#Coping

NHS

THE LITTLE BLUE BOOK OF SUNSHINE

HAMPSHIRE, SOUTHAMPTON AND ISLE OF WIGHT EDITION

LIFE'S UPS AND DOWNS

We all have mental health, just as we all have physical health.

Being mentally healthy means that we feel good about ourselves, make and keep positive relationships with others and can feel and manage all kinds of emotions. These can range from happiness, excitement and curiosity through to less comfortable feelings, such as anger, fear or sadness.

In these uncertain and challenging times, looking after our mental health has never been so important. Good mental health allows us to cope with life's ups and downs, to feel in control of our lives and to ask for help from others when we need support. If school is rubbish, you're trying to figure out who you are and parents are stressing you out... then why wouldn't you feel down about the world? But that's really hard if it means you feel bad about yourself, lose confidence and can't bounce back.

Everyone you know will sometimes feel down, worried or anxious. We all need to look after our mental health, and know who to turn to if things feel too much. There is good news though. No matter how difficult life can feel at times, there are loads of things you can do right now to feel better. So read this book whenever you're feeling blue, try out some of the ideas, and don't forget you can always reach out to the organisations we mention for help.

MENTAL HEALTH

It's natural to feel down, anxious or stressed out at times.

It doesn't automatically mean that you've got a mental illness, or that you're at risk of one in the future.

Some people break a leg or need their appendix taken out. Some people will get a mental illness during their life.

It happens, no one is to blame.

It can be difficult to talk about though...

TRY TO REMEMBER

- Most people who fall ill with mental health problems will recover
- Talking to people you trust can make a big difference
- Help is always out there.

THINGS THAT AFFECT ME

Is there anything in the list below that's making you worried about your mental health?

- [ ] Problems at home
- [ ] Worrying a lot
- [ ] Problems at school
- [ ] Physical illness
- [ ] Peer pressure
- [ ] Relationships
- [ ] Changes to my body
- [ ] My sexuality
- [ ] Bullying
- [ ] Loneliness
- [ ] Sexting
- [ ] Being safe online
- [ ] Exam pressure
- [ ] Eating problems
- [ ] Trouble sleeping
- [ ] Drug or alcohol use
- [ ] Self-harm
- [ ] Abuse

What else is there?

It's not always obvious what things affect our mental health. If that feels scary, talk to your teacher or another trusted adult and ask for help as soon as possible.

TALKING TO PEOPLE

If you think you need to talk about how you're feeling, then it's a good idea to do that.

Talk with a trusted adult at school, at home, or any clubs you're involved with. If you're not sure whether to say something, ask yourself:

- Am I less happy about the stuff I normally like to do, such as seeing friends, playing sport or reading?
- Has my ability to do day-to-day things changed recently?
- Am I having trouble with eating or sleeping?

If any of these sound a bit like you, then it's a good idea to ask for help. Write your thoughts down so it's easier to explain things.

You could even get yourself along to your GP surgery. Did you know you can visit your doctor on your own about any issue to do with your physical or mental health?

THINGS THAT MAKE YOU FEEL... BLEURGH

STRESS



Everyone gets stressed at some point in their life, though it affects people differently.

A little stress can be a good thing as it can provide the motivation to get something done.

Stress becomes a problem when it feels greater than your ability to cope. You might feel sad or tearful, anxious or worried, angry or unable to concentrate.

Sometimes stress makes it hard to eat or sleep properly. You might even get physical pains.

Being stressed for a long time is bad for your health.

See page 13 for top tips on dealing with stress

ANGER

Getting angry is part of being human. We all do it and, just like stress, a little bit of it can be good for us.

Anger can defend you from danger, help get an important point across, or motivate you to make a change.

Anger isn't good if it harms you or the people around you. If you're shouting, throwing stuff, hurting others (or yourself) then that's harmful behaviour.

Anger can contribute to mental health problems, and make existing problems worse.

To find out more visit:
youngminds.org.uk/find-help/feelings-and-symptoms/anger



Depression



We all have times when our mood is low and we're feeling sad or miserable. Usually these feelings pass after a short time.

If a low mood lasts for a long time and affects your everyday life, then it could be a sign that you're experiencing depression.

Symptoms include:

- Feeling numb or worthless
- Frequently irritable and annoyed
- Overwhelming feelings of sadness, guilt, anger or hopelessness
- Becoming more self-critical
- Blaming yourself for everything.

If you think you're experiencing depression then it's important to talk to a trusted adult.

