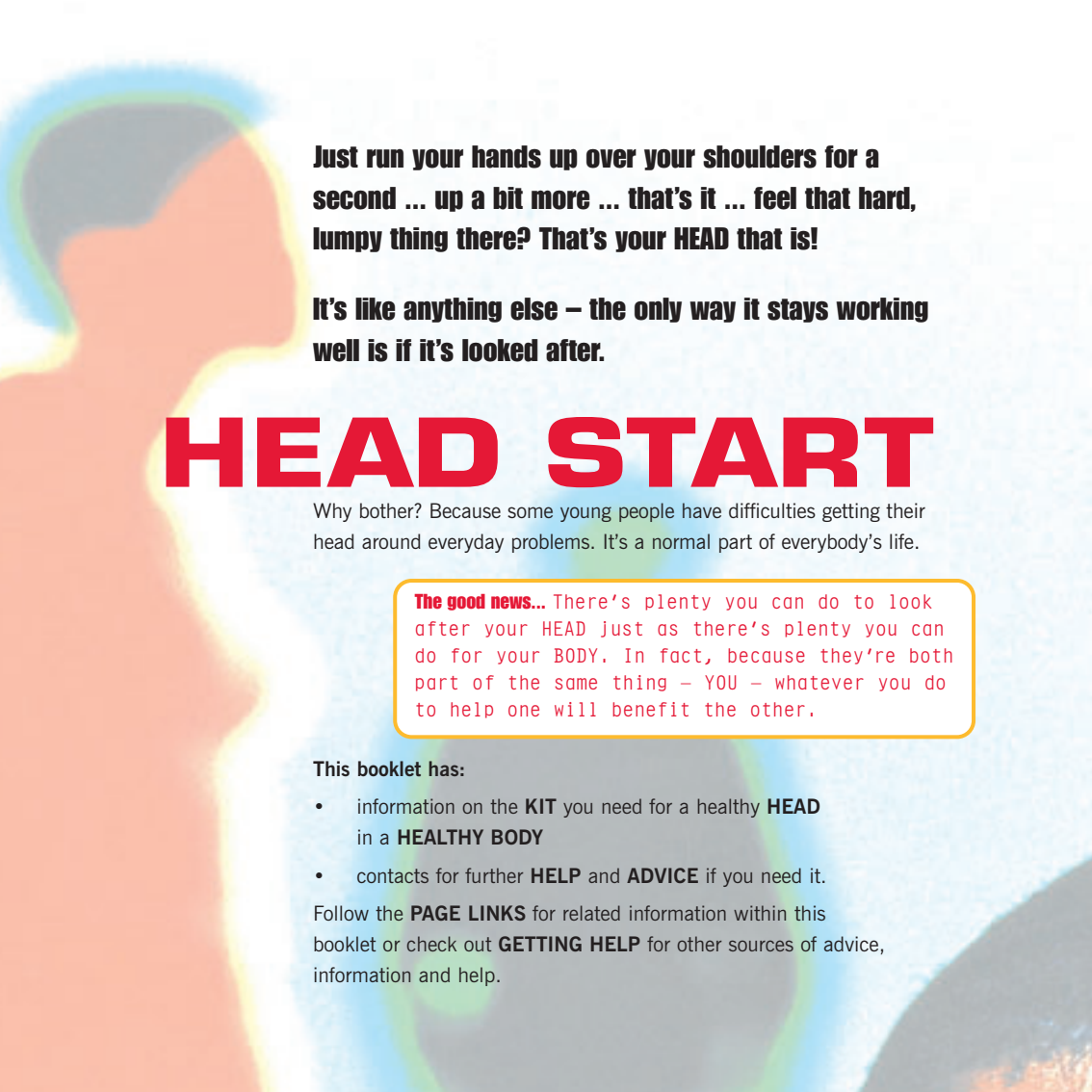




HEAD KIT

tools for healthy minds in healthy bodies

A stylized silhouette of a person's head and shoulders in profile, facing right. The silhouette is filled with a gradient of colors: blue at the top, transitioning through green and yellow to orange and red at the bottom. The background is a light, textured blue with a subtle pattern of small white dots.

Just run your hands up over your shoulders for a second ... up a bit more ... that's it ... feel that hard, lumpy thing there? That's your HEAD that is!

It's like anything else – the only way it stays working well is if it's looked after.

HEAD START

Why bother? Because some young people have difficulties getting their head around everyday problems. It's a normal part of everybody's life.

The good news... There's plenty you can do to look after your **HEAD** just as there's plenty you can do for your **BODY**. In fact, because they're both part of the same thing – **YOU** – whatever you do to help one will benefit the other.

This booklet has:

- information on the **KIT** you need for a healthy **HEAD** in a **HEALTHY BODY**
- contacts for further **HELP** and **ADVICE** if you need it.

Follow the **PAGE LINKS** for related information within this booklet or check out **GETTING HELP** for other sources of advice, information and help.

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It might seem obvious but unless you take care of the basics of life you won't have much of a chance of staying happy and well-balanced.

