

# Becoming your healthy self

*Your monthly self help toolkit*

COLOUR ME IN!



**Volume 3:  
Young  
People's  
Mental Health**





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# INTRODUCTION

## Young people and mental health

Everyone has mental health, just like everyone has physical health. Our mental health determines how we are feeling and how we react to everything around us.

It is important to acknowledge that lots of things can affect a person's mental health, and that mental ill health is actually very common.

Being a young person can be very difficult and it comes with a variety of stresses and worries that can lead to feeling mentally unwell.

Check out the facts, myths, tips and coping techniques in this booklet for ways to promote positive well-being for yourself and the young people around you.

## COVID-19's impact on mental health

We understand that this year has been a difficult one for most people and understandably has had a large impact on people's mental health.

Children and young people across the UK have had their lives turned upside down by the pandemic. Almost every young person has had to adjust to dramatic changes in their education or employment, routine and home life.

The pandemic has put a huge strain on many young people who were already struggling with their mental health, because of traumatic experiences, social isolation, a loss of routine and a breakdown in formal and informal support.

It has highlighted young people's need for routine, and to be able to participate in group activities and out of school sessions. It has also shown the importance of schools and further education, and the positive impact that the learning environment has on young people.

<https://youngminds.org.uk/about-us/reports/coronavirus-impact-on-young-people-with-mental-health-needs/>

# FACTS ABOUT YOUNG PEOPLE'S MENTAL HEALTH

69%

**69%** of respondents described their mental health as poor now that they are back at school; this has **risen from 58%** who described their mental health as poor before returning to school. Only 9% agreed that there was more mental health support.

40%

**40%** of respondents said that there was **no school counsellor available** to support students in their school.

27%

At the time of completing the survey, **only 27% had had a one-to-one conversation** with a teacher or another member of staff in which they were asked about their wellbeing.

23%

Almost a quarter of respondents **(23%) said that there was less mental health support in their school than before the pandemic**, while only 9% agreed that there was more mental health support.

# THE MYTHS WE NEED TO STOP BELIEVING

## MYTH - People with mental health problems are dangerous.

### FACT

Although many television dramas and soaps are being more authentic in their portrayal of mental illnesses, many media depictions have led to the impression that people with mental health problems are dangerous individuals. However, it's a huge stigma which has absolutely no evidence to back it up. An extensive study undertaken in Sweden in 2010 found that illnesses such as schizophrenia and bipolar disorder are not the reason why violent crimes are committed by people with mental health problems. Rather, it's the abuse of illegal drugs and alcohol that perpetuates these crimes.

"The idea that people with a mental illness might explode at any moment and run amok with a weapon is mediaeval" (Katherine Weare, Professor of Education at the University of Southampton). Katherine has researched into and written extensively about mental health and says that there is a continued misguided belief that mental illness is contagious, but at the same time unlike a physical ailment it is also seen as someone's own fault.

"You wouldn't go to someone lying in bed with a fever and tell them they could get up if they wanted to. There is a failure to understand that mental health problems are an illness – they are not something that you can snap out of and are not anybody's fault."

## MYTH - A child with a psychiatric disorder is damaged for life.

### FACT

A psychiatric disorder is by no means an indication of a child's potential for future happiness and fulfillment. If a child's struggles are recognized and treated—the earlier the better— they have a good chance of managing or overcoming symptoms and developing into a healthy adult.

## MYTH - A child can manage a psychiatric disorder through willpower.

### FACT

A disorder is not mild anxiety or a dip in mood. It is severe distress and dysfunction that can affect all areas of a child's life. Kids don't have the skills and life experience to manage conditions as overwhelming as depression, anxiety, or ADHD. They can benefit profoundly from the right treatment plan, which usually includes a type of behavioral therapy, and have their health and happiness restored.

# THE MYTHS WE NEED TO STOP BELIEVING

## MYTH - Teenagers' ups and downs are just due to hormones.

### FACT

On the surface, bad behaviour in schools can often be seen as a sign that a young person is simply acting out their frustration because they are struggling academically. The solution is usually to punish the student. If the child has a mental health problem, known or unknown, this is not the best way of handling the situation. Rather, it's often a matter of digging under the surface to find out what is actually going on, explains Lucy Russell, director of campaigns at Young Minds.

"It is difficult for teachers to really get to the bottom of the problem, because they are not social workers or counsellors," she says, adding that the myth is that these are just naughty kids.

"It's what some GPs say as well. You're a teenager and going through a lot of hormonal changes and it's just a phase that you'll get through. Brain development in teenage years is absolutely massive and there is a lot of turmoil. It's about picking apart what is typical and what is a sign of a much more serious problem."

It's particularly relevant to conditions such as attention deficit hyperactivity disorder (ADHD). The problem, Russell explains, is that teachers simply don't know enough about these conditions to determine the reasons why a child might be disrupting the class. Russell is therefore calling for mental health related training to be included for all new teachers. In the meantime she recommends teachers visit online portal MindEd, for information about understanding children's mental health and being able to see the signs.

## MYTH - Therapy for kids is a waste of time.

### FACT

Treatment for childhood psychiatric disorders isn't old-fashioned talk therapy. Today's best evidence-based treatment programs for children and teens use cognitive-behavioral therapy, which focuses on changing the thoughts, feelings, and behaviors that are causing them serious problems. Research has shown that there's a window of opportunity — the first few years during which symptoms appear — when treatment interventions are most successful.

