could work through each of the 'six ways' together.

Don't worry if you don't manage to do something for all of the 'six ways' each day. If you are struggling with some areas every day or for a number of weeks it's a good idea to talk to a Trusted Adult. You can discuss with them ideas about what you could do and if they can support you.

**Great - I'm doing well at this**



**Okay - I'm working on this but I'd like to do this more regularly or improve**



**Not good - I want to do this but don't know where to start**



**Awful - I'm struggling with this and need some support**



## 1. Be Kind

Being kind to others can make you feel good. Small acts of kindness can make a big difference to people around you. If other people are kind to you, don't feel guilty about receiving their support – it's good for them too. Remember to be kind to yourself.



## 2. Enjoy and Learn

Doing things that you enjoy and that interest you can improve your wellbeing. Think about what you enjoy doing - it could be something creative, or musical, or outdoors. Only you can decide what you enjoy doing. Try different things until you find what you like.



### 3. Nurture



To nurture ourselves we should try and make healthy choices for both our body and mind. We should try to eat well, sleep well, be active and cut out things that are bad for us. Try to make time to relax, have fun and spend time with people you love. Small changes can make a big difference to the way that we feel.



### 4. Be Active



Taking part in sports, exercise and other activities can make you feel more confident, happier, less stressed, sleep better and have more energy. If you're looking to be more active you can start small doing an activity you enjoy, something is better than nothing.



### 5. Belong



Feeling that we belong and are included is good for our wellbeing. You might feel that sense of belonging in an activity group, or part of your school community, with your family or friendship group. Belonging is also about being respected and having the opportunity to be heard and involved in decisions that affect you.



### 6. Be Aware



Paying more attention to the present moment. Noticing how your thoughts, surroundings and other people can make you feel. Accepting yourself. These things can all make a difference to your mental health. You don't have to wait for signs that you need to look after your mental health, you can build activities into your routine to maintain your wellbeing.



Find out more about the Six Ways to be Well at [young.scot/BordersWellbeing](http://young.scot/BordersWellbeing)

Use this code to claim

150 Young Scot Reward Points RDVNGDVC

# Self care calendar

## 30 things to make you feel good

*Be Kind, Enjoy and Learn, Nurture, Be Active, Belong, Be Aware*

<b>1</b> Make an emoji playlist at <a href="https://feelsfm.co.uk">feelsfm.co.uk</a>	<b>2</b> Call, text or arrange to meet with a friend	<b>3</b> Run a bath, have a massage or manicure
<b>4</b> Read a book	<b>5</b> Drink 6 glasses of water today	<b>6</b> Do a random act of kindness
<b>7</b> Try swapping a drink with caffeine in it for some water today	<b>8</b> Download a mindfulness app – try Calm App or Headspace	<b>9</b> Have some digital downtime today and switch off your device
<b>10</b> Learn some breathing exercises, they can help you to cope with stressful situations	<b>11</b> Find out what activities and groups there are in your local area and go along to one	<b>12</b> Take control of your finances with the Wishfund App
<b>13</b> Watch a film or favourite series	<b>14</b> Make a meal for someone or bake a cake	<b>15</b> Go somewhere that makes you feel good
<b>16</b> Try to eat only healthy snacks today	<b>17</b> Give someone a compliment	<b>18</b> Dance and sing to your favourite music
<b>19</b> Take part in an exercise video online – try PE with Joe or YMCA 360	<b>20</b> Write a list of things you can do or you want to achieve	<b>21</b> Take some time out, listen to the Mental Health Foundation's Podcasts for Wellbeing
<b>22</b> Allow your mind to wander and daydream	<b>23</b> Smile at everyone you see today	<b>24</b> Take a small step towards an important goal today
<b>25</b> Be a change maker, check out the Power of Youth or the Scottish Youth Parliament	<b>26</b> Get a good night's sleep - Pzizz App can help	<b>27</b> Spend time with your pet, go feed the ducks or offer to walk a neighbour's dog
<b>28</b> Go for a walk outside	<b>29</b> Volunteer your time	<b>30</b> Have fun drawing

# Groups and activities for young people in the Scottish Borders

## LGBT Youth Scotland

Youth groups and support for lesbian, gay, bisexual and transgender young people in the Borders.

[www.lgbtyouth.org.uk/](http://www.lgbtyouth.org.uk/)

## Uniformed Youth Organisations

Scouts Scotland, Girlguiding Scotland, The Boys Brigade, Girls Brigade Scotland and Cadets Scotland have exciting opportunities for young people. Find out more by visiting their websites or social media pages.