And not least...
know what you're about

A GOAL!
What you want from
life/where you're headed

PYRAMID OF I

Then... sort the things that keep you happy

e.g. MATES, LOVE, MONEY
Stuff you need as a human being

First things first... eat right, sleep right, stay safe

SHELTER, SLEEP, FOOD, WATER, AIR
Stuff you need to stay alive

Think of your life as a building with foundations, walls and a roof. Knock a few bricks out here and there and it will still stand up. Lose too many and it'll collapse.

Whenever there are parts missing from your own 'I Pyramid', it will be causing you stress.

We're all different people. Beyond what we need to stay alive, each of us has individual needs.

Think about what it is that you need to stay happy and well balanced.

TIP: If you make your own 'I Pyramid' filled with all the things that you need, you can use it when you're down or stressed to find out what's missing and could be causing you problems. Then you can start work on plugging the gaps.



www.mindbodysoul.gov.uk

6

> STRESS CENTRAL

Strong people cope alone?
Only the weak need to talk stuff out?
Real men keep it under their hat?

Worra loada B*@\$%(c)&s!

TALK!

Talking is the most basic way of ordering your thoughts. While the problem's still in your head it's just sloshing around in there doing no good at all. Get it off your chest! The act of having to explain a headmash to someone else can help you to understand it as well.

- Find someone you can trust and who you know can listen well.
- A real friend will be flattered that you've chosen them to share your worries with.
- Find somewhere private, quiet and comfortable to talk.
- Call a helpline for a professional, impartial and confidential listener.
- If you find talking difficult, try writing it down.
- There's confidential email helplines, too.
- Seek out support groups to find people with similar problems willing to talk and share.
- Look for a counsellor for more in-depth talking.



Contact your Local Youth Enquiry Service or look in the **Yellow Pages** under 'Counselling & Advice'.

www.bacp.co.uk: search online for a counsellor.

www.youth2youth.co.uk: email helpline run by young people for young people.

The Samaritans:
08457 90 90 90

Childline: 0800 1111

· · · Can't concentrate? · Short tempered? · Low energy? ·
Can't sleep? · Churny guts? · Panicky? · Not eating right?

Pressure is a natural part of life but when it becomes stress it's bad for your health. It causes changes in our bodies: adrenalin is released, muscles tense up and our breathing gets sketchy. This makes us feel worse and makes tasks harder which causes more stress and makes us feel even worse, which makes tasks harder which causes more stress – it's a vicious circle! So, how can we break out of it?



STRESS

RELAX

If you're anxious or tense then you're exactly that – tense. Do some relaxation exercises right now! **EXERCISE**

Get that blood pumping to get oxygen back to the brain, burn off unwanted adrenalin, ease knotted muscles to put you back in charge of your body.

FACT: Stress is recognised as a major cause of mental illness

Sore shoulders? .

CENTRAL

CHECK YOURSELF

Check up on your I Pyramid. Maybe there's something missing or needing sorted out.

CHILL OUT

Meditate, listen to some tunes, have a long bath, natter with mates, read a book, go for a walk – you know best what chills you out. Make sure you do some of it every day.

AVOID . . .

Too many drinks with caffeine (coffee, tea, cola), drugs, booze and fags.

. . . and see your GP if symptoms persist. There could be a physical cause.



4

< PYRAMID OF I

8

> RELAX

24

> CHILL TIME

Stress causes changes in our bodies.

Muscles become tense and our posture goes all to pot giving us all kinds of aches and pains.

Adrenalin is released and our breathing gets sketchy so less oxygen gets to the brain making it harder to concentrate.



RELAX!

STRESSED OUT?

Use these exercises to combat the **symptoms** of stress and clear your head before you get on to the **causes**.

You can use them as part of your daily chill-out routine too.

EXERCISE 1 – BREATHE!

GOOD FOR: General relaxation, beating panic attacks, boosting concentration.

DO IT: Anywhere – exams, interviews, in your room, walking down the street.

HOW TO?

Dead simple – breathe in gently through your nose for 10 seconds, hold it for 2 then breathe out gently through your mouth for 10. Repeat at least 3 times. Use a watch to time yourself or count like this: 'One-hundred-and-one, one-hundred-and- two', etc.

WATCH IT: If you suffer from asthma or other breathing problems. Don't push it – you know your limits.

STRETCHING

Stretching exercises are great for the aches and pains but are best done when you're 'warmed up' (run around for 10 minutes first). Remember to be gentle on yourself and breathe out while you stretch, in when you relax.

EXERCISE 2 – THE SQUEEZE

GOOD FOR: Beating muscle tension, getting blood flowing, boosting concentration.

DO IT: Anywhere – sitting down or standing up.

HOW TO?

Start at the bottom and do each step 3 times before moving on:

1. Scrunch your toes tightly for a sec then relax.
2. Bend your feet up so your toes leave the ground then relax.
3. Push down on the floor with your feet so your calves tense up then relax.
4. Tense your thighs then relax.
5. Clench your bum together then relax.
6. Tense your tummy muscles then relax.
7. Squeeze your arms into your sides then relax.
8. Hunch up your shoulders then relax.
9. Clench your fists then relax them. Repeat 3 times.

WATCH IT: If you've got any strains, injuries or physical disabilities. You know your limits.