#### SOURCES FOR FACTS

<https://www.theguardian.com/teacher-network/teacher-blog/2014/nov/26/myths-mental-health-problems-young-people>  
<https://childmind.org/article/7-myths-about-child-mental-health/>





# REAL LIFE EXPERIENCE

## Rachel's story, Young Minds

"I have had some very dark times in my life, especially during the last couple of years, and have experienced suicidal thoughts. At times the only thing stopping me from acting on them was my dog Diamond. When it felt like I was completely alone in the world and that no one else understood or cared, Diamond was always there to lick the tears away and remind me that I had someone to live for, and someone that I couldn't bear to leave behind: the times I told myself that everyone else would carry on just fine with me gone, she was the one that I knew wouldn't and the one that needed me to stay."

<https://youngminds.org.uk/blog/in-my-lowest-moments-my-dog-gives-me-hope/>

## Angharad's story, Action for Children

"I was quite an outgoing person, quite happy," she says, but she knew something wasn't right. "I lived on my own and one day locked myself in the house for three weeks and wouldn't come out. The phone would be ringing and I wouldn't answer it. The doctors were quite surprised how long it took me to become depressed after all I'd been through. After all that time, I just lost my strength. I became so depressed, I didn't want to live any more."

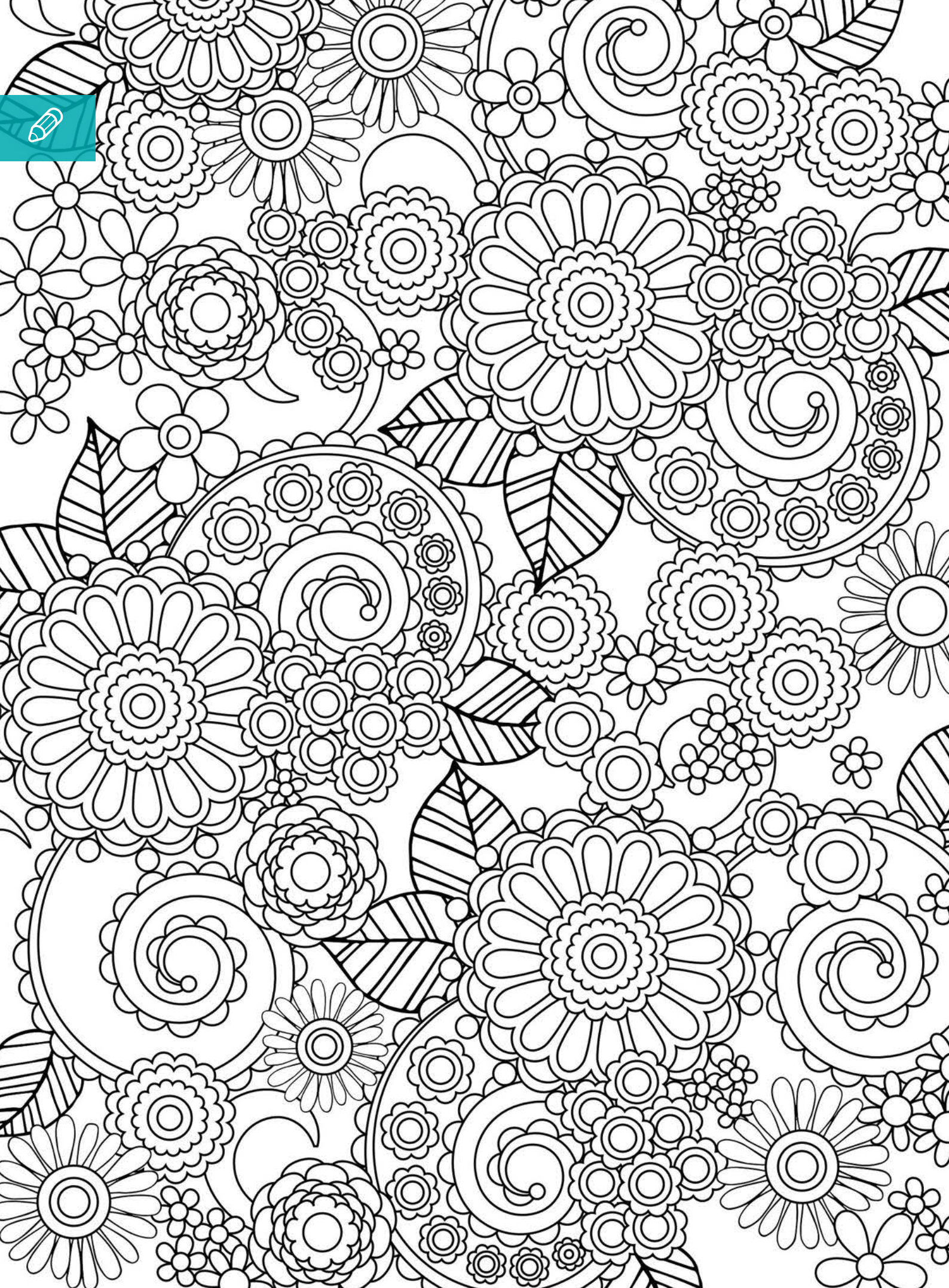
<https://www.actionforchildren.org.uk/our-work-and-impact/real-life-stories/angharad/>

## Matt's story, Time to Change

"Depression. More than just a word. A very real, debilitating condition. I was diagnosed with it when I had just turned 16 and in truth knew very little about it. But it was through talking to people about how I was feeling that I came to be in the doctor's surgery being told that I had depression and referred to a counselling service."

