



## Where can I find help?

### Samaritans

**Telephone:** 116 123 (24 hours a day, free to call)

**Email:** [jo@samaritans.org](mailto:jo@samaritans.org)

**Website:** <https://www.samaritans.org>

### The Mix

**Telephone:** 0808 808 4994 (11am-11pm, free to call)

**Email:** [Helpline email form](#)

### Mind Infoline

**Telephone:** 0300 123 3393 (9am-6pm Monday to Friday) or text 86463

**Email:** [info@mind.org.uk](mailto:info@mind.org.uk)

**Website:** [www.mind.org.uk/information-support/helplines](http://www.mind.org.uk/information-support/helplines)

### ChildLine

**Telephone:** 0800 1111

**Website:** [www.childline.org.uk](http://www.childline.org.uk)

### Youngminds

Text the YoungMinds Crisis Messenger, for free 24/7 support across the UK if you are experiencing a mental health crisis.

- **If you need urgent help text YM to 85258**

- **[Youngminds.org.uk](http://Youngminds.org.uk)**

### E-motion

On-line counselling, chat and emotional support for 12-18 year olds across East Sussex

**Website:** [E-motion.org.uk](http://E-motion.org.uk)

**Email:** [hello@e-motion.org.uk](mailto:hello@e-motion.org.uk)

### In school

**Email:** [mentalhealthline@chaileyschool.org](mailto:mentalhealthline@chaileyschool.org)

**Drop in sessions: Monday lunchtime room 24**

**Talk to your tutor**



## Looking after your mental health and emotional wellbeing



## Your mental health matters

## What can I do to look after myself?

Everyone experiences difficult feelings from time to time, it is important to look after yourself, to do that you can do the following things;

- ◇ **Make time for yourself, to relax and do the things you enjoy**
- ◇ Have a healthy balanced diet
- ◇ **Spend time with family and friends**
- ◇ Talk to other people about the things that worry you
- ◇ **Work out a plan to get through trickier times like exams**
- ◇ Write down and notice things that make you feel happy
- ◇ **Make a list of the people and things you love**
- ◇ Get plenty of sleep
- ◇ **Exercise regularly**
- ◇ Take up a hobby or interest
- ◇ **Listen to music or read a book**

## Try the following mindfulness and grounding exercises when you're feeling anxious

**Top tip:** acknowledge your emotion and allow yourself to notice and accept those feelings in a non-judgmental manner. For example if you notice a feeling of nervousness, simply state to yourself: "I notice that I'm feeling nervous".

### Deep breathing

Breathe in deeply from your abdomen, hold the air in your lungs and then exhale **slowly** through your mouth.



### 5-4-3-2-1 Technique

- 👁️ Name **5** things you can **see**
- ✋ Name **4** things you can **feel**
- 👂 Name **3** things you can **hear**
- 👃 Name **2** things you can **smell**
- 👄 Name **1** thing you can **taste**

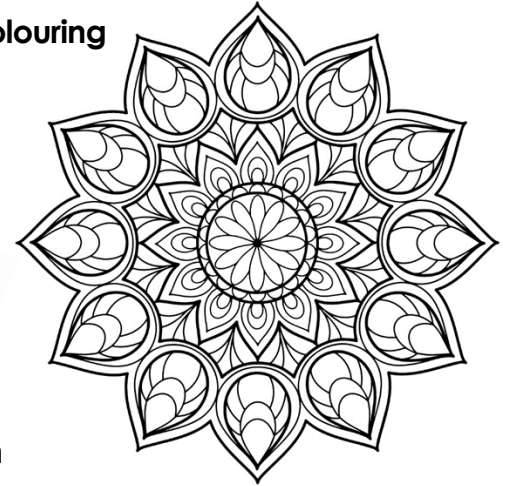
*Try to notice the small details!*

### Take 5 breathing

Simply slide your right finger around your left hand. As you slide your finger up, breathe in deeply and slowly through your nose. Then slide your finger down the other side and breathe slowly and deeply out through your mouth. Keep going until you have finished tracing your hand.



### Mindful colouring



### Body scan

Start with your feet, and move up through your legs, abdomen, chest, shoulders, arms, hands, neck and face. As you move up through your body, notice the physical sensations. Move each body part, e.g curl your toes, tense your stomach, clench your hands, wiggle your nose!



### Mental exercises

- \* Name all the objects you can see
- \* **Count backwards from 100 by 7**
- \* Pick up an object and describe it in detail—colour, texture, size, weight, scent etc
- \* **Spell your name and 3 others backwards**
- \* Name 5 things/people you are grateful for
- \* **Think of an object and draw it in your mind or with your finger e.g. an animal**
- \* Choose a category and name as many items in each one as possible e.g. fruits and veg, cities, animals, famous people etc