



Supporting Young People to Take Charge of Their Mental Health

What is Mental Health?

Mental Health

We all have mental health all the time in the same way that we all have physical health, because we all have a body and a brain! Our mental health is:

- How we feel about ourselves and those around us
- Our thought processes
- Our emotions
- Our ability to make and keep friendships and relationships
- Our ability to learn from others and to develop psychologically and emotionally

It's important to remember that whilst 1 in 4 people will face a mental health difficulty in any given year, 4 in 4 of us have mental health and it is important we look after it!

Mental Health Difficulties

We can all experience difficulties with our mental health, just like we all get physically sick sometimes - this is completely normal, and often an appropriate response to really difficult situations and traumas we may be facing.

Mental Health Difficulties can occur when:

- You feel exam pressure/stress
- Relationship / friendship breakdowns
- Family breakdown and divorce
- When someone we love dies
- Are being bullied or abused





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It is normal to feel a range of emotions when going through difficult times, these can include feeling:

- Stressed
- Down
- Angry
- Frightened
- Overwhelmed

These feelings can pass, but sometimes they affect us more deeply, have a negative effect on our daily life, or occasionally develop into a more serious mental health illness.

Mental Illness

A mental illness is an illness which can affect the way people think, feel, behave, or interact with others. Mental illnesses are diagnosed by doctors in the same way physical illnesses are. They are also common, just like physical illnesses.

There are many different mental illnesses, and they have different symptoms that impact peoples' lives in different ways. Many people are able to live a satisfying life with mental illness, often through a combination of treatment, support and self-care which help to alleviate symptoms.

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