<https://www.time-to-change.org.uk/blog/depression-stronger-person-talked-about>















# MENTAL HEALTH TRACKER

Throughout the day, use the symbols below to track how you are feeling, what you are doing, and anything else that you think may be significant to your mental health. If your moods, thoughts or behaviour are getting in the way of your everyday life, consider sharing your tracker with someone you trust and feel able to talk to.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday

I felt...				How much (many) _____ did I...				Other	
	Happy		Hyper	zzz	Sleep	D	Drugs		
	Sad		Anxious	F	Food	Al	Alcohol		
	Tired		Irritable	E	Exercise	SH	Self Harm		
	Angry		Calm	C	Cigarettes	S	Thoughts of suicide		



# WELLBEING ASSESSMENT

## In the last week I have:

- ☐ Felt upset or cried for no reason
- ☐ Avoided a situation because I was worried how I would cope
- ☐ Been awake all night thinking about things
- ☐ Found it very difficult to get out of bed in the morning
- ☐ Felt unable to talk about my feelings to someone close to me
- ☐ Felt unable to focus or concentrate
- ☐ Constantly felt tired and lethargic
- ☐ Felt as though nothing is going right
- ☐ Worried that friends/ family/ colleagues don't like me
- ☐ Had feelings that I don't deserve what I have got
- ☐ Felt as though I don't want to engage in hobbies/ leisure activities
- ☐ Felt anxious or uncertain about the future
- ☐ Used drugs or alcohol excessively to try and make myself feel better
- ☐ Been bothered by a lack, or increase, in appetite
- ☐ Felt angry or irritated by minor things
- ☐ Felt as though I can't control my emotions
- ☐ Been unable to relax
- ☐ Experienced persistent, negative thoughts

If you have ticked six or more symptoms, you may be experiencing difficulties with your mental health. Take some steps to improve your own wellbeing with our wellbeing tips, or speak to your GP about further support. If you need immediate support, refer to our signposting section on page 21.



# MY MENTAL HEALTH TEMPERATURE

Our mental health is fluid; sometimes we have good days and sometimes bad days. It's useful to regularly assess where we are so that we know if we need extra support.

Mild	1	I feel amazing, everything is absolutely fine, and nothing is going wrong. I feel very happy with my life.
	2	At times I feel a little frustrated or down, but it doesn't take much to distract me from this and I'm soon cheered up.
	3	There are some things which are bothering me, but I'm coping ok. It might be I'm a bit overtired, not eating healthily or feel a little emotional. It usually helps if I offload to someone I trust.
Moderate	4	I'm having a bad time at the moment. I know I will be able to get myself through it. I need to take part in some self-care activities, i.e. going for a walk or reading a book.
	5	My mental health is starting to impact on parts of my everyday life, I'm having more bad days than normal. I'm finding it hard to find motivation for things that I used to find easy. It might be time for me to speak to my doctor.
	6	My mental health is stopping me from doing some things the way that I usually would. I'm experiencing negative and intrusive thoughts which are hard to cope with.
Severe	7	I'm avoiding being in any situations which might make me feel worse, but I'm also avoiding things that would normally make me feel better. I do not feel my usual self. This is getting serious, I should definitely seek help.
	8	I can no longer keep hidden how much I'm struggling. The way that I'm feeling is seriously affecting my sleep, appetite, productivity at work and ability to have fun. I'm socialising less and becoming more withdrawn. My mental health is affecting nearly all aspects of my life.
	9	I feel like I'm at breaking point. I feel like I hate myself, my life and the world. I am deeply unhappy and I can't see how things will get better. I'm having thoughts of hurting myself or others. I need to seek urgent help.
	10	My mental health is at rock bottom, there is no worse feeling than how I feel now. I've completely stopped looking after myself. Things can't get any worse than they are now and I feel like I can't cope with life anymore. I need to seek immediate help.

# TEEN MENTAL HEALTH TIPS

**Getting the proper rest:** Limit screen time by placing phones and computers in a separate room at a designated time, minimise stimulating activities before bed, and establish a sleep routine to ensure 8-10 hours of sleep per night. Keeping a journal to prevent recurring thoughts can alleviate stress triggers.

**Eat healthy with a balanced diet:** Teens with healthy diets are ½ as likely to develop depression compared to those with diets high in processed foods. Diet is linked to the hippocampus, a key area of the brain involved in learning, memory, and mental health and people with healthy diets have more hippocampal volume than those with unhealthy diets. Omega 3 fatty acids found in fish and flaxseed may aid with studying and concentration, Vitamin B Complex found in fish, beans, milk, and dairy is known to stabilise the mood system and Vitamin C found in many fruits and vegetables can counteract effects of stress in teens.

**Exercise:** Making physical activity routine minimises the occurrence of depression, panic disorder, and phobias in teens. It is recommended that teens exercise moderately to vigorously for 60-minutes on average each day with vigorous exercise recommended three days per week. Walking or running outside to increase Vitamin D and levels of serotonin in the brain are ways to ensure your body and mind stay healthy.

**Practice relaxation and mindfulness:** Breathing techniques and focusing attention on the here and now can be used to reduce anxiety, stress and depression.