4 < PYRAMID OF 1

24 > CHILL TIME

Living with your parents, guardians or in care can be hard work. You want to go out and have fun but they still worry like you're a kid! You have to try and strike a balance.

Arguments

- Try to remember that nobody gets their own way all the time.
- Talk it through calmly and listen to their point of view.
- Be prepared to make deals and meet them half way.



HOME

Communication

- Be aware of their fears about your safety and the stuff you get up to.
- If they're stressing about something in particular, why not get some handouts for them, recommend a website or another adult you know who can explain things in a way they'll understand?
- Keep them posted on what's going on in your life.
- Going out? Let someone know where you'll be and when you expect to get back – this is a basic of personal safety!

Sometimes, you just have to go – especially if there's any kind of abuse involved. Contact your local Youth Enquiry Service first. They'll help you find somewhere safe to stay.

Parental Break-ups

Arguments, moving house and the prospect of seeing less of one or both of them can make it especially tough on you.

- Let your school/college know what's going on. They may make allowances if your grades are slipping.
- It's normal to feel angry, sad and generally hung up about the whole deal. Get extra support from other relatives, mates and teachers.
- 'Numb' is normal, too. It might take a while before you figure out how you feel about these changes. Take it a day at a time.

FACT: One-quarter of all children in the UK see their parents divorce.

FRONT



Stepfamily Scotland:
0845 122 8655

Harmony Tips

- Don't end up being a go-between or try to do the talking for them. You've got enough on your plate.
- Don't go telling one parent's secrets to the other – you'll only lose someone's trust.
- Try not to blame either of them or yourself for what's happened. If anybody is to blame, it certainly isn't you.

Stepfamilies

Getting used to a parent being with someone else, new ways of living and new 'family' members is hard. Try to remember that it will probably all get easier to cope with in time. Take plenty space for yourself and get support where you can.

FACT: 1 in 10 young people live with 1 'natural' parent and 1 step-parent.

Finding somewhere safe and sound to stay is a major part of keeping your head straight. Think about:

HOW MUCH CAN I AFFORD?

Do a budget. Include *everything* you'll need to shell out for. Balance this against how much you'll get in wages and/or benefits.

HOUSE

HOW MUCH DO I SPEND?

Keep a diary for 4 weeks of *everything* you spend, add it up then divide by 4 to give a weekly average.

WHO TO LIVE WITH?

Most people share at first. Can you trust the others to cough up their cut of the bills and rent? A 'Joint Tenancy' means everyone is liable if someone doesn't pay.

CHOOSE WISELY

By law, properties must be wind and watertight. Does it feel safe? Will you feel OK getting there after dark?

HUNTER

REFEREES AND GUARANTORS

Estate agents and private landlords are often reluctant to rent out to young people. They might ask for a 'guarantor' (someone they can turn to if the rent goes unpaid) as well as a 'referee' (someone to vouch for your character).

HOUSING ASSOCIATIONS

These can provide quality housing at reasonable rates – especially to those on low incomes or in special circumstances. Check out the *Yellow Pages*.

THE SMALL PRINT

Tenancy agreements – 'Leases' – are legally binding. Make sure you understand your rights and obligations before you sign anything. Get along to your local Citizen's Advice Bureau for free and confidential advice if there's anything you're not sure of.



Search www.nacab.org.uk or look in the phone book for your nearest Citizen's Advice Bureau.

www.suzylamplugh.org: information on personal safety.

More people than ever are going to college or university. What makes it any different from school?

You're on your own now ...

You take charge of your learning. For academic subjects, a good rule of thumb is that for every hour you spend in lectures you should be spending 2 hours studying on your own.

TIP: SUMMER LIVING Summer jobs disappear fast – start looking early (April is a good time).

SCHOOL → COLLEGE

What if I'm struggling?

- Make sure your tutors know if you are having difficulty in the subject or of any learning difficulties you have (e.g. dyslexia) or anything outside college that's making you fall behind. They can make allowances or extend deadlines.
- Contact the **Learning Support** department for extra help planning workloads or brushing up on core skills.

I'm all alone here ...

Luckily, studentdom is famous for its social life!

- There's bound to be loads of clubs and societies to get involved with. Contact your Student Union to find out what's on offer.
- Most colleges have a counselling service if you need it.

...and I'm skint!

- Learn to budget and stick to it.
- Students qualify for discounts – make sure you get them.
- Ask your course supervisor about hardship grants.
- Ask your local Council Education Department (i.e. where you went to secondary school) about scholarships and bursaries for people from your area.

i

16 > ISOLATION

Ain't they cute when they're asleep?
If only they stayed that way!

While some folks are worrying about leaving Mum and Dad behind, some of us are already mums or dads. There is no 'right' way to bring up kids but there are sources of information and support to help you.

- Having a child to care for is a major change in anyone's life. In the midst of all the baby chaos make sure you keep up the communication with those around you.

SPEW, SH%£ES AND SLEEPLESS NIGHTS!