## Volunteer Centre Borders

Volunteer Centre Borders can help you to find a volunteering placement and give you more information about the Saltire Awards.

[www.vcborders.org.uk](http://www.vcborders.org.uk)

## Live Borders

Live Borders is the Leisure, Culture and Sport organisation for the Scottish Borders. Find out more, including information about events, performing arts activities, museums, visitor centres and libraries at:

[www.liveborders.org.uk](http://www.liveborders.org.uk)

Participation costs may apply.

Find out more at

## YouthBorders

You can join youth clubs, projects, after school groups and voluntary activities right across the Scottish Borders - where you can get involved in new positive experiences, have fun, make friends, and access support from Trusted Adults. A full list of youth groups and support is available here

[young.scot/scottish-borders](http://young.scot/scottish-borders)

You can contact YouthBorders by email

[info@youthborders.org.uk](mailto:info@youthborders.org.uk)

# Things you might experience as a young person

If you are experiencing any of these things it's important that you talk to your Trusted Adult. They can help you to cope with how you are feeling or help you to get further support, this could include talking to your doctor, a counsellor, taking medication, getting help from crisis services, accessing self-help resources or contacting an emotional support helpline.

## Bullying

If someone's words or behaviour is making you feel unsafe or not in control of yourself then you might be being bullied. Bullying behaviour happens face to face and online. This can hurt you physically or emotionally and, although the behaviour might not be repeated, the threat or worry that it will happen again can be very real. Telling your Trusted Adult that you're being bullied can make you feel better, you can then discuss if you'd like them to get involved.

## Relationships

Positive relationships can support our wellbeing, but relationships can also be an area where you might need some extra support from a Trusted Adult. Relationships with family, friends or partners can change as you grow older and become more independent.

In a healthy relationship you should feel trusted, respected and be honest with each other. You should feel happy to spend time with the person. You may have disagreements but it's likely you can work through these.

In an unhealthy relationship you might feel that you are not valued, you may feel frightened, intimidated or controlled. Sometimes people stop communicating or argue more frequently. This can be damaging to your mental health and you should talk to someone.



## Feeling stressed, low or anxious

It's normal to feel stressed, low or anxious at times and these feelings can act as warning signs and tell us that we need to slow down or to be careful and think about what we are planning to do.

## Depression

Everyone has times when they feel upset or down - it's normal to feel like this. Sometimes, when it lasts for longer than two weeks, it may be depression. Depression is a lot more common than you think. If someone is feeling depressed they may feel hopeless or worthless, not feel hungry or feel very tired, find it hard to concentrate or sleep, or no longer enjoy hobbies or spending time with friends.

## Eating disorders

Eating problems are common and can affect anyone of any body shape. Worry or stress can trigger eating problems or they are sometimes to do with body image. If eating makes you feel anxious, guilty, upset or is affecting your everyday life it could mean that you have an eating disorder.

## Generalised Anxiety Disorder (GAD)

Generalised Anxiety Disorder or GAD is a long-term condition that causes you to feel anxious about a wide range of situations and issues, rather than one specific event. People with GAD feel anxious most days and often struggle to remember the last time they felt relaxed.

## Psychosis

You might have heard some of the illnesses being called schizophrenia, manic depression or bipolar disorder. Psychosis is the name for mental illnesses that make people lose contact with what is real. Psychosis is more common than you think and can be triggered by stress or bad life events - and using drugs can make psychosis more likely. Sometimes psychosis can be a one-off. Sometimes it can come and go. You should speak to your doctor for support as psychosis rarely gets better without proper treatment and professional help.

## Grief & bereavement

Grief is the word used to describe a response to a loss. A bereavement is a specific type of loss when someone you care about dies, this could be a person or a pet. People have different reactions to a bereavement including anxiety, feelings of helplessness, anger, fear or blame. Experiencing some, all or none of these feelings and reactions is normal. Everyone's experience is different and no reaction is right or wrong. Most feelings will pass with time, although they might feel difficult to process.

## Self harm

Self-harm is a sign that something is wrong. Young people who self-harm inflict pain on themselves as a way of coping with mental distress. There are a variety of ways young people self-harm and many different reasons for doing so and it's a lot more common than you think. <http://www.nhsborders.scot.nhs.uk/media/682756/SB-Self-harm-Awareness-for-Young-People-A5.pdf>

## Suicidal thoughts

Some people may experience thoughts on wanting to die, these are called suicidal thoughts. Sometimes these are a one off, or for others it may feel like it's constantly on their mind or may progress to planning or taking steps to end their life. Many people who are thinking about suicide don't want to die, but they want the pain to go away. No matter what the reason, if someone is thinking about suicide then it should be taken seriously.