Read more about depression in young people: youngminds.org.uk/find-help/conditions/depression

ANXIETY



Things like exams, leaving school, job interviews or even changes at home can make you feel anxious. It's a normal biological reaction.

Signs of anxiety include feeling fearful, finding it hard to concentrate or make decisions, being restless or edgy, or even going to the loo a lot.

You might even find it hard to sleep, eat or concentrate for a little while, but the worries should stop.

For some people, anxiety doesn't go away so easily. They might experience panic attacks or feel that they're worrying all the time about everything. Talk to a trusted adult who can help you to get the right support if your anxiety feels overwhelming. This could be anyone, such as:

- A parent, carer, or someone else in your family
- A teacher or a member of staff at your school like a school nurse or school counsellor
- A sports coach or youth worker
- A doctor.

BODY IMAGE AND EATING PROBLEMS



It can be hard to be body confident when our bodies are changing and it feels like everyone is obsessed about people's appearance.

Swiping through Instagram just shows you images that have been Photoshopped, filtered and posed. But take a look around, there's no 'right' way of looking; we're all different shapes, sizes and colours.

Sometimes worry, stress or a negative body image can result in unhealthy behaviour towards exercise or food. The following things can be a sign of a serious eating problem that could put your health at risk.

- Over (or under) eating, or making yourself sick after a meal
- Using laxatives or steroids that haven't been prescribed
- Only eating a very narrow group of foods, or being preoccupied with food or exercise.

See page 18 for top tips on dealing with body image and eating problems

Relationships 

Relationships should make us feel cherished and safe. Some relationships are better for us than others.

A healthy relationship...

shows mutual respect, honesty, trust and emotional support.

An unhealthy relationship...

doesn't make you feel good about yourself or makes you unhappy.

An abusive relationship...

Might involve physical, emotional or sexual abuse – it can happen online, on your phone or in person.

Abusive relationships can make you feel controlled, violated, or forced to do something you don't want to do.

Bullying, stalking and sexting are all abusive.

If you're worried about an abusive relationship then call Childline in confidence on 0800 1111

Loneliness



We all feel lonely sometimes and you don't need to be physically alone to experience loneliness. Sometimes you can feel alone and as though nobody understands what you're going through, even when you're surrounded by other people. You can feel lonely if you:

- Find it hard to make friends
- Have moved schools and have started somewhere new
- Have been abused or bullied
- Have lost someone close to you
- Don't get on with your family or live in care
- Have an illness or disability
- Have an eating problem or are depressed
- Have ended a relationship

If you are feeling lonely, there is a lot you can do, including talking to your family or teachers. This helpful website also has lots of tips you can try: redcross.org.uk/get-help/get-help-with-loneliness/tackling-loneliness-in-young-people

TOP TIPS:

STRESS

My name is…
Say hello to the things that are stressing you out. Write them down, crossing out anything that's unlikely to happen.

A problem shared…
Have a rant, have a cry, thump a cushion. Message a friend or talk to an adult you trust.

Go slow…
Take a walk in the park, load a playlist, or pick up a book.

Make a list…
List the top 5 most important things you need to do today. Tick them off as you complete each one.

Get breathless…
You might not feel like it but exercise and sport make a big difference to your wellbeing.

Smile…
Smiling makes other people feel better and changes our own mood too.

TOP TIPS:

ANGER

Look inside yourself…
Knot in your stomach? Heart beating fast? Clenching your jaw? Knowing the early warning signs of anger means you can do something about it.

Walk away…
Take yourself out of the situation you are in and walk away.

Distract yourself…
Calming music, exercise, or doodling are all good ways to distract yourself from your thoughts. You could even try a cold shower!

Safe energy…
Don't damage your things, hurt yourself or others. Get rid of some energy by thumping a pillow instead, or tearing up a magazine.

Anywhere but here…
Where is your happy place? What do you like about it? Close your eyes and imagine you're there.

Aaaaand relax…
Breathe slowly by inhaling through one nostril, then out the other. Repeat slowly until you feel calmer.

Why not try some breathing techniques to help you feel calmer? Deep-breathing exercises can literally slow a racing heart and help you respond to stress in a healthier way. When you start to feel anger bubbling up, try these simple exercises and pick the technique you like best.

Here's how to get started:

1 – THE FLOWER BREATH
Imagine you're smelling a flower. Breathe in through your nose, out through your mouth.