- Get along to your local benefits office to make sure you're getting everything you're entitled to. You can get help with housing, childcare and breaks on tax if you're working as well as child benefit.
- Contact your local council for help with housing.
- There might be a local young parents project (ask at your Youth Enquiry Service or look in the **Yellow Pages**) – these are a great way of meeting other young parents and learning skills to help you cope better.
- Remember to look after yourself as well as baby. Having kids may be a major drain emotionally and can suck all your spare time away.
- Watch out for the blues. 'Post-natal depression' – depression following childbirth – affects many mothers. Get help: see your GP or health visitor.



Parentlineplus: 0808 800 2222

www.dss.gov.uk:

information about benefits.

Leaving home, going away to college, starting work, mates working but you're stuck on the dole – it's easy to end up feeling isolated. This doesn't mean being a hermit – sometimes we can feel alone even in a crowd. If you're down, the last thing you feel like is trying to find new mates.



ISOLATION

TRY TO STOP IT GETTING TO THAT STAGE

- People move on – keep striking up new friendships.
- Even part-time work gets you out and about and helps you meet new people (and fattens your wallet).
- Voluntary work is an excellent way to meet people. Do some good for the world and feel better for it.

IF YOU'RE ALREADY FEELING CUT OFF ...

- Push yourself a little. It'll be hard at first but does get easier.
- Seek places where you can meet and talk with people with similar interests – night classes, clubs and team sports are better than pubs and night-clubs.
- 'Befriending' projects match people with spare time with folks needing company. Check **Yellow Pages** or contact your local Youth Enquiry Service.



The Samaritans:
08457 90 90 90

www.youth2youth.co.uk:
email helpline run by young
people for young people.

Women – thin as a rake with ‘curves in all the right places’
Men – built like Arnie, 6-pack and all

Right? Wrong!

It's unfair to expect your body to conform to these ideals. Loads of folks go ‘out a bit’ then ‘up a bit’ for a few years during their teens.

BODY IMAGE



- Few people ever fit the supermodel/action man mould so why beat yourself up about it?
- Dieting (unless your doctor tells you to) is a bad plan. While your body is still growing it needs properly fed!
- If you do want to ‘tone up’ a bit, take more exercise.
- Keep regular mealtimes, eat healthy and try not to snack.
- Don’t be fooled into thinking a ‘perfect’ body will get you love.

Learn to be happy with the way you are and the confidence it gives you will show.

People who are relaxed with themselves always appear more attractive.

BODY DECOR

Making changes to the way our bodies look can be one way of getting to like them better.

but ...

- Permanent changes need to be thought through carefully – don’t end up regretting them later.
- Use a professional piercing or tattoo studio to get any work done.
- Make sure you care for any holes or skin art in the way they recommend to stop infection.
- Never share piercing jewellery or buy second hand.



www.edauk.com:
information and advice
on eating disorders from
the Eating Disorders
Association.

Youthline:
0845 634 7650

REAL MEN • • •

... have everything under control

The truth is that **nobody** has absolutely everything under control all the time. James Bond is a fictional character!

... don't cry

According to the Hollywood Action Hero version of manhood, emotion is something for women. It's not fair! Why should girls get all the breaks on releasing emotion? Stand up for your rights and have a good grieve to yourself once in a while!

REAL



... don't have to talk about it

It's harder for guys to admit they're having a problem – not least to themselves. But, the first step to sorting yourself out is admitting that there's something wrong. Talking about it can help you sort it out.

BE YOUR OWN MAN Take responsibility for your actions. Don't be afraid to live life YOUR way. Make your own decisions for yourself – not because you think it's what's expected of you.

MEN



... have loads of women

Who's counting? In any case, you might be gay (and that's OK, too). Do you really think that more partners = more happiness? Most folks agree it's the opposite that's true.

... are breadwinners

Not true. As more and more women go out to work, more men choose to stay home and look after the kids. Childcare and 'breadwinning' are both equally important and responsible tasks.



Search www.nacab.org.uk or look in the phone book for your nearest Citizen's Advice Bureau.

www.pspcore.org.uk: support and advice for young gays, lesbians and bisexuals.

5 < TALK!

**Finding Miss or Mister 'right' can be a trial.
Sticking with them can be even harder.**

WHAT DO I WANT?.....What do you want from a relationship? Can this person deliver? Can you trust them with your feelings and/or your body?

WHAT DOES HE/SHE WANT?.....'No' always means just that – NO, and especially when it comes to sex. Avoid confusion – talk about it first.

LOVE & REL

COMMUNICATE.....Lasting relationships thrive on good communications. Get talking – let each other know how you feel.

CHIN WAG.....Sometimes, talking through stuff with your nearest and dearest all the time only ends up with you going round in circles and upsetting each other. Get a fresh perspective – talk to a trusted mate or relative. You might consider counselling as a couple.



LEAN ON ME..... Good relationships mean coping with bad times as well as good. Helping each other out is what it's all about.



ATIONSHIPS

SHOULD I STAY?..... Don't confuse the passing of lust with the disappearance of love. It's always 'easy' at first but as time goes on we have to guard against taking things for granted. Lasting relationships require constant attention to keep them on track. Rekindle that passion – how about some flowers, a romantic walk or giving each other a massage?

...OR SHOULD I GO?..... Violence and abusive behaviour aren't on. If they're treating you bad, get out of there. And that goes for guys, too.

Remember – practise safer sex – always use a condom



www.brook.org.uk:
information and advice
on sex and contraception.