If you or someone else is at **immediate** risk of suicide you should call the emergency services on 999



You can find out more information about these topics and more at NHS Borders Wellbeing Point:  
[www.nhsborders.scot.nhs.uk/wellbeingpoint](http://www.nhsborders.scot.nhs.uk/wellbeingpoint)

# Worried about someone else

It can be very difficult to see someone who you care about becoming distressed and unwell, but you don't need to be an expert on mental health to offer support. Struggling with their mental health or having a mental health condition doesn't define who they are, and it's just one part of the person.

Often, small everyday actions can make the biggest difference.



If you're worried about someone else it's a good idea to encourage them to speak to a Trusted Adult or a doctor. It can be hard supporting someone else and so talk with a Trusted Adult about how you can look after yourself. This is particularly important if you're worried about a parent or carer.

If you want to speak to someone you don't know for help and support you could also call Childline on 0800 1111 (calls are free)

# Self help information



More information on health and wellbeing can be found at [young.scot/scottish-borders](http://young.scot/scottish-borders)



Scotland's programme to end mental health discrimination. Includes information about young people's mental health and ways to tackle stigma. [www.seemescotland.org](http://www.seemescotland.org)



Check out Feels FM, express how you're feeling through the emoji-powered jukebox. Use music as a positive coping strategy, and find new ways to talk about mental health stigma and discrimination.

<https://feelsfm.co.uk/>



The UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people.

[www.youngminds.org.uk](http://www.youngminds.org.uk)



aye mind

A set of positive digital resources for improving mental health and wellbeing, developed in collaboration with young people. [www.ayemind.com](http://www.ayemind.com)



If you're thinking about talking to your doctor about your mental health you can find out how to prepare for your appointment using the Doc Ready site.

[www.docready.org](http://www.docready.org)



StayAlive mobile app for those at risk of suicide and people worried about someone.



Scotland's anti-bullying service,

Respect Me has further tips for dealing with bullying.

[www.respectme.org.uk](http://www.respectme.org.uk)

# Local mental health and wellbeing support for young people

Where a service has **SR** icon you can make a self-referral.

<b>Support at school</b>	<b>SR</b> If you are at school you can talk to your school nurse or your guidance staff for support.
<b>Quarriers</b>	Support you to improve your wellbeing and resilience and build confidence to work towards your goals. <a href="http://www.quarriers.org.uk/borders">www.quarriers.org.uk/borders</a> <b>12-18 yrs</b>
<b>Doctor</b>	Your doctor can talk to you about your mental health and discuss with you options for referral to other mental health services, discuss medication options or refer you to self-help resources or courses. <a href="http://www.nhsborders.scot.nhs.uk">www.nhsborders.scot.nhs.uk</a>
<b>LGBT Youth (Borders)</b>	<b>SR</b> LGBT Youth works with and supports young people who identify as lesbian, gay, bisexual or transgender by providing one to one and group support. <a href="http://www.lgbtyouth.org.uk/groups-and-support/find-local-youth-groups/">www.lgbtyouth.org.uk/groups-and-support/find-local-youth-groups/</a> <b>13-25 yrs</b>
<b>Youth Wellbeing Coaching CIC</b>	<b>SR</b> Feeling stuck? Coaching can help you discover your values; harness your power and become unstuck. <a href="http://www.youthwellbeingcoaching.com">www.youthwellbeingcoaching.com</a> <b>16-25 yrs</b> Charges may apply for this service.
<b>Child and Adolescent Mental Health Service</b>	Child and Adolescent Mental Health Service (CAMHS) work with young people who have moderate and severe mental health problems. Referrals via your doctor or school nurse. <b>up to 18 yrs</b>
<b>Distress Brief Intervention (DBI)</b>	Distress Brief Intervention (DBI) - if you're in need of crisis support your doctor or social worker can refer you to the DBI services who will contact you within 24 hours of referral and provide support. <a href="http://www.dbi.scot">www.dbi.scot</a> <b>16 yrs and over</b>

If you're over 18, more information about adult mental health services can be found at [www.nhsborders.scot.nhs.uk/wellbeingpoint](http://www.nhsborders.scot.nhs.uk/wellbeingpoint)

# Support from local and national helplines and support services

## Action for Children CHIMES Service

Support for young carers **aged 7-18 yrs** 01896 750173

[CHIMES@actionforchildren.org.uk](mailto:CHIMES@actionforchildren.org.uk)

## Beat Eating Disorders

0808 801 0711 **for under 18s** or 0808 801 0677 **for over 18s**

Mon-Fri 9am-8pm Sat-Sun 4-8pm [help@beateatingdisorders.org.uk](mailto:help@beateatingdisorders.org.uk)