**Let others help:** Talking to a parent, teacher, or other trusted adult about feelings, or letting a close friend know how you are feeling, can alleviate stress.

**Focus on your strengths and helping others:** Using individual strengths to make positive changes in schools and the community, especially through awareness and advocacy of mental health issues and wellness, helps empower others and keeps stressors in perspective.

<https://safespace.org/teen-mental-health-tips/>



# QUESTIONS & ANSWERS- MENTAL HEALTH IN YOUNG PEOPLE

## How common are eating disorders in young people?

Whilst anyone can develop an eating disorder, those most likely to be affected are young women aged 12-20 years old. Young people going through a period of change are often less likely to be confident with their bodies and appearance, and this can lead to an attempt to lose weight in order to be slimmer and to boost self-esteem.

## What are the signs and symptoms that a young person may be suffering from an eating disorder?

The most common eating disorders in young people are anorexia, bulimia, binge eating and other specified feeding or eating disorder (OFSED). OFSED is just as serious as other eating disorders, however it is used to diagnose a person whose symptoms do not match those of a specific disorder. A young person suffering from an eating disorder may frequently or excessively complain about being fat despite being a healthy or low weight.

In young women, periods may stop as a result of severe weight loss and parents may notice a reduction in the need to purchase sanitary products. Other signs may include a young person letting others around them know they have eaten something when they have not, vomiting after mealtimes, appearing anxious or guilty when asked to eat and excessive exercising.

## Why do young people self-harm?

A person's reasons for self-harming can vary, however common reasons in young people include to release tension, to manage emotions, to regain control over feelings or problems or to create physical pain as a way of distraction from emotional troubles.

Unexplained cuts, bruising or cigarette burns may be a sign of self-harm. A young person who is wearing clothing that provides a lot of coverage, especially in warmer months, may be attempting to cover up or hide self-harm injuries. Depression and low self-esteem in young people may also come as a result of self-harming, and this may present itself as tearfulness, a lack of interest in things and feelings of not being good enough.

# PRACTISING GRATEFULNESS

On this page, and the next page, is a box for each day of the month, inside of it try and write down one good thing that has happened this month. It can be a daily thing, it can be weekly, or it can be for the whole month, just put something down that is positive and brings back a good memory for yourself.

## Instructions:

1. Write the date
2. Write down what made you happy, try to focus on something that you have done;
3. Write down how it made you feel happy;
4. Keep on this list to reflect on the month, or pop into a memory jar for future reflection. Try opening it at the start of the New Year to look back on all the happy memories for the old year!