5

< TALK!

Women today are better paid, more successful and have more freedom and equality than ever before. But there's still a long way to go ...

**man = strong, logical, breadwinner?
woman = emotional, illogical, breeder?**

Some folks still think a woman's place is in the home with the kids rather than at work. That's their problem. Don't let it hold you back.



NEW

Sexual discrimination is illegal!

Getting paid less than the guys for the same job, being expected to do certain things or being excluded from a job just because you're a female – you don't have to put up with it. If you think it's happening, get legal advice or get along to your local Citizen's Advice Bureau.

BE YOUR OWN WOMAN Don't be afraid to live life YOUR way. Make your own decisions for yourself – not because you think it's what's expected of you.

Sexual harassment is illegal!

Pinched bottoms, sexual favours being expected in return for work or promotion or continued leery suggestions or comments can all constitute sexual harassment.

You don't have to put up with it. Get legal advice or get along to your local Citizen's Advice Bureau.

WOMEN

A Good Woman always stands by her Man

For a kick off, maybe you're gay and would rather stand by your woman? That's OK. In the past, women were financially dependent on the men in their lives and had to like it or lump it. You don't. Whoever it is, get out of there if they're treating you bad.



Search www.nacab.org.uk or look in the phone book for your nearest Citizen's Advice Bureau.

www.pspcore.org.uk: support and advice for young gays, lesbians and bisexuals.

It's go, go, go in this life but don't forget to STOP!
Take time out for yourself every single day to stop stress building up. Do something you enjoy and that makes you feel good.

WHY NOT...

Soak in the tub
Get out for a walk
Meditate
Go dancing
Do some sport
Read a book
Hang out with mates
Do yoga
Go cycling
Cook up a treat
Get massaged
Do some aromatherapy
Listen to some tunes
See a flick
Work out at the gym

CHILL

IT'S ALL ABOUT BALANCE.

If you spend all day doing physical stuff then chill out by doing something that involves using your head.

If you spend all day prodding your brain, give it a break and take your body out for a spin instead.

AVOID ...

Using drink or drugs to relax – they just mask the symptoms of stress and make things harder to deal with in the long run. Learn to cope on your own.

DON'T ...

Bottle up worries – get them off your chest.

TIME

MEDITATE

You don't need to become a Buddhist monk to learn how to meditate. Here's how:

1. Get comfy – Lie down on the floor.
2. Close your eyes.
3. Relax all your muscles one by one from your toes to your eyebrows.
4. Picture a peaceful place where you've felt happy in the past.
5. Listen to your breathing and aim to keep it slow, deep and regular.
6. Empty all thoughts from your head except the peaceful place (this gets easier with practice – honest!). Stay like this for at least 10 minutes.



5

< TALK!

It's not as simple as 'mad' or 'normal'.
Who decides what's normal anyway?
It's different for every individual.

WHEN IS A PROBLEM A PROBLEM?

We all live through emotional states from 'I'm so happy I feel like a god' at one end to 'I can't go on' at the other. Everyone experiences both and everything else in-between at some point in their lives. It only becomes a 'problem' if we spend too much time at the extremes.

SHADES OF GREY



www.rethink.org/at-ease

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> STIGMA

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> GETTING HELP

EXAMPLE: Dan's on a downer because he's just been dumped
– **NORMAL.**

3 months later, Dan's stopped going out with his mates and rarely leaves the house – **PROBLEM!**

Gerri's on Cloud 9 because she's passed all her exams – **NORMAL.**
2 weeks later, Gerri's still so excited she can't sleep and isn't eating properly – **PROBLEM!**

When the state we're in stops us getting on with our lives, that's when it's a 'problem'.

The vast majority of people recover from their problems or learn how to live with their condition. Unfortunately, mental illness still carries a lot of stigma for some people. If you're suffering as a result, try to remember that this is not your problem – it's theirs.

It's amazing what a difference sharing our worries can make. Listening to someone else's woes can make you feel better about yourself as well.

TIPS FOR LISTENING

- Folks talk when they're ready. Gentle encouragement is OK but don't be pushy (you might freak them out).
- Find somewhere quiet and private.
- Pouring your heart out is hard enough without being interrupted – let them say their say.

BE AN EAR

- Eye contact helps to generate trust. Look at them while they talk (not too often – this can seem aggressive).
- Before you start in with your pearls of wisdom, do you really understand what they're getting at?
- Advice can be useful but just listening is often best. Friendly silences and lots of sympathy can work wonders.
- Unless there's something serious (like abuse or a suicide attempt) **KEEP SHTUM!** This person has trusted you with their private feelings. Don't go telling anyone else unless they've clearly asked you to.
- Talking about problems can be the first step to sorting them out. Be prepared to help your mate access other forms of help.

Listening to heavy stuff can be hard. Get support and leave the big problems to the pros (1st rule of serious counselling is you can't counsel your mates).



The Samaritans:
08457 90 90 90

www.bacp.co.uk: search
online for a counsellor.

There's nothing worse than watching a friend having a hard time. It can be especially difficult if you know they have a 'mental health problem'.

