

How are you today?



Mental Health...
what does it mean to me?

What is mental health?

Mental Health is about the way we cope with the different things that are happening in our lives and how things can affect our emotions. Your mental health can be good and bad.



Feeling happy

Feeling sad

Feeling down



Feeling angry

Feeling tired



Feeling excited



Feeling stressed

Feeling lonely

Feeling anxious



Feeling scared

What can make us feel low?

Being sick/in pain



Eating junk food

Not exercising



Drinking too much alcohol

Being bullied



What else makes us feel down?

Someone dying



Little sleep

Feeling worried
Feeling lonely



Being bored

Having no
friends



What are the signs...

Crying



Being grumpy

Not being able to sleep



Not wanting to go to school



Losing or gaining weight



...when you feel low

Hitting out at people



Shouting

Headaches



Feeling tired a lot of the time



Having a sore tummy
Having the runs

Wanting to be by yourself



If you are feeling down or unhappy...

Speak to someone

Speak to your
brother or sister
or speak to

your mum or dad:

Telephone a friend:

Speak to your GP:

Nurse, Social Worker,
Teacher, a Support Group



Get some exercise like

Walk the dog

or go to the Gym:

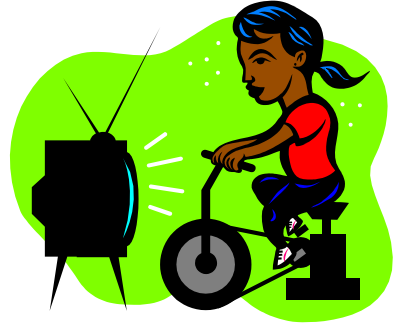
Go swimming: Play sports:

Use an exercise dvd

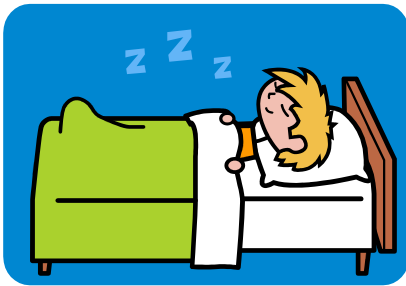
...why not try some of these...

Do a favourite activity

Listen to your favourite music: Watch television/dvd



Play board games: Play your games console: Nintendo, xbox or playstation



Get a good nights sleep

Drink a hot milky drink: Have a warm bath: Listen to some relaxing music



Go out with friends

Go shopping:

Go to cinema:

Go to cafe:

Go to the disco:

Read your favourite

books or magazine:

Join the library:



Pamper yourself

Have a makeover:

Get a manicure/pedicure:

Get your hair done



There are many other activities you may enjoy...



Use the computer

Search the web: Play computer games: Talk to friends on bebo, facebook, my space or msn messenger

Do a physical activity with friends

Go 10 pin bowling:

Play football:

Join a dance class: Join a keep fit class such as yoga or pilates



...and which can make you feel good

Who do you know who can help you?

There are many people who can help you if you are feeling down or think you may be feeling low. Write down the names of people you know who could help you in the spaces below:

Family

Friends

Doctor

School Nurse

Teacher

Key Worker

Classroom Assistant

Social Worker

Other Relative

www.compasspeople.org

**Try and think of 3 things
you could do this month
to help you when you feel
low and list them below...**

1.

2.

3.



Resources and Websites

Headstart - An advice booklet by Dr Lesley Black & Maurice Devine - A guide for parents, carers, educators and health and social care staff

www.bild.org.uk/pdfs/01news/move-it.pdf - website offering guidance with regard to exercise and physical activity for people with learning disabilities.

www.learningdisabilities.org.uk - The foundation for people with learning disabilities provides a range of resources centred around meeting the emotional needs of children and young people with a learning disability.

www.rcpsych.ac.uk/mentalhealthinformation/mentalhealthandgrowingup.aspx - The mental health and growing up series contains 36 leaflets on a range of common mental health problems encountered by children and young people.

www.young.mencap.org.uk - Specialist website designed for young people with learning disabilities looking at a wide range of issues including emotional wellbeing and mental health.

www.niamh.co.uk - Northern Ireland Association for Mental Health provides local support for those with mental health needs in locations across Northern Ireland.

www.mindingyourhead.info - Northern Ireland based website focussing on mental health

www.teenagehealthfreak.org - Teenage and Young Persons website focussing on emotional wellbeing and problems

www.youth2youth.co.uk - Award winning youth peer mentoring website dealing with numerous issues including mental health and emotional well being

www.youngminds.org.uk - Website dedicated to improving the mental health of young people.

www.compasspeople.org

**This booklet has been designed to promote
Mental Health Awareness
in children and young people aged 11-19 years who
have learning disabilities.**

**We would like to thank all of the young people,
parents, teachers and professionals who helped in the
making of this guide.**



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