



ACTION AWARENESS EAST MIDLANDS
FOR ALL OF YOUR TRAINING NEEDS & ASSISTANCE

A young person's guide
to finding support for
your mental health



Action Awareness
East Midlands

Message From the Founder and Director

Hello, and welcome to Action Awareness East Midlands. My name is Wayne Jones, and I am the founder and director of this charity.

I established Action Awareness East Midlands in 2020 following my personal experiences with bullying and the heartbreaking loss of two friends to suicide. I believe that if they felt they had someone, or an organization to turn to, they might still be with us today. That belief drives our mission to combat bullying and prevent suicide. We're also dedicated to providing education and support to those who need it most.

Since we started, our charity has grown stronger, and we are always incredibly grateful for your donations, time, and support—without which, we wouldn't be here today.

If you need any advice or information, please don't hesitate to reach out.

Warm regards,

A handwritten signature in black ink that reads "Wayne". The script is fluid and cursive, with the 'W' and 'Y' being particularly prominent.

Wayne Jones.

Finding support for your mental health

If you are struggling to cope or feel unwell. Finding the correct help can feel extremely stressful.

DO NOT FORGET: You are not alone and you deserve support.

There are many ways you are able to find support. But you may have to try a few options to work out what is best for you.

Who can I contact right now?

Sometimes you will need straight away.

To talk to someone confidentially about how you are feeling for free, you can contact the organisations below:

- Hopeline UK on 0800 068 4141
- Samaritans 116123
- Text SHOUT to Shout's text line 8525

Please use one of the above helplines or messaging services on page

Do I need help with my mental health?

No one can be sure if they need or when to ask for it. But just thinking about asking for help is the first major step.

No matter how you are feeling or what your situation is, everyone deserves help and support.

For example, you could be:

- Thinking about getting help for the first time
- Need more help than you are currently getting
- Wanting different types of help
- Needing urgent help
- Unsure if help is needed
- Finding it difficult to understand your feelings
- Struggling with your feelings
- Finding it hard to cope with everyday life

It is okay if you are not sure what support you need right now.

Sarah's Message

"Asking for support was extremely hard to do, but it was worth it."

Where can I find help?

There are many places where you can look for help. But do take your time to think though what feels the best for you.

Think about speaking to:

- People you trust (these could be a family member or youth group leader)
- Your doctor

- School teacher
- Fellow students you got to school or college with
- Helplines, textlines, and messaging services
- Other people who support you (your social worker, parents)

Asking for help may feel hard, and sometimes you might have to wait for an appointment. But always remember, you are not alone and do not have to go through this alone. **Get support from family, careers, and friends.**

Sarah's Message

"When I finally reached out, everyone I told was so supportive and I really wish I had done it sooner – the prospect of it was so scarier than reality".

Helplines and textlines

You can talk to someone who is trained to listen and support you, this can be done either by phone, text or webchat.

Whatever you need to say, will be kept confidential and all of these services are free to use.

Childline

www.childline.org.uk Telephone: 0800 1111

This is a free helpline, email service and phone counselling service.

The Mix

www.themix.org.uk Telephone: 0808 808 4994

A free helpline, messaging, live chat, and counselling service.

Shout

Text SHOUT to 85258

Is a confidential and anonymous 24/7 text support for anyone struggling to cope.

Making connections online

You might find it helps you to talk to other younger people who are going through the similar thing. There are online message boards you could use like:

- The Mix community message boards
- Childline message board
- Kooth mental wellbeing community app
- Tellmi app

Connecting online could help you feel better understood and less alone. It might make you feel you can talk more openly about what you are going through.

A good idea is to look at the following sites that:

- Have guidelines about what and can't be posted
- Have moderators who make sure that everyone sticks to the guidelines
- Are created for the correct age group
- Do not encourage you to do anything that is dangerous or harmful to yourself
- Help you feel better, not worse

Sarah's Message

"Always check in with yourself: are the message boards and apps helping or hurting my mental health?"

Staying safe online

It is paramount that you make sure you are always stay safe online and when you are looking for help. Remember only share information you feel comfortable with and what information you want to keep private.

Remember: you do not have to share anything you do not want to. You are not responsible for helping anyone else.

How could I try to help myself?

Finding ways to take care of your mental health is very important, even if you you're getting support.

Remember: you do not have to figure everything out by yourself. It is okay if you need more support.

Finding information online or within the community

You will be able to find information about mental health and wellbeing online. It might be worth you looking at trustworthy websites:

- MIND: www.mind.org.uk/young-people
- CHILDLINE: www.childline.org.uk
- THE MIX: www.themix.org.uk

You could also consider asking your school, library or doctor if they have any self-help and books, they might be able to recommend.

Kevin's Message

"From the support I have received through the websites and outpatients, it's like I'm seeing things from a bigger perspective".

Looking after your wellbeing

Looking after yourself and wellbeing is extremely important. Remember everyone is different, so you might consider thinking about what you like and what works for you.

To look after your wellbeing, you could try the following.

- Taking care of physical health, for example trying to eat well and getting enough sleep.
- Connecting with other, for example you could volunteer, also spending time with friends and family or attending a youth group or sports club.
- Thing you enjoy, examples of this could being creative or watching one your favourite television programs.
- Take time to relax, examples of this could be listening to music or meditation.

Remember: Different things work at different times, and this is okay.

Sarah's and Kevin's Message

"It can take a while to figure out what type of support is best for you. We've both found that the best support includes a range of different options."

Who can I talk to?

If you find you need support, here are some more places you will find help.

Action Awareness: A free helpline, email service, online, and phone counselling. They also have message boards where you will be able to talk to other young people.

Website: www.actionawarenesseastmidlands.co.uk

Phone: 07831613701

Email: help@actionawarenesseastmidlands.co.uk

Childline: Is a free helpline, email service, and online and phone counselling. They can provide Welsh-speaking counsellors. They also have message boards where you can talk to other young people.

Website: www.childline.org.uk

Phone: 0800 1111

The Mix: Is a free helpline, live chat, email service, phone counselling service, and text crisis line.

Website: www.themix.org.uk

Phone: 0808 808 4994

Shout: Is a 24/7 crisis messenger service.

Text: 'SHOUT' to 85258