DON'T PANIC

The person you thought you knew is still there – just having a hard time. Don't believe what you read in the papers – people with mental health problems who get violent or aggressive are the exception rather than the rule.

SUPERMATE



www.mind.org.uk:

no-nonsense information on mental health issues. Downloadable fact sheets from their virtual bookshop.

FIGHT STIGMA

Having a mental health problem can be a very isolating experience – most folks will rather run a mile than be around a 'nutter'. Strike a blow in the other direction by letting them know you're there for them.

HELP THEM GET HELP

Accessing help when your head's in a mess can be hard work and even frightening. Why not let them have a read at this booklet and/or suggest you try to get help together?

27 < BE AN EAR

29 > STIGMA

34 > GETTING HELP CONTACTS

LISTEN

The very best help a mate can give is often just to listen and be there when they need it.

WHAT IS STIGMA?

Negative ideas or prejudices based on incorrect or incomplete information. Associated with things people are afraid of – like mental illness, for example.

Because of stigma, the 'mental' aspect of our lives is still a taboo subject.

Not too long ago, talking about drugs, sex and sexuality were similar 'no go' areas – attitudes can and do change for the better!



STIGMA

SO WHAT'S THE PROBLEM?

Because we are reluctant to talk or even think about mental health, we let minor troubles – which are easily fixed – develop into more serious problems or illnesses. Stigma stops people from going out and getting the help they need. It prevents the kind of self-awareness we need to maintain good mental health and makes life even more of a misery for people who do have mental health problems.

Stigma harms everybody.

**Fight it by letting people know the truth:
we all need to think about our mental health**



4

< PYRAMID OF I!

Everything in our lives has an effect on our minds – ever noticed how many more people smile when the sun comes out?

What is ‘mental health’?

Not ‘mental illness’! Mental health or ‘mental well-being’ is feeling good about yourself and life and coping well with the challenges it throws at you. Good mental health is a key part of good health generally.



THE BOTT

What is ‘mental illness’?

There’s nothing ‘alien’ or ‘weird’ about so-called mental illness or ‘mental health problems’. They’re just the normal feelings and emotions we all experience that have gone to an extreme. We all can be depressed about something, worried or over-excited but mostly we settle back into some kind of middle ground. Sometimes, for whatever reason, we don’t.

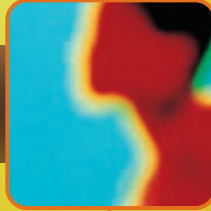
Mental illness is more common than you think
– try some of these facts for size:

In the course of a year 1 person in 4 will suffer some kind of mental health problem

OVER A LIFETIME:

- 1 person in 10 will suffer from **depression**
- 1 in 10 will suffer from **anxiety**
- 1 in 20 women will suffer from an **eating disorder**
- 1 in 100 will suffer from **manic depression**
- 1 in 100 will suffer from **schizophrenia**

OMLIME



Most people do recover. Many learn valuable lessons about themselves as a result of their illness. Others learn to live with the way they are – just as you would with a bad back or bad eyesight.

You'll be incredibly flukey if you don't have to deal with a dodgy head at some point. But you can ...

- look after your head and body to lessen the chances
- plan ahead in your life to minimise stress
- know when and where to get help.

... and you'd have to be a **hermit** never to be close to someone who has a mental health problem. So **spare a thought ...**



32 > JARGON

JARGON

ANXIETY

Feeling 'keyed up' or worried about something, 'freaked out'. Churny guts. Not being able to sleep properly.

CARE IN THE COMMUNITY

Most people who have mental health problems now get shorter stays as in-patients, if at all, and then are cared for in their own homes by doctors and community psychiatric nurses.

COUNSELLING

Talking to a trained or experienced listener about what's bothering you.

DEPRESSION

In a rut, 'the blues', feeling low, being negative about yourself and life, lost interest. Perhaps having thoughts about taking your own life.

MANIC DEPRESSION

Constantly swinging between the worst lows (depression) and the highest highs (mania) and not being able to stop or 'level out'.

DRUG TREATMENTS

Many different drugs are used to treat mental illness. Most common are anti-depressants and tranquillisers. They are not 'wonder cures'. They take time and work best when individuals try to sort out the causes of their problems as well. There is no shame in taking these drugs – millions do it every day.

EATING DISORDERS

Bulimia: eating but then making yourself sick right after and not being able to stop it. **Anorexia:** eating too little or nothing at all and not being able to stop it. **Over-eating:** eating too much all the time and not being able to stop it.

GRIEF/LOSS

The feelings that come with the loss of a loved one or some other major part of our lives coming to an end (like a job or relationship). Grief is a normal part of the healing process but should not continue for too long.

HYPOMANIA/MANIA

Feeling invincible/superhuman, that you can do anything, 'on top of the world', apparently not needing sleep or rest, not being able to calm down.

OBSESSIVE COMPULSIVE DISORDERS (OCDs)

Always having to do a specific thing or set of things because of a fear that something bad will happen if you don't. Common ones are hand washing (hygiene), counting things, making sure doors are locked (security) and things to do with food (see 'Eating disorders').

PANIC ATTACKS

'The shakes' and/or difficulty breathing properly and/or being sick because of a rush of fear or anxiety about something.

