



# Top Tips To Support Your Mental Health in Sixth Form



We can all feel overwhelmed at times. Stress is not always bad but it does need to be managed.

When we are stressed it can impact upon the way we

**THINK**, **FEEL** and **BEHAVE**.

You can use strategies to help stop this downward cycle

We might feel sad, angry or anxious

We might avoid certain situations, behave aggressively or disengage.

We think that we are not good enough, that no one likes us or that we cannot cope

## **Talk to others:**

Sometimes it can feel like you are alone and that no one understands you. Talking to people we trust can help us to make sense of our thoughts and feelings

## **Ask for help:**

You can talk to Mr Radley, Mrs Kennedy, your Form Tutor or the school nurse. Share with your family and friends

## **Do things that you enjoy:**

Having fun can help you to change the way you see the world and boost your wellbeing.

## **Talk to others:**

You can always make an appointment with your GP. Contact Talking Matters In an emergency you can phone 111 or phone the Samaritans on 116123

## **Look at yourself:**

Good sleep makes a big difference – so ensure that you get enough. Exercise is good for a healthy body and a healthy mind. Good nutritious food is good for your mood. Drink plenty of water to keep your mind and body functioning well.

## **Notice changes in your mood:**

By just noticing your moods can help you to understand how and when your mood level changes. Try writing a diary.

## **Practise relaxation: Practise squared breathing!**

**Count down slowly from 10 to 0 – one breath at a time**

## **General Mental health**

Rethink <https://www.rethink.org/404?aspxerrorpath=/media/1020652/ResourceFinal.pdf>

Epicfriends <http://epicfriends.co.uk/>

## **Anxiety**

Get self help <https://www.getselfhelp.co.uk//docs/AnxietySelfHelp.pdf>

Mindshift <https://www.anxietycanada.com/articles/new-mindshift-cbt-app-gives-canadians-free-anxiety-relief/>

## **Stress**

Get selfhelp <https://www.getselfhelp.co.uk//docs/StressSelfHelp.pdf>

Headspace App <https://www.headspace.com/headspace-meditation-app>

## **Eating Disorders**

NIWE <https://www.niwe.org.uk/>

## **Self-harm**

RC Psych <https://www.rcpsych.ac.uk/mental-health/parents-and-young-people/information-for-parents-and-carers/self-harm-in-young-people-for-parents-and-carers>

Calm Harm <https://calmharm.co.uk/>

## **Young Carers**

Young Carers Northumberland <https://www.carersnorthumberland.org.uk/carers/young-carers/>

## **Local help lines**

Talking matters 0300 303 0700

Northumberland Directory [https://www.rethink.org/help-in-your-area/support-groups/?gclid=EAlaIQobChMIoY37rN7-5wIVC1PTCh1\\_gwN2EAAAYASAAEgIkiPD\\_BwE](https://www.rethink.org/help-in-your-area/support-groups/?gclid=EAlaIQobChMIoY37rN7-5wIVC1PTCh1_gwN2EAAAYASAAEgIkiPD_BwE)

Mental Help matters Northumberland <https://www.tynesidemind.org.uk/help-support/services-directory/120/mental-health-matters-.aspx>

## **National Helplines**

Samaritans <https://www.samaritans.org/>

Childline <https://www.childline.org.uk/>