



OUR LADY & ST JOHN CATHOLIC COLLEGE

About Mental Health



What is Mental Health?

Often when people talk about mental health, they are really thinking about mental ILLNESS, so it's really important that we understand that we ALL have mental health, just like we all have physical health. Our mental health is really about:

- How we think and feel about ourselves and others
- How we make sense of situations
- Our ability to enjoy relationships
- Our ability to learn and develop emotionally
- How we cope with the ups and downs of life

Mental health isn't a fixed state; it is something which can change throughout our lives, just like our physical health. Being mentally healthy isn't about being happy all the time. It is normal to have times when we feel worried, stressed, upset or down.

Sometimes worries or feelings can be overwhelming and stop us enjoying life; for example struggling to eat, sleep or concentrate or feeling unable to get on with our usual routines. If these feelings last for more than a few weeks, it might be that it would help to talk to someone about getting support.

You may have seen the Time to Change campaign on TV, which is trying to encourage us all to speak more openly about mental health. Mental health problems are not a sign of weakness and being open about our mental health will help those who need support feel more able to talk about it, without feeling embarrassed or ashamed.

If you would like more information about how to support someone with a mental health problem or want more information, check out the Time to Change website or have a chat with Nicki Chadwell, our school counsellor.

www.time-to-change.org.uk

Other useful websites

www.time-to-change.org.uk

www.youngminds.org.uk

www.mentalhealth.org.uk

www.sane.org.uk

www.bigwhitewall.com

www.rethink.org

www.mind.org.uk

www.thelancashirehealthandwellbeingcentre.co.uk

www.lancashiremind.org.uk

www.adviceforallbwd.org

<http://www.nhs.uk/pages/home.aspx>

http://www.youngminds.org.uk/for_parents/parent_helpine