

# STRONGER MINDS

A GUIDE TO MENTAL HEALTH,  
WELLBEING AND SUPPORT



compass  
wellbeing



LEADERS  
IN  
COMMUNITY

WellOne

inspired  
minds

WHAT IS

# MENTAL HEALTH?

**MENTAL HEALTH IS HOW YOU THINK, FEEL, AND COPE WITH DAILY LIFE. EVERYONE HAS IT - JUST LIKE PHYSICAL HEALTH. SOME DAYS ARE GOOD, SOME AREN'T.**

**BEING YOUNG RIGHT NOW IS GENUINELY HARD. SCHOOL, FAMILY, FRIENDSHIPS, THE GROUP CHAT THAT NEVER SWITCHES OFF.**

**SOMETIMES IT'S A LOT. YOU ARE NOT THE ONLY ONE.**

## THAT'S NORMAL!

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**DIFFERENT TRADITIONS AND CULTURES HAVE ALWAYS KNOWN THAT MIND, BODY, EMOTIONS AND SPIRIT GO TOGETHER.**

**MY NOTES:**

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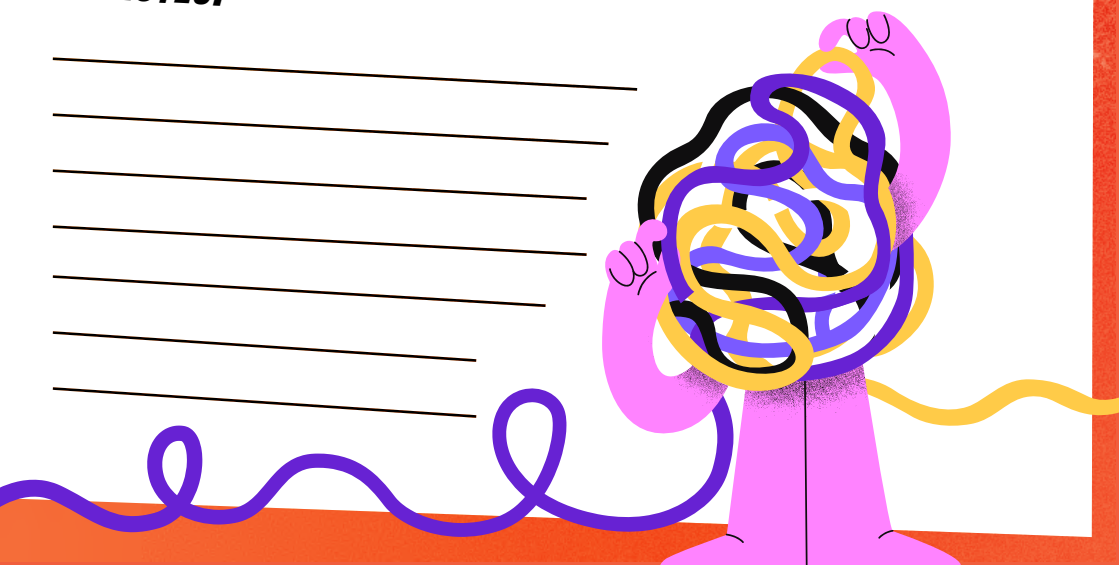
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WHAT CAN AFFECT

# HOW YOU FEEL?

FRIENDS

FAMILY

SOCIAL  
MEDIA

DAILY  
HABITS

SLEEP

IDENTITY

FOOD

SCHOOL

SCREEN  
TIME

**HOW TO SPOT WHEN SOMEONE IS STRUGGLING:**

SLEEP ALL OVER THE PLACE. PULLING AWAY. BIG CHANGES IN ENERGY OR ROUTINE. SNAPPING AT PEOPLE. SAYING "I DON'T WANT TO BE HERE."

**IF SOMETHING FEELS OFF - TELL SOMEONE.  
GENTLY. MORE THAN ONCE.**

**MY NOTES:**

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WHEN A FRIEND

# OPENS UP TO YOU



WHEN SOMEONE TRUSTS YOU WITH SOMETHING HARD,  
THE MOST POWERFUL THING YOU CAN DO IS STAY.

LISTEN

DON'T RUSH TO FIX THINGS

IT'S REAL TO THEM

BELIEVE  
THEM

DONT PROMISE  
SECRETS

SAFETY COMES FIRST

YOU'RE NOT SNITCHING,  
YOU'RE HELPING

TELL A  
TRUSTED  
ADULT



**MY NOTES:**

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**STRONGER  
MINDS**



REDUCING

# STIGMA TOGETHER

**STIGMA CHANGES WHEN PEOPLE DECIDE TO ACT DIFFERENTLY  
- ONE CONVERSATION AT A TIME.**

**TALK**

**ASK**

**BELIEVE**

**LISTEN**

**BE PATIENT**

**BE KIND**

**IF EVERYTHING FEELS TOO MUCH, REMEMBER:  
5-4-3-2-1**

**SEE  
5 THINGS**

**TOUCH  
4 THINGS**

**HEAR  
3 THINGS**

**SMELL  
2 THINGS**

**TASTE  
1 THING**

***THEN BREATHE IN...  
HOLD FOR 4, OUT FOR 6***

**THE FEELING WILL PASS**

# FIVE LIFE HACKS

FOR YOUR MENTAL HEALTH

1

LOOK AFTER THE BASICS - SLEEP, FOOD, WATER, MOVEMENT, TIME OUTSIDE

2

CHECK IN WITH YOURSELF - HOW ARE YOU REALLY?

3

TALK TO AT LEAST ONE TRUSTED PERSON

4

SLOW YOUR BREATHING - IN 4, OUT 6

5

BE KIND TO YOURSELF AND YOUR THOUGHTS



## BEFORE YOU LEAVE

**ONE THING I'LL TRY  
THIS WEEK:** \_\_\_\_\_

**ONE PERSON I WANT  
TO CHECK IN WITH:** \_\_\_\_\_

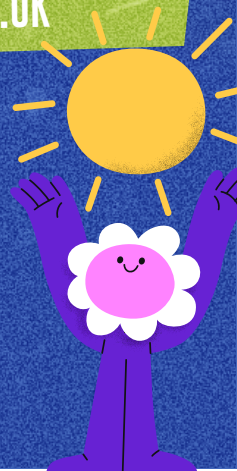
WHERE YOU CAN  
**FIND  
SUPPORT**

**IF YOU NEED HELP RIGHT NOW:**

- 999 EMERGENCY · 111 URGENT MEDICAL SUPPORT
- CHILDLINE 0800 1111 (FREE, UNDER 19S, 24/7)
- SHOUT — TEXT 85258 (FREE, 24/7)
- MUSLIM YOUTH HELPLINE 0808 808 2008 (4PM-10PM)
- SAMARITANS 116 123 (FREE, 24/7)

**YOUTH ORGANISATIONS THAT CAN HELP YOU**

- LEADERS IN COMMUNITY: [WWW.LEADERSINCOMMUNITY.ORG](http://WWW.LEADERSINCOMMUNITY.ORG)
- INSPIRITED MINDS: [WWW.INSPIRITEDMINDS.ORG.UK](http://WWW.INSPIRITEDMINDS.ORG.UK)



# STRONGER MINDS



SCAN TO SHARE YOUR FEEDBACK, LEARN MORE, AND ENTER  
THE MONTHLY £50 VOUCHER DRAW!