**Day 1    Date:**

**Day 2    Date:**

**Day 3    Date:**

**Day 4    Date:**

**Day 5    Date:**

**Day 6    Date:**

**Day 7    Date:**

**Day 8    Date:**

**Day 9    Date:**

**Day 10    Date:**

**Day 11    Date:**

**Day 12    Date:**

**Day 13    Date:**

**Day 14    Date:**



**Day 15    Date:**

**Day 16    Date:**

**Day 17    Date:**

**Day 18    Date:**

**Day 19    Date:**

**Day 20    Date:**

**Day 21    Date:**

**Day 22    Date:**

**Day 23    Date:**

**Day 24    Date:**

**Day 25    Date:**

**Day 26    Date:**

**Day 27    Date:**

**Day 28    Date:**

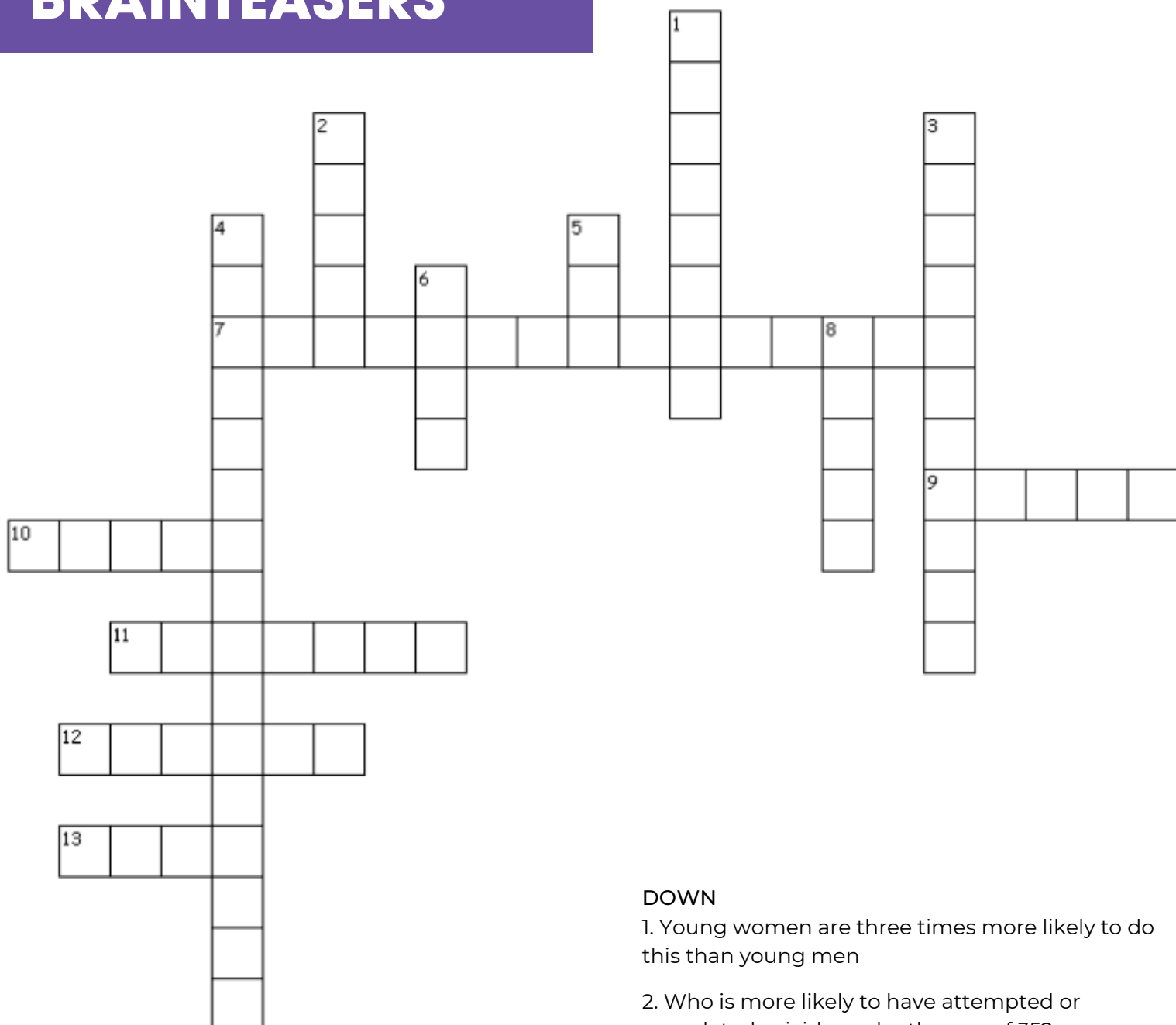
**Day 29    Date:**

**Day 30    Date:**

**Day 31    Date:**

**NOTES**

# BRAINTEASERS



## ACROSS

7. This is the written commitment to support children and young people under 25
9. Percentage of mental health problems established by age 14
10. One in ? children and young people experience behavioural or emotional problems growing up
11. Largest cause of mortality for young people under 35
12. Children from households with low ..... are more likely to experience mental health problems
13. Affects 1 in 10 children with refugee histories

## DOWN

1. Young women are three times more likely to do this than young men
2. Who is more likely to have attempted or completed suicide under the age of 35?
3. Percentage of mental health problems established by age 24
4. Most common mental health problems affecting children
5. Common form of therapy for young people and children
6. Children from households with low ..... are X times more likely to experience mental health problems
8. This group of children are 3 times more likely than others to have attempted suicide

answers on page 26







"You are  
more  
precious to  
this world  
than you'll  
ever know."