PEER SUPPORT GROUP/SELF-HELP GROUPS

People at the same stage in life or with similar problems giving each other help, advice and support.

PHOBIAS

Fear of anything: wide open spaces, small spaces/crowds heights and spiders are a few of the common ones. Fear is normal but is seen as a 'problem' when it stops you going about your normal business.

POST-NATAL DEPRESSION

Depression suffered by many mothers following childbirth.

PSYCHIATRIST

Doctor who specialises in the mental aspects of health. Expert at deciding what the problem is and giving the right drugs, treatment and care.

PSYCHOLOGIST

Expert in human behaviour. Can help in working through feelings around the way we act in different situations.

SCHIZOPHRENIA

Name given to a range of symptoms (every sufferer has different ones) including hearing voices, seeing unpleasant things that aren't there or having unpleasant thoughts that won't go away. Some sufferers feel that the whole world is ganging up against them ('paranoid schizophrenia'). Not 'split' or 'dual' personalities.

'SECTIONING'

Also called 'compulsory admission'. The law states that a doctor can make you go to hospital as an in-patient whether you want to or not. **This only happens if they feel that you are likely to harm yourself or someone else.** Everyone has the right to appeal through the Mental Welfare Commission (see 'Contacts').

SELF HARM

Cutting, burning or injuring yourself in any way because you don't like yourself or because it makes you 'feel better' or more 'in control'. Causes and reasons for doing it differ from person to person but it's generally not just a 'cry for help' (most keep their self harming secret for fear of the stigma it carries). On the increase among young people.

STIGMA

Negative ideas or prejudices about something based on incorrect or incomplete information. Usually associated with things people are afraid of – like mental illness, for example!

STRESS

The result of living with things that are difficult to cope with. Normal by-product of living our lives but too much is bad for our health.

GETTING HELP

Being sad, down, anxious, afraid or 'on top of the world' are all normal feelings – just not all of the time.

GET HELP – the longer a problem continues, the more difficult it can be to shift or put right. There are a number of things to try.

CONTACTS

BRITISH ASSOCIATION FOR COUNSELLING AND PSYCHOTHERAPY

1 Regents Place, Rugby, Warks CU21 1JP. **Tel: 0870 443 5252**. Call to find your nearest accredited counsellor or visit www.bacp.org.uk for searchable lists of qualified counsellors across the UK.

CAREERS SERVICES

Help and advice in choosing or changing your career. Check the **Yellow Pages** under 'Careers Advice'.

CARERS SUPPORT

Various projects for people caring for a relative who is unwell or in need of care. Check the telephone book business section under 'Carers' for local projects or ask at your nearest Youth Enquiry Service.

CHILDLINE

Information and telephone counselling for children *and* young people. **Freephone: 0800 1111** – any time.

CHILDREN 1ST

Call them if you are or you suspect any young person you know is suffering abuse.

Tel: 0131 446 2300 – Monday-Friday, 9am-5pm. www.children1st.org.uk

CITIZENS' ADVICE BUREAUX

Free and confidential advice on any legal matter from housing to employment. Check the **Yellow Pages** under 'Counselling & Advice' or visit www.nacab.org.uk for an online guide to your rights, email questions and local office search.

DWP DEPARTMENT OF WORK AND PENSIONS

Advice and help with state benefits. Look for them in the telephone book or visit www.dss.gov.uk to find your nearest office.

EATING DISORDERS ASSOCIATION

1st floor, Wensum House, 103 Prince of Wales Road, Norwich NR1 1DW. **Youthline: 0845 634 7650. Textline 07977 493 345**, Monday-Friday, 4pm-6.30pm, Sat 1pm-4.30pm. **www.edauk.com**: information, advice and more on eating disorders for young people and adults.

EMPLOYMENT SERVICE

Look in the telephone book under 'Employment Service' or visit www.jobcentreplus.gov.uk for advice and to search for jobs online.

FAIRBRIDGE

Norton Park, 57 Albion Road, Edinburgh EH7 5QY. Tel: **0131 475 2303**, Monday-Friday, 9am-5pm.
www.fairbridge.org.uk

FRANK ABOUT DRUGS

Counselling on any drug worries you have about yourself, friends or relatives. Freephone: **0800 776 600** – any time.
www.talktofrank.com

GET CONNECTED

Tel: **0808 808 4994**, 1pm-11pm daily. Free helpline for people who have or are thinking about running away from home. Puts callers in touch with local organisations that can help – whatever the problem.
www.getconnected.org.uk

MENTAL WELFARE COMMISSION FOR SCOTLAND

Argyle House, K Floor, 3 Lady Lawson Street, Edinburgh EH3 9SH. Tel: **0131 222 6111**. Oversees the welfare of psychiatric patients. Appoints doctors to give second opinions about treatment and compulsory admissions and detentions in hospital ('sectioning'). Hears appeals against detentions and complaints about treatment.
www.mwscot.org.uk

NATIONAL UNION OF STUDENTS & STUDENTS' UNIONS

Support, information and advocacy for people in higher and further education. Look for them in your college handbook.

NHS HELPLINE Tel: **0800 22 44 88**

PARENTLINE PLUS

Information, help and advice for parents: **0808 800 2222** – Monday-Friday, 9am-5pm.

