

MENTAL HEALTH AND WELLBEING

WHAT IS THE ISSUE?

Our mental health is our emotional and psychological wellbeing, i.e. how we feel. Just like our physical health, our mental health can be good or poor. When we feel consistently upset or anxious (to the extent that our daily life is affected) this is considered poor mental health, or mental ill health. There are many types of mental health difficulties, and they affect everyone differently.

WHO DOES IT AFFECT?

Everyone has mental health, meaning mental health difficulties can also affect everyone. However, the stigma that surrounds mental health often means people find it hard to talk about openly. Sometimes mental ill health is caused by difficult situations, such as exams or problems with friends or family.



HOW DOES IT AFFECT ME?

Just like our physical health, we need to look after our mental health. We must recognise that mental health difficulties are medical issues, that may require professional support. When we open up about mental health, we can challenge misconceptions, change attitudes and get the support that we need.

KNOW THE FACTS

Data shows that...

- ◆ 2 million Londoners will experience a mental health problem this year.¹⁵
- ◆ Mental health problems affect about 1 in 10 children and young people.²⁵
- ◆ Over half of young people think that if a peer developed a mental health problem, they would be treated differently, lose friends and feel embarrassed.²⁶

The good news...

The Mayor of London is working with partners on Thrive LDN—a citywide movement to improve the mental health and wellbeing of all Londoners. To have your say on young people's mental health, go to www.thriveldn.co.uk.

GET TALKING

Use the discussion questions below to start a powerful conversation.

- 1 How does talking about mental health make you feel?
- 2 What signs may show us someone is struggling with their mental health?
- 3 Who may be at risk of experiencing mental ill health?
- 4 How can we support our friends if we suspect they are suffering from mental ill health?
- 5 Where can you go for help if you are experiencing a personal crisis?

EXPLORE THE ISSUE FURTHER...

Search for:

- ◆ Young Minds
- ◆ Place2Be
- ◆ The Mix
- ◆ Childline

WHAT CAN I DO?

To learn more about how you can take social action, go to the Student Guide and turn to page 6 for primary, or page 11 for secondary. If you are unsure, particularly on the ways to help manage your feelings, talk to a trusted adult or visit **Childline** at www.childline.org.uk for guidance.

