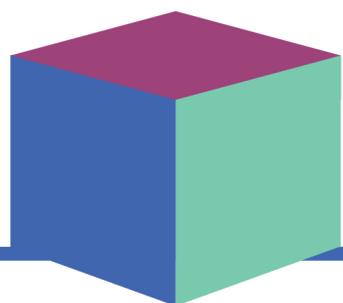
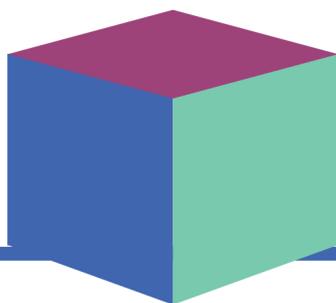


Building Blocks for Good Mental Health

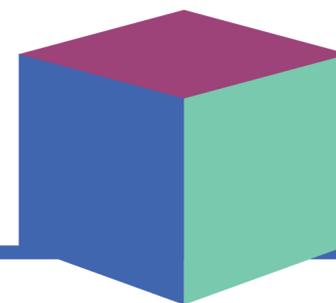
Mental health problems affect about 1 in 10 children and young people, but there are simple steps that can help all children grow up to be mentally healthy and resilient



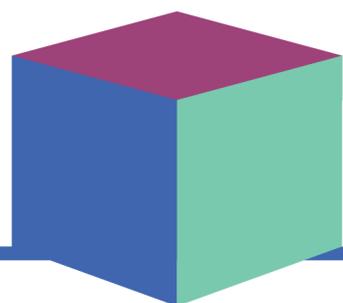
Going to a school/nursery that looks after pupils' wellbeing



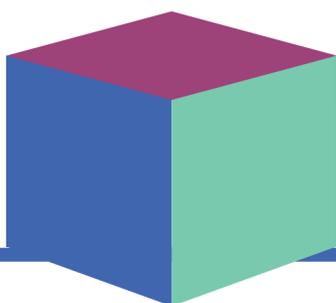
Teaching children the signs of anxiety and depression so they can recognise them and know when to ask for help



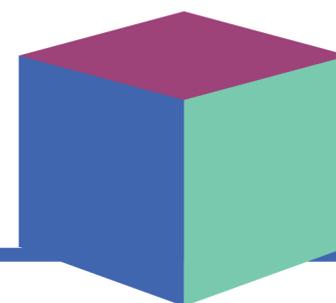
Accepting themselves and recognising what they are good at



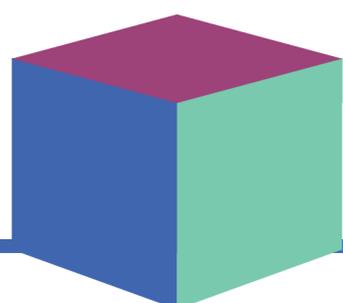
Being in good physical health, eating right and getting exercise



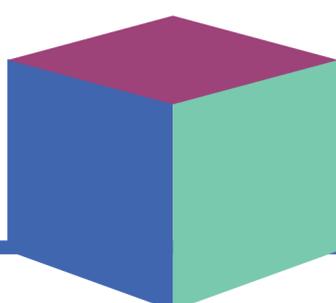
Making a 'worry box' where your child can write or draw their worries and post them. You can then sort through the box together



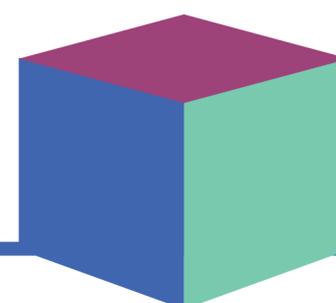
Being able to play indoors and outdoors



Being able to cope and solve problems when something goes wrong



- Feeling like part of a community
- Learning and developing skills
- Having time to relax!



Families being open, accepting and talking about feelings

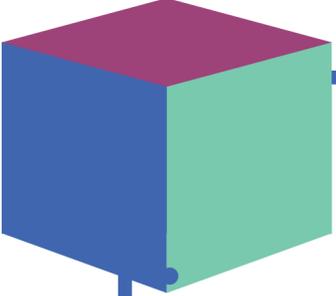


Where to go for support



For Kids

- Children can talk to a trusted adult - a parent, carer, relation or an adult who works in their school or nursery
- Children can also see their family GP
- Off the Record support young people aged between 11 and 25 with their mental health and wellbeing and have great online resources: www.otrbristol.org.uk
- Childline offer telephone support, online chat and online resources for children who are under 19: www.childline.org.uk or call 0800 1111
- YoungMinds have great online resources about feelings, symptoms and bullying: youngminds.org.uk
- Help Counselling can support young people aged between 9 and 25 with any problem to help them understand their feelings and responses: www.helpcounselling.org.uk



For parents and carers

- Speak to your GP if you often feel down or unable to cope
- Visit www.bristolmentalhealth.org to see the support available in Bristol
- Wellaware provide a health and wellbeing directory for mental health, support and advice services, including parenting groups: www.wellaware.org.uk or call 0808 808 5252
- Mothers for Mothers support mothers and families affected by post natal depression, running support groups around the city and a helpline: www.mothersformothers.co.uk or call the helpline on 0117 975 6006
- YoungMinds have resources for parents and also run a helpline for parents: 0808 802 5544
- Off the Record run drop in sessions for parents and carers of young people who is struggling with their mental health, and also run sessions for professionals who work with young people: www.otrbristol.org.uk/parents-and-professionals/
- In a crisis, call the Samaritans for confidential and non-judgemental support, 24 hours a day by phone or email: 116 123 - jo@samaritans.org - www.samaritans.org