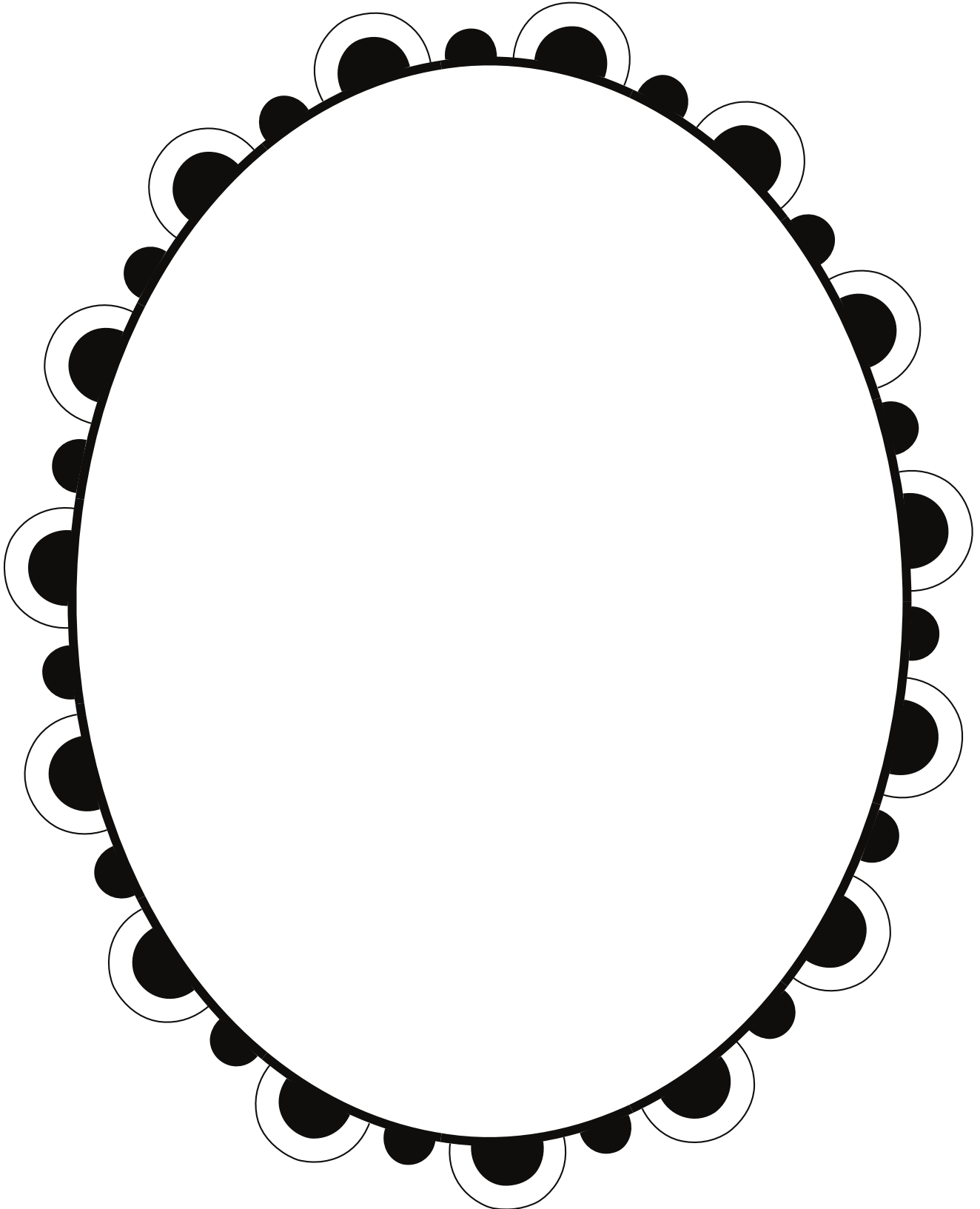
Lili Rhinehart





# WHAT DO I SEE IN THE MIRROR?

- 1** Write in this mirror every single thought you have about your appearance.
- 2** Cross out all the negative thoughts and write the opposite statement underneath it.
- 3** Say the positive statements aloud to yourself as you look in the mirror.



# CHANGE YOUR THINKING

Start by writing down a negative thought you are having. Describe the situation in which the thought occurred. Now take time to see if these thoughts are really accurate. What would someone else say?

THOUGHT	SITUATION	ACCURACY



## HELP & INFORMATION

### ANXIETY UK

Provide support and help if you've been diagnosed with, or suspect you may have, an anxiety condition.

**Text service: 07537 416905**

**Infoline: 03444 775774**

**Web: [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)**

### BEAT

The UK's eating disorder charity.

**Youthline: 0808 801 0711**

**Helpline: 0808 801 0677**

**Web: [www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)**

### CALM HARM APP

The Calm Harm app provides ways for children and young people to manage the urge to self harm. Developed for stem4 by Dr Nihara Krause, a Consultant Clinical Psychologist together with input from young people. Free to download.

**Web: [www.calmharm.co.uk](http://www.calmharm.co.uk)**

### CHILDLINE

Counselling service for children and young people in the UK. Phone, talk to a counsellor online, send Childline an email or post on the message boards.

**Helpline: 0800 1111 (Everyday, 24 hours)**

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



# CONTINUED

## CLEAR FEAR APP

The Clear Fear app provides ways for children and young people to manage anxiety. Developed for stem4 by Dr Nihara Krause, a Consultant Clinical Psychologist together with input from young people. Free to download.

**Web:** [www.clearfear.co.uk](http://www.clearfear.co.uk)

## COMBINED MINDS APP

Combined Minds is a free app developed for teenage mental health charity stem4 by Dr Nihara Krause, Consultant Clinical Psychologist, to help families and friends support young people with their mental health.

**Web:** [www.combinedminds.co.uk](http://www.combinedminds.co.uk)

## EATING DISORDERS SUPPORT

Provide support to anyone affected by eating disorders, including carers.

**Helpline:** 01494 793223 (24 hours, 7 days a week)

**Web:** [www.eatingdisorderssupport.co.uk](http://www.eatingdisorderssupport.co.uk)

## FRANK

Confidential information for anyone concerned about their own or someone else's drug misuse.

**Helpline:** 0300 123 6600

**Web:** [www.talktofrank.com](http://www.talktofrank.com)

## MIND

Provide information on mental health problems and where to get help.

**Infoline:** 0300 123 3393

**Text:** 86463 Mon – Fri 9 am – 6 pm

**Web:** [www.mind.org.uk](http://www.mind.org.uk)

## NO PANIC

Provide a youth helpline and services to sufferers and carers of people with Panic, Anxiety, Phobias and Obsessive Compulsive Disorders (OCD).

**Youth Helpline:** 0330 606 1174 (for 13- to 20-year olds)

**Web:** [www.nopanic.org.uk](http://www.nopanic.org.uk)

# CONTINUED

## NSPCC

Keeping children and young people safe from a wide range of abusive situations.

**Helpline for adults: 0808 800 5000**

**Childline (for 18 years old and under): 0800 1111**

**Web: [www.nspcc.org.uk](http://www.nspcc.org.uk)**

## OCD ACTION

Offer support and information to anybody affected by OCD

**Helpline: 0845 390 6232 Mon – Fri 9.30 am – 5 pm**

**Web: [www.ocdaction.org.uk](http://www.ocdaction.org.uk)**

## PAPYRUS PREVENTION OF YOUNG SUICIDE

Provides confidential suicide prevention advice to young people and anyone worried about a young person.

**Helpline: 0800 068 4141**

## RELATE

Relationship support and counselling for children and young people.

**Web: [www.relate.org.uk](http://www.relate.org.uk)**

## SAMARITANS

Provide confidential support for people experiencing feelings of distress or despair.

**Helpline: 116 123 (Everyday, 24 hours)**

**Web: [www.samaritans.org](http://www.samaritans.org)**

## SANE

Offer specialist emotional support and information to anyone affected by mental illness, including family, friends and carers.

