



Mental Health and Wellbeing Top Tips for Children and Young People



Top Tips for children and young people

Children and young people said they do these things to keep emotionally well and able to deal with life's ups and downs.

'Talk things over with someone you trust, a friend, teacher, parent or even a pet'

'Do something that you enjoy and makes you happy'

'Spend time with positive people'

'Focus on the big picture and learn what to ignore'

'Do the basics, eat well, get enough sleep and get active'

'Look for the positives even when things aren't going well'

'Be yourself, no-one else can tell you how to feel'

'If you are worried or upset about something write it down or draw a picture of how you are feeling'

'Take time for yourself, take a break, relax, meditate, have a bath'

'Reach out for a hug with someone you trust'



Supporting each other

Children and young people hoped a friend would do these things if they reached out for help.

- ❖ Just listen to them and try to understand
- ❖ Don't judge or laugh at them
- ❖ Share your own difficult times with them and give them hope that they can get through this
- ❖ Respect their privacy, don't share what they told you with everyone
- ❖ Help them to see the positives about themselves
- ❖ Include them in things
- ❖ Spend time with them face to face, not just on social media
- ❖ Help them to identify who they can ask for help - who's on their back up team?
- ❖ Encourage them to seek help early before it gets worse
- ❖ Don't take it personally if they aren't their usual self

Where to find further help

If you are worried about yourself or a friend, children and young people told us that it was helpful for them to find an adult to speak to. This could be a:

- ❖ parent or carer
- ❖ teacher
- ❖ doctor
- ❖ or another adult you trust

It can be difficult to make that first step to ask for help but remember that everyone struggles from time to time and it's okay to not be okay. If you would prefer to go online for support these websites are good place to start.

Samaritans www.samaritans.org

Epic Friends www.epicfriends.co.uk

Respect Me www.respectme.co.uk

Mood Juice www.moodjuice.scot.nhs.uk

Young Scot www.youngscot.org

Talk to Frank www.talktofrank.com

Childline www.childline.org.uk

Breathing Space www.breathingspace.scot

The Mix www.themix.org.uk

Healthy Respect www.healthyrespect.co.uk

Young Minds www.youngminds.org.uk

Produced in consultation with almost 450 children and young people in Edinburgh. These are the things they feel would help themselves and others to better look after their emotional wellbeing and mental health.