PENUMBRA

Norton Park, 57 Albion Road, Edinburgh EH7 5QY. Tel: **0131 475 2380**, Monday-Friday, 9am-5pm.
www.penumbra.org.uk. Projects in various locations in Scotland (including one for young people in the Borders). Help with accommodation, support, counselling, social activities, advice and advocacy. Information and advice over the telephone.

RAPE CRISIS/ABUSE SURVIVORS PROJECTS

Support and counselling services for the victims of rape and abuse. Check the **Yellow Pages** under 'Counselling & Advice'.

SCOTTISH ASSOCIATION FOR MENTAL HEALTH

Cumbrae House, 15 Carlton Court, Glasgow G5 9JP. Information line: **0141 568 7000**, 2pm-4.30pm, Monday-Friday). www.samh.org. Various projects across Scotland – call to find your nearest. Information, advice, support and activities.

SCOTTISH COUNCIL FOR VOLUNTARY ORGANISATIONS

The Mansfield, Traquair Centre, 15 Mansfield Place, Edinburgh EH3 6BB.. **Tel: 0131 556 3882**. Call their information department to find an organisation near you for volunteering opportunities or search online at www.scvo.org.uk

SMOKELINE

Advice on dangers of smoking and how to give up. **Freephone: 0800 84 84 84**, 12 noon-10pm, 7 days a week. smoke@essentiagroup.com

SUZU LAMPLUGH TRUST

Tel: 020 8876 0305, Monday-Friday. Call for information on personal safety or order through the website: www.suzylamplugh.org

THE LINE

Information, counselling and messages home for young people living away from home. **Freephone: 0800 88 44 44** – Monday-Friday 3.30pm-9.30pm; weekends 2pm-8pm.

THE SAMARITANS

Confidential listening service for anyone who needs to talk to someone. **Tel: 0345 90 90 90**. www.samaritans.org.uk

WHO CARES? SCOTLAND

Oswald Chambers, 3 Oswald St., Glasgow G1 4QR. **Tel: 0141 226 4441**, Monday-Friday, 9am-5pm. www.whocarescotland.org Information and support for young people living in or moving out of Care.

YOUTH ENQUIRY SERVICES & YOUTH INFORMATION PROJECTS

Information on other local services for young people and support. Check the **Yellow Pages** for your nearest. Times vary but best try during office hours.

WEBSITES

www.antibullying.net – information, advice and links on bullying.

www.1stpm.org – articles by folks with experience of various traumas – lots by young people.

www.bullying.co.uk – information and advice on bullying.

www.bbc.co.uk/education/revision – subject-by-subject help with exams or ask a teacher about it online.

www.brook.org.uk – information and advice on sex and contraception.

www.childline.org.uk – Childline website with fact sheets, links and more.

www.edauk.com – information and advice on eating disorders.

www.getconnected.org.uk – puts you in touch with the right people when you need it most.

www.healthscotland.com – Health Scotland website with information and links.

www.mind.org.uk – facts and information on mental health and related sites.

www.mindbodysoul.gov.uk – information on issues affecting young people.

www.penumbra.org.uk – Penumbra website with information on mental health and an excellent section on self harm.

www.pspcore.org.uk – site offering support and advice for young gays, lesbians and bisexuals.

www.rethink.org/at-ease/ – mental health issues for young people. ‘No messing’ information on head stuff and a game to help explore feelings.

www.samh.org.uk – information on mental health and related sites.

www.teenagehealthfreak.org.uk – health information and an email ‘ask the doctor’ service.

www.thesite.org.uk – information on drugs, sex, mental health and more.

www.youth2youth.co.uk – email helpline run by young people for young people.

www.youthinformation.com – huge searchable database of information. Everything from love to the law.

NOTE: Health Scotland cannot guarantee the quality of information on websites run by other organisations. Always surf safely – never give out your real address or telephone number.

ALL DIFFERENT

What's good for one person isn't always good for another.
Don't give up until you find what's best for you.

KNOW YOURSELF

- Know your limits, strengths and weaknesses.
- What keeps you happy? What gets you down?
- Use this knowledge to **plan ahead** for your **needs**.

OVER TO YOU...

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CHECK YOURSELF

- How do you feel today?
- Act on problem areas.
- Successful people spot problem areas quickly and act on them.

CHOICES

- Think carefully about how each choice affects everything else in your life.
- Will it mean more fun or more hassles for you?
- What are the pros and cons in the short term?
- What about the long term?

MAKE A MESS!

Don't let fear of mucking up stop you from doing things. Sometimes, 'mistakes' are unavoidable. Put it down to experience and learn the lesson for the next time.

RUN AROUND ... WASH YER SOCKS ... HAVE A LAUGH!

THANKS TO: Scott Porter Research and Marketing Ltd for gathering responses. Thanks also to the Task Group for keeping us pointed in the right direction. Extra special thanks to all the young people who helped during the research for this booklet and let us know what's what. Your comments kept us on the straight and narrow!

Look out for other resources in the HEAD KIT range: handy wallet cards with useful contacts, poster, and a supporting guide for youth workers, parents and teachers. All of these are available from your local health board health promotion department.

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