2 – THE SNAKE BREATH
Inhale slowly through your nose and breathe out through your mouth with a long, slow hissing sound.

3 – SHOULDER-ROLL BREATH
Roll your shoulders up to your ears as you inhale deeply through your nose for a count of 3. Breathe out through your mouth for a count of 4 while rolling your shoulders down and back (as far away from your ears as you can get). Repeat slowly in a continuous movement of shoulder rolls, while you breathe in and out.

TOP TIPS:

ANXIETY AND Depression

MANAGING ANXIETY

All of the above…
Many of the tips in this booklet for dealing with anger and stress will also help you to manage your anxiety.

Time to talk…
Talking to a trusted adult or a friend who is a good listener can really help. They might have had the same worries, or know of someone else who did.

Read a self-help book…
Self-help books help a lot of people with their anxiety. *Overcoming Anxiety* by Helen Kennerley is a good one.

Sometimes it's easier to text someone to say how you're feeling, even if they're in the next room!

Managing Depression

Make a gratitude jar…
Write down the things that make you happy and place them in the jar ready to read whenever you're feeling low.

Other things you can do…
Regular sleep, exercise and keeping to a healthy diet can help you feel more in control and more able to cope.

Self-help books can be really helpful too. You can borrow *Am I Depressed?* by Shirley Reynolds and Monika Parkinson from your local library.

When to seek help immediately
If you feel like your life isn't worth living, or that you want to harm yourself, ask for help straight away. Organisations like Childline and the Samaritans are there to help you, not judge.

Call the Samaritans for free on 116 123

TOP TIPS: BODY IMAGE, EATING AND Relationships

BODY IMAGE AND EATING RIGHT

Mirror, mirror…
Love and accept your body. Look in the mirror, what are the three things you like?

Listen to your body…
Your body wants to be exercised and nourished. Exercise for fun, not beauty, and aim for three main meals a day and three nutritious snacks.

The right role models…
Try not to be influenced by other people skipping meals or commenting on weight. Be careful about the websites you visit and the people you follow.

If you're worried about your eating or exercise habits, or feel that you need to keep them secret, then it's a good idea to talk to someone you trust.

Find out more from youngminds.org.uk/find-help/feelings-and-symptoms/eating-problems

Relationships

Other people's reactions are not about us, they are about them. Aim to be the best you can be in your relationships by being honest, inclusive and open.

- It's healthy to have time apart from your boyfriend or girlfriend. Spend time with your family and friends too.
- Just because you're 16 doesn't mean that you have to have (or should expect) sex. Never send, share, or ask for naked selfies. Visit thinkuknow.co.uk to find out why.
- Sometimes breaking up is right. Losing someone who doesn't respect or appreciate you is a gain, not a loss.

Being in a relationship can be really exciting, but it can also be confusing. For further advice see childline.org.uk/info-advice/friends-relationships-sex/sex-relationships/relationships

In an abusive relationship?
Abusive or controlling relationships are never OK. See page 24 for loads of useful links, or call Childline for advice at any time on 0800 1111

TOP TIPS:

Loneliness

Making friends isn't always easy, here are some tips to help...

- Look out for people with things in common with you, such as similar hobbies and interests.
- Join a club, activity or volunteer, this could be inside or outside school and online.
- Find things to share, like sweets, a new game or even a song or video that you like.
- When you talk to someone make sure you are using positive body language, for example smile, look people in the eye and try to speak clearly.

Are you being bullied?

No one has the right to bully you. Try to ignore the bully and report the incident to a trusted adult. See page 24 for loads of useful links, or call Childline for advice at any time on 0800 1111.

Starting a new school?
Going to a new school can be scary, but it can also be an exciting new start. There are things you can do to help you cope and feel positive. Find out more at childline.org.uk/info-advice/school-college-and-work/school-college/moving-schools

Lost someone close to you?
The death of someone you care about, or even of a pet, can be very difficult. It's important to remember that everyone experiences loss or bereavement differently. However you're feeling is okay – cry if you feel like it.

Feeling upset, scared or worried is normal, but it's also alright if you don't feel those things.

You might find your emotions very tough to deal with. This website can help with ways to cope when someone dies childline.org.uk/info-advice/your-feelings/feelings-emotions/when-someone-dies

FIVE WAYS TO WELLBEING



The Five Ways to Wellbeing are five really simple actions you can do every day to help you feel healthier, happier and more positive.