**Helpline: 0300 304 7000 Everyday 4.30 pm – 10.30 pm**

**Web: [www.sane.org.uk](http://www.sane.org.uk)**

# CONTINUED

## SEED

Eating disorder support service

**Helpline: 01482 718130 (Mon- Fri 9.30 am – 2.30 pm)**

**Web: [www.seedeatingdisorders.org.uk](http://www.seedeatingdisorders.org.uk)**

## SHOUT

Shout is the UK's first 24/7 text service, free on all major mobile networks, for anyone in crisis anytime, anywhere.

**Text: 85258**

**Web: [www.giveusashout.org](http://www.giveusashout.org)**

## STONEWALL

Information and advice for LGBT communities and their allies.

**Helpline: 0800 0502020**

**Web: [www.stonewall.org.uk](http://www.stonewall.org.uk)**

## THE MIX

Information and support for under 25's, on-line chat with a trained helpline supporter.

**Helpline: 0808 808 4994 Everyday 11 am – 11 pm**

**Web: [www.themix.org.uk](http://www.themix.org.uk)**

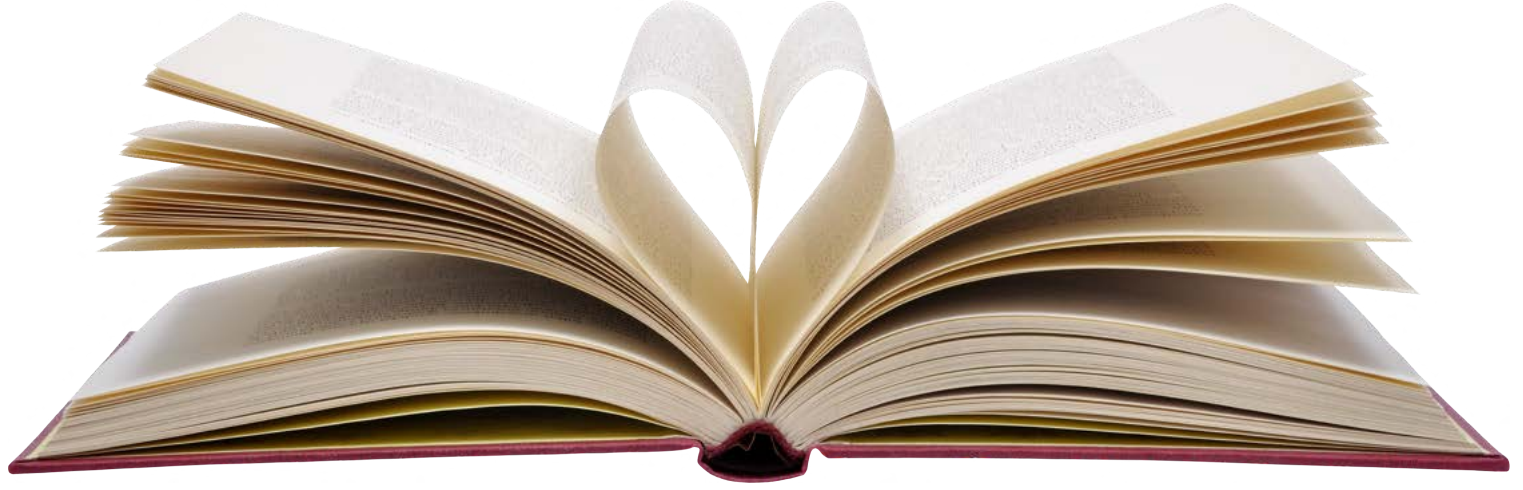
## YOUNGMINDS

Information for both parents and young people on child and adolescent mental health.

**Parents' Helpline: 0808 802 5544 (Mon-Fri, 9.30am-4pm)**

**Web: [www.youngminds.org.uk](http://www.youngminds.org.uk)**

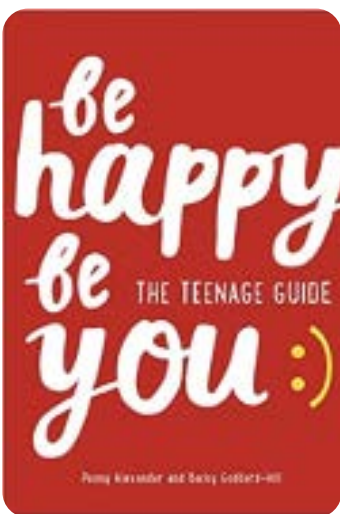
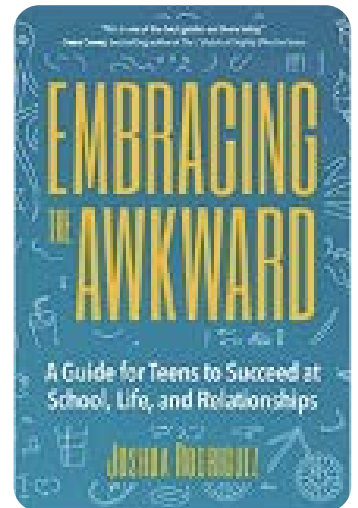




## SELF-HELP BOOKS

### EMBRACING THE AWKWARD: A GUIDE FOR TEENS TO SUCCEED AT SCHOOL, LIFE AND RELATIONSHIPS

**Embracing the Awkward** gives teens ideas for developing their own unique style of speaking and engaging with others. It contains infographics and workbook elements that offer a step-by-step checklist of activities, along with examples of things to say, topics to talk about and ways to lead into situations.



