

# How do you know you need to talk to someone?

If you recognise any of these signs in yourself or others, take the first step and **share your thoughts and feelings** with someone you trust like a family member or friend. Sharing your thoughts and feelings can make you feel so much better.

Frustration

Changes in sleeping patterns

Overwhelmed by problems

Emotional

Substance use and abuse

Difficulty making decisions

Aggressive problems

Hard to concentrate

Changes in eating

Withdrawn from others

As well as **talking** to someone there are other things you can do to keep yourself mentally healthy. Why not...

- ✓ Get regular exercise
- ✓ Listen to music
- ✓ Read a book
- ✓ Get a good night's sleep
- ✓ Chill out
- ✓ Join a club
- ✓ Spend time with friends
- ✓ Eat healthily
- ✓ Do something you're good at
- ✓ Set goals to achieve
- ✓ Balance work time, rest time and play time



If you have got things on your mind and you don't feel comfortable talking to someone who is close to you, there are other people who want to help you.

- ★ Your doctor
- ★ Samaritans: 08457 90 90 90  
jo@samaritans.org
- ★ Childline: 0800 1111  
www.childline.org.uk
- ★ Lifeline: 0808 808 8000  
www.lifelinehelpline.info

AMH MensSana  
13 Church Street  
Portadown BT62 3LN  
T 07889 804 516  
E amhmenssanani@amh.org.uk

[www.amh.org.uk/menssana](http://www.amh.org.uk/menssana)

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PROMOTING  
**positive**  
mental health



# how is your mental health?

We all know the importance of being physically healthy by exercising, eating well, sleeping well etc. but what about our mental health – what do you do to look after your mental health?

Your mental health is to do with your thoughts, feelings and beliefs and has an impact on every aspect of our lives.

# what is good mental health?

Good mental health means **feeling positive about yourself**, being able to cope with life and the challenges it brings, and being able to form and keep relationships.



When we look after our physical health and our mental health we can feel good about ourselves and the world around us. We can:

- feel in control
- feel like we belong
- feel positive
- enjoy our friendships
- make good decisions
- express our feelings

bullying  
body image  
school peer pressure  
your sexual identity  
future growing up  
family/relationships  
bereavement

# Think of your own life... what affects your mental health?

## Your mental health matters

In life it's normal to have ups and downs, but if the downs start to take over it is a sign that we need to take some action.

Feeling worried about your mental health is nothing to be afraid or embarrassed about. If you feel worried or the pressure is getting too much, don't bottle it up and suffer in silence – seek support, ask for help.

## Who I can turn to talk about the things on my mind:

Why not have a think about who you could speak to if you are feeling down and write their contact details below.

Name: \_\_\_\_\_

Number: \_\_\_\_\_