Trying these actions and gaining the awareness and skills to look after your own wellbeing could help you feel more able to get the most out of life. Whether you do these actions on your own or with other people, try to make them part of your daily routine if you can!

CONNECT

Make an effort to really connect with the people around you: with family, friends and neighbours, at home, school, in your local community or online. Building these connections will make you and others feel special and you'll be able to support each other.

BE ACTIVE

Go for a walk or run, step outside, cycle, play a game, garden or dance – whatever you choose, exercising is good for your physical and mental health. So pick something you enjoy and go for it!

TAKE NOTICE

Take a bit of time to be aware of the world around you - notice signs of the changing seasons and the sounds you can hear and savour the moment. Pay attention to what you're feeling too. Try writing down three things you're grateful for each day.

KEEP LEARNING

Learning isn't just for school - study something new or try something different. Set yourself a learning challenge you enjoy achieving. Learning new things can make you feel more confident as well as being fun.

GIVE

Do something nice for a friend or a stranger, thank someone, smile, volunteer for a community group, reach out to someone who might be lonely... Giving to other people can be incredibly rewarding and it'll make you feel happy too.

Try creating your own list of activities for each of the Five Ways. Encourage other family members to think about how they can make the Five Ways to Wellbeing part of everyone's daily life at home.

USEFUL RESOURCES

Check out the back page for helpful organisations right here in Hampshire, Southampton and Isle of Wight. Other trusted sources of information include:

General information

- annafreud.org/on-my-mind/self-care
- nhs.uk/oneyou/every-mind-matters/youth-mental-health
- youngminds.org.uk

Useful apps

- sam-app.org.uk
- meetwo.co.uk
- equoogame.com

Anxiety

- youngminds.org.uk/find-help/conditions/anxiety

Bullying

- childline.org.uk/info-advice/bullying-abuse-safety/types-bullying

Drugs and alcohol advice

- talktofrank.com

Staying safe online

- thinkuknow.co.uk
- safestories.org

Self-harm
- childline.org.uk/info-advice/your-feelings/self-harm

Suicide prevention
- papyrus-uk.org

Eating problems
- youngminds.org.uk/find-help/feelings-and-symptoms/eating-problems
- beateatingdisorders.org.uk

WORRIED ABOUT A FRIEND?

Have you got a friend who might be experiencing a mental health problem? You can be there for them by listening to them and keeping in touch.

Reminding your friend about the things you like about them helps a lot. And keep on inviting them to stuff, even if they don't want to come or let you down.

Looking out for your friends is important, but don't forget to look out for yourself too! **Do you think your friend is in danger?** It's very important that they get help from a trusted adult. The back page of this booklet explains what to do in a crisis.

#littlebluebookofsunshine

NATIONAL HELPLINES

Here is a list of national helplines where you can go if you're looking for additional support or information. You can talk to someone who is trained to listen and support you over the phone or by text, webchat or email. All these services are free and confidential and won't show on your phone bill.

CHILDLINE – childline.org.uk

0800 1111
facebook.com/childline
instagram.com/childline_official

Anyone aged 19 or under can speak to a Childline counsellor by phone or online about anything that is worrying them.

THE MIX – themix.org.uk

0808 808 4994
facebook.com/themixuk
instagram.com/themixuk

The Mix offers a phone helpline and one-to-one webchat service for anyone under 25. Both are open every day 3.00pm to midnight.

SAMARITANS – samaritans.org

116 123
facebook.com/samaritanscharity
instagram.com/samaritanscharity

The phone helpline provides 24/7 emotional support for anyone feeling down or struggling to cope.

PAPYRUS – papyrus-uk.org

0800 068 41 41 or text 07860 039967
facebook.com/papyrusuk
instagram.com/papyrus_uk

Confidential advice for under-35s at risk of suicide and others who are concerned about them. Advisors are trained to provide help focused on staying safe from suicide.

SHOUT – giveusashout.org

Text: SHOUT to 85258
facebook.com/giveusashoutuk
instagram.com/giveusashoutinsta

The UK's 24/7 text service for anyone in crisis, anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help.

HAMPSHIRE-ONLY SOURCES OF SUPPORT

IAPT Counselling: italk
italk.org.uk
If you are age 16 or over, you can access support to improve your mental health through education, guided self-help tools and evidence-based talking therapies from italk. italk is the Improving Access to Psychological Therapies (IAPT) service.