[www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)

## Children 1<sup>st</sup> Scottish Borders

Trauma recovery services for young people **up to 18 yrs**

01750 22892 [ettrick@children1st.org.uk](mailto:ettrick@children1st.org.uk)

## Cruse Bereavement Care Scotland

0808 802 6161 Mon-Thurs 9am-8pm Fri 10am-4pm

[support@crusescotland.org.uk](mailto:support@crusescotland.org.uk) [www.crusescotland.org.uk](http://www.crusescotland.org.uk)

## HOPELineUK

For young people experiencing thoughts of suicide 0800 068 4141  
or text 07860 039 967 every day 9am-midnight

[pat@papyrus-uk.org](mailto:pat@papyrus-uk.org) [www.papyrus-uk.org](http://www.papyrus-uk.org)

## LGBT Helpline Scotland

0300 123 2523 Tues & Wed 12-9pm, Thurs & Sun 1-6pm

[helpline@lgbthealth.org.uk](mailto:helpline@lgbthealth.org.uk) [www.lgbthealth.org.uk](http://www.lgbthealth.org.uk)

## National Domestic Abuse Helpline

0808 2000 247 open 24/7 webchat available Mon-Fri 3-10pm

[www.nationaldahelpline.org.uk](http://www.nationaldahelpline.org.uk)

## NHS 24

Urgent health advice when your doctors practice is closed

call 111 open 24/7 [www.nhs24.scot](http://www.nhs24.scot)

## Rape Crisis Scottish Borders

**Age 12+** 01896 661 070 Mon-Fri 9.30am-5pm

[support@sbrcc.org.uk](mailto:support@sbrcc.org.uk) [www.scottishbordersrapecrisis.org.uk](http://www.scottishbordersrapecrisis.org.uk)

## Talk to Frank

Drugs info and advice call 0300 123 6600 or text 82111 open 24/7  
calls may cost live chat 2-6pm 7 days a week

[frank@talktofrank.com](mailto:frank@talktofrank.com) [www.talktofrank.com](http://www.talktofrank.com)

## We Are With You Borders

If you're worried about your own or another's drug and alcohol use 01896 757843 [www.wearewithyou.org.uk](http://www.wearewithyou.org.uk)

## Who Cares? Scotland

For care experienced young people

Call 0330 107 7540 open Mon-Fri 12-4pm

[help@whocarescotland.org](mailto:help@whocarescotland.org) [www.whocarescotland.org](http://www.whocarescotland.org)

## Young Scot Info Line

Info line on topics such as relationships, health and wellbeing,  
school or work for people **aged 11-26 yrs**

Call 0808 801 0338 open Mon-Fri 10am-6pm

[infoline@young.scot](mailto:infoline@young.scot) [www.young.scot](http://www.young.scot)

## Youth info @ CAB

Advice and support for people **aged 16-24 yrs** with benefits, work,  
housing and more call 07508 331 513

[youthinfo@roxburghcab.casonline.org.uk](mailto:youthinfo@roxburghcab.casonline.org.uk)

[www.roxburghcab.org.uk/services/youthinfocab](http://www.roxburghcab.org.uk/services/youthinfocab)

## Parentline Scotland

Info, advice and support for parents / carers call 08000 28 22 23  
Mon-Fri 9am-9pm, Sat/Sun 9am-12noon

[www.children1st.org.uk/help-for-families/parentline-scotland](http://www.children1st.org.uk/help-for-families/parentline-scotland)

# Need help now - These confidential and free helplines can support you

**In an emergency, or if you or someone else is in danger you should contact the emergency services by dialling 999**

**Childline**  
**0800 11 11**

Any worries that you have, no matter how big or small.

**Open 9am - midnight**  
**Up to age 19 yrs**

**YoungMinds Crisis Messenger**

**Text YM to 85258**

Provides support to any young person experiencing a mental health crisis.

**Open 24/7**  
**25 yrs or under**

**Samaritans**  
**Call 116 123**

Personal crisis, risk of suicide and emotional support. Call free from any phone.

**Open 24/7**  
**Open to anyone**

**Breathing Space**  
**0800 83 85 87**

A free, confidential phone service for anyone in Scotland experiencing low mood, depression or anxiety.

**Mon-Thurs 6pm-2am**  
**Weekend Fri 6pm-Mon 6am**  
**Age 16+ yrs**

**You can also call your doctor if you would like to speak to someone you know. If you need crisis support and you're over 16 they can refer you to the DBI service.**