



# MENTAL Health YOU'RE NOT ALONE!

Produced By  
Caerphilly Youth Forum



# what is MENTAL HEALTH?

- Mental health is how we feel about ourselves and the people around us
- Our ability to make and keep friends and relationships
- Our ability to learn from others and to develop psychologically and emotionally.

Being mentally healthy is also about having the strength (resilience) to overcome the difficulties and challenges we can all face at times in our lives.

It is quite normal to sometimes feel worried, anxious or upset when things don't go as you hope.

It is important to understand when you might need to get some help or support with how you are feeling – or to know when perhaps you may be experiencing a more serious problem.

If someone is experiencing **worries, anxieties and difficult feelings** to the extent that they are **seriously interfering with their everyday life**, for instance:

- Being able to study and go to school
- Being able to eat or sleep as they normally do to go out with their friends or take part in their favorite hobby

and these feelings are becoming persistent, that is **lasting for a few weeks or more**, then it might be that they have a mental health problem or disorder and need to get some advice and help.



## HOW DO MENTAL health ISSUES OCCUR?

There can be many reasons for a change in a person's mental wellbeing which affects their mental health. These can include:

Relationship Breakup

Exam stress

Bereavement - a period of mourning after a loss, especially after the death of a loved one.

Debt

Bullying/ Discrimination

Losing a job

Homelessness

Poor physical health

A sudden change in someone's circumstances

This list is not extensive. There can be many reasons a person's mental wellbeing is affected. For some people it may be a combination of many factors, which can lead to a period of poor mental health. It is important to remember that some people are more deeply affected by certain life events than others.

## DIFFERENT TYPES OF MENTAL ILLNESS?

**There are a number of different mental health illnesses:**

<b>Depression</b>	This is when you have a low mood that lasts a long time and affects your day to day life.	2.6 in 100 people
<b>Eating Disorders</b>	Such as Bulimia and Anorexia	1.6 in 100 people
<b>Post Traumatic Stress Disorder (PTSD)</b>	Experiencing upsetting and confusing feelings after a traumatic event.	3 in 100 people
<b>Anxiety</b>	A feeling of worry and Panic about a situation or object even when there is no danger.	4.7 in 100 people
<b>Obsessive compulsive disorder (OCD)</b>	Where a person has powerful thoughts and compulsive behaviours.	1.3 in 100 people

<b>Phobias</b>	An extreme fear	2.6 in 100 people
<b>Schizophrenia</b>	Is a diagnosis you are given if you hear voices and see things that are not there	1 to 3 people in every 100
<b>Bipolar disorder</b>	This is where you have times of feeling very high (Hypomaniac) and times where you feel very low (depressive).	1 to 3 people in every 100

### **Signs/Symptoms Include:**

Confused thinking  
 Feeling Sad/Down  
 Extreme highs and lows  
 Extreme fears and worries  
 Social withdrawal  
 Changes in Eating/Sleeping  
 Feeling Angry or Scared  
 Strange thoughts  
 Feeling Suicidal

Symptoms that last a few weeks or more may be a sign of a mental health problem. At this time people should seek help (see contacts page).

## **HOW CAN YOU CARE FOR YOUR OWN WELLBEING?**

These are some suggestions on how to keep yourself mentally healthy so you don't have rapid changes in mood, feelings or behaviour.

The following five steps can help you take care of your own mental wellbeing but remember be kind to yourself !

Just because you're having problems with your mental wellbeing it does not make you different. Many people can have times throughout their life where they experience some form of mental illness.

# 5 WAYS TO WELLBEING

**CONNECT** – Connect with people around you, friends, family, colleagues and neighbours. Building these connections will support and enrich you in everyday life. Talking about how you feel to people you trust will also help you. Join a peer support group as it can help with feeling accepted for who you are as you share experiences with others who have had similar issues.

**BE ACTIVE** – Exercise makes you feel good. Discover a physical activity that you enjoy. For example go for a walk, a run, step outside, cycle or play an active game with friends. It is important to look after all of your physical health. Ensure that you are have enough sleep and that you are eating regular healthy meals.

**KEEP LEARNING** – Learning new things will make you more confident, as well as having fun things to do. Try something new or rediscover an old interest, you could even sign up for that course you've always wanted to do.

**GIVE** – Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and will create connections with the people around you. Try doing something kind for a friend, volunteer your time or even join a community group.

**TAKE NOTICE** – Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you. Try techniques and therapies you can safely practice alone for example; Relaxation, Mindfulness or Eco therapy.

## HOW aRe YOU able TO help OTHERS?

You do not have to be an expert in Mental Health to offer support. It is the small things that can make the biggest difference. Actions such as;

Showing your support

Ask how you are able to help

Show trust and Respect

Talk about other subjects as well as Mental Health

Be open minded

Look after yourself



## CONtAcTS

List of organisations that can help with Mental Health issues.

If you are concerned about you or anyone else you can speak to a youth worker, teacher, GP/ doctor or contact one of the services below:

### **CAERPHELLY BOROUGH MIND**

Caerphilly Borough Mind

36 Penallta Road,

Ystrad Mynach,

CF82 7AN

01443 816945

They offer mental health support for individuals aged 18 plus.

### **EDUCATIONAL PSYCHOLOGY SERVICE**

School Based Counselling Team

Caerphilly County Borough Council,

Tel: 01443 866618



## **Young Minds**

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

Parents helpline - 0808 802 5544

[yomenquiries@youngminds.org.uk](mailto:yomenquiries@youngminds.org.uk)

## **Changing Minds**

[Changingmindsproject.org.uk](http://Changingmindsproject.org.uk)

Tel: 01633 258741

Email: [changingminds@newport-mind.org](mailto:changingminds@newport-mind.org)

## **MIND/ Mind Cymru**

[Mind.org.uk](http://Mind.org.uk)

3rd Floor, Castlebridge 4, Castlebridge,

5-19 Cowbridge Road East,

Cardiff CF11 9AB

T: 029 2039 5123

e: [supporterservices@mind.org.uk](mailto:supporterservices@mind.org.uk)

## **MEIC**

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

Tel: 080880 23456

Text: 84001

## **CHILDLINE**

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

Call 0800 1111

Go to the website to have a 1-2-1 Counsellor Chat

Or Send an email

## **MIND HUB**

[mindhub.wales](http://mindhub.wales)



# **SAMARITANS**

Call: 116 123

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

*"Its OK to talk about Mental Illness.  
No one should be embarrassed  
about it"*

**- NIOKA CAMPBELL.**