Hampshire Youth Access (HYA) Counselling Services
hampshireyouthaccess.org.uk/counselling
If you have or are at high risk of developing emotional wellbeing and/or mental health difficulties, you are able to access counselling services from HYA. HYA can work with children and young people aged 5-17.

Children and Young People's Safe Haven in Havant
easthantsmind.org/children-and-young-people-safe-haven
If you are a young person aged 11-17 years living in the Havant Borough, you can access one-to-one, face-to-face support sessions with the Safe Haven. These can include; access to crisis support, self-harm/suicide safety planning, healthy coping strategies, wellbeing topics, mindfulness and signposting.

Chat Health
hampshirehealthyfamilies.org.uk/chathealth
You can use ChatHealth via simple, convenient and confidential text messaging service. This service can support you with questions relating to a wide range of health and wellbeing issues. As well as giving advice, the service can also signpost you to appropriate services and other support.

ISLE OF WIGHT-ONLY SOURCES OF SUPPORT

Talk2 Counselling Service
barnardos.org.uk/what-we-do/services/talk-2-service
The Talk 2 Service can support your emotional health and wellbeing from one-to-one counselling to group work and school-based programmes.

Isle Of Wight Youth Trust Counselling
iowyouthtrust.co.uk/young_people
The Trust offers you the opportunity to talk in confidence about any issues or problems you may be having, to help you try and find a way forward, through difficult times. The service is completely free for any young person aged 4-25.

Psychology and Bereavement Service
mountbatten.org.uk/psychology-and-bereavement-service
You can ask your GP to refer you to this service, or you can contact us yourself on (01983) 217346.

IAPT Counselling (16+): Isle Talk
iow.nhs.uk/our-services/mental-health-services/isle-talk.htm
Isle Talk is the Island's Improving Access to Psychological Therapies (IAPT) service and they can support you with problems such as Stress, Depression, Anxiety, Health anxiety, Post-traumatic stress Disorder (PTSD), Obsessive Compulsive Disorder (OCD), Panic, Social Anxiety.

SOUTHAMPTON-ONLY SOURCES OF SUPPORT

Yellow Door
yellowdoor.org.uk
Offers you a wide range of specialist support if you have been affected by domestic abuse, sexual violence/abuse or other forms of interpersonal harm.

Steps to Wellbeing
steps2wellbeing.co.uk
If you are 18+ Steps to Wellbeing can offer you help for common mental health problems.

Public Health Nursing
www.solent.nhs.uk/our-services/services-listings/public-health-nursing-5-19-years
Wellbeing Associate Practitioners work with you in your secondary school or college and offer confidential support for emotional wellbeing thorough 1:1 or group work. Phone / video call support is also available.

Saints Foundation
southamptonfc.com/saints-foundation
Their youth engagement programme is aimed at young people like you who are between 8-18 years old. The programme offers you the opportunity to play sport whilst socialising with friends.

SO: Linked for Mental Health Community Navigation
solinked.org.uk
This website allows you to search for other services/ groups within the city to support your mental health and emotional wellbeing either directly or through fun activities.

SCHOOL AND COLLEGE SUPPORT

All schools and colleges have staff who can support your emotional wellbeing, talk to whoever you feel comfortable with and they can help you get the support you need. Additional to this, if your school benefits from a mental health support team you may also be able to directly access some additional services and/or support through them. They will offer you support that has been proven to help young people with low level mental health problems.

HAMPSHIRE, SOUTHAMPTON AND ISLE OF WIGHT SOURCES OF SUPPORT

Healthier together
what0-18.nhs.uk
Healthier Together provides you with information to stay safe and healthy, as well as helping you decide what to do when you feel unwell.

ThinkNinja
ThinkNinja is a mental health app designed for 10 to 18 year olds.

Youth Options
youthoptions.co.uk
You can get individual or group support, they will support you to explore the problems you are facing.

Simon Says
simonsays.org.uk
Simon Says will help you if a significant person in your life has died or is dying.

No Limits Young Person
nolimitshelp.org.uk
You can go to them for confidential information, advice, counselling and range of support services.

Kooth
kooth.com
Provides a confidential online emotional health and wellbeing service for all young people from age 11-25.

In a crisis or emergency
If you have urgent concerns about a mental health problem, you can use the 24/7 Mental Health Triage Service co-located in NHS 111 supporting people of all ages who are in need for crisis, urgent and emergency mental health support. You can dial 111 or you can go online via 111.nhs.uk

The Little Blue Book of Sunshine is funded by your local NHS and designed by NHS SCW.
Published July 2021.