

**TELL ME ABOUT..**

# Mental Health

## the facts

### Stress & anxiety, depression & suicidal thoughts, panic attacks and phobias...

Stress and anxiety can affect anyone at any time. If it is not recognised and treated it can lead to depression and suicidal thoughts. Depression is different to normal sadness and can quickly lead to loss of appetite, lack of sleep, social isolation and overwhelming feelings of sadness. Suicide is the biggest killer of young people - male and female - in the UK.

Young people are under enormous pressure to conform to others ideals and sometimes don't feel good enough or clever enough. This results in worrying and anxieties. Sometimes these can cause panic attacks.

It is important to talk to someone as soon as you realise that something is wrong even if you don't know what it is. Sometimes your parents or friends will notice first that you are not yourself and encourage you to talk to someone or seek help.

One in 10 children and young people aged 5-16 suffer from a diagnosable mental health disorder - that is around three children in every class.

Talking helps, don't suffer in silence.

IF YOU NEED  
**HELP NOW!**

If you need help **NOW** speak to a trusted adult: parent, carer, teacher, friend of family, doctor, school counsellor, school nurse or any member of staff. Ask a friend to help you if you need to.

If you cannot tell someone you know, or want to hurt yourself in anyway, speak to someone at **ChildLine** on **0800 1111**, **Samaritans** on **116 123** or **HopeLine UK** on **0800 068 41 41**.

If you want to end your life call **999** immediately to get help.

## useful contacts

### Young Minds

[www.youngminds.org.uk/for\\_children\\_young\\_people/whats\\_worrying\\_you/anxiety?](http://www.youngminds.org.uk/for_children_young_people/whats_worrying_you/anxiety?)

### Mind

Tel: 0300 123 3393  
[www.mind.org.uk](http://www.mind.org.uk)

### Papyrus Preventing Young Suicide

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

### HopeLine

Tel: 0800 068 41 41

### Time to Change

[www.time-to-change.org.uk/support-someone-you-know](http://www.time-to-change.org.uk/support-someone-you-know)

### Samaritans

Tel: 116 123

## other contacts

Help on any other issues that affect young people can be found at:

### CAMBS

<http://www.youthoria.org>

### LINCS

<https://www.lincolnshire.gov.uk/teeninfo/lincs/>

### NORFOLK

<https://www.whatsthedealwith.co.uk>

### NATIONAL

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