### BE HAPPY BE YOU: THE TEENAGE GUIDE TO BOOST HAPPINESS AND RESILIENCE

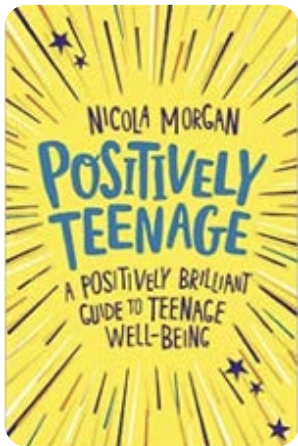
**Be happy be you** gives you the tools to build your confidence, eliminate negative feelings and boost happiness in all areas of your life.

Being a teenager has its own unique challenges, but it's also the perfect time to shape your own mental wellbeing and happiness. Scientists reckon 40% of your happiness is within your control, that's A LOT of happiness and this book will help you to harness it...

# SELF-HELP BOOKS

## POSITIVELY TEENAGE: A POSITIVELY BRILLIANT GUIDE TO TEENAGE WELL-BEING

*Positively Teenage* gives you the power to let yourself flourish, achieve and be who you want to be. Use your powers well! Be truly, positively, teenage! Stand tall, stretch your arms wide, take a deep breath and say, loudly (or in your head), 'I can do this!'.



## SUPERPOWERED: TRANSFORM ANXIETY INTO COURAGE, CONFIDENCE, AND RESILIENCE

*Superpowered* is the perfect tool for children facing new social and emotional challenges in an increasingly disconnected world! This how-to book from two psychology experts--packed with fun graphics and quizzes--will help kids transform stress, worry, and anxiety.

# BRAINTEASER ANSWERS

(page 16)

### ACROSS

- 7. NHSLongTermPlan,
- 9. Fifty,
- 10. Eight,
- 11. Suicide,
- 12. Income,
- 13. PTSD.

### DOWN:

- 1. SelfHarm
- 2. Males
- 3. SeventyFive
- 4. ConductDisorders
- 5. CBT
- 6. Four
- 8. LGBTQ

# SELF-HELP PODCASTS



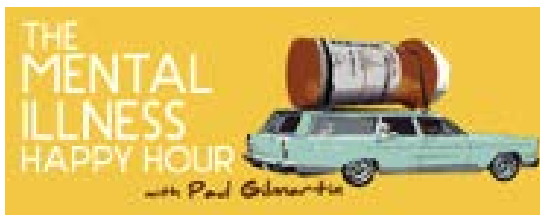
A shame-free space where people talk about how they care for their mental and emotional health. Common topics include anxiety, depression, and mindfulness. No matter the story, it will be met with compassion. Engage with the show and host Joel Kutz online at <http://darkplace.joelkutz.com>

<https://www.stitcher.com/podcast/joel-kutz/the-dark-place-honest-conversations-about-mental-health>



Hours of homework. Crushes and breakups, acne and bullies. Being a teenager can be a whirlwind. So where do we start? Hosted by James Asher, and featuring teens, teachers, parents, politicians and doctors. The Start of Something brings you the ideas that have the power to change the way you think and live as a teenager. Each episode focuses on one big idea revolving around Mental Health. So let's start something.

<https://www.mentalhealthnewsradionetwork.com/our-shows/the-start-of-something/>



The Mental Illness Happy Hour is a weekly online podcast that interviews comedians, artists, friends, and the occasional doctor.

Each episode explores mental illness, trauma, addiction and negative thinking. <https://mentalpod.com/>



Current insights, tips & research about teens from the front line for parents, educators and mentors. Amanda Rootsey, founder of teen holistic personal development school Shine From Within and coach to youth mentors all over the world, interviews experts about what's going on for youth today. From psychological insights to practical advice on how to hold a safe space for teens, it's your short burst of inspiration and motivation amidst the crazy world of teens and tweens!

<https://shinefromwithin.com.au/the-youth-mentor-podcast/>



Each week we chat to a different expert, giving you the professional lowdown on depression, wellbeing and the support available. Think of this podcast as a helping hand through the often-scary world of mental health – from eating well and getting a good night's sleep to being there for someone who's struggling, we'll cover the practical stuff as well as the emotional. Catch-up with a new episode of Everybody Blurts, every week.

<https://www.blurtitout.org/blurt-podcast/>



# WHO ARE WE?

**We are a registered charity providing free advocacy support across the North West.**

Advocacy means supporting a person to become more involved in important decisions about their health & social care.

Our Advocates help people who have difficulty with communicating their thoughts, needs and wishes or making decisions about things such as how or where they are cared for.

We help people access the support they need and become more involved in decisions about their care and treatment.

**We help people live the lives they want to live.**



## Did you know we offer a wide range of training courses?

You can check out our Mental Health training courses [here](#), and our Menopause courses [here](#). We can also provide tailored advocacy training, you can enquire about this by emailing [Training@advocacyfocus.org.uk](mailto:Training@advocacyfocus.org.uk).

All training revenue generated is invested back into supporting our communities

Coming up in the next issue: Stress  
Stay up-to-date by signing up to our newsletter at  
[advocacyfocus.org.uk/Pages/FAQs/Category/newsletter](https://advocacyfocus.org.uk/Pages/FAQs/Category/newsletter)

