

# What is emotional health?

Emotional health is about the way we think and feel, and the ability to manage our feelings and deal with difficulties. Having good emotional health is not the same thing as being happy all the time.

We all feel different emotions at different times. These emotions can range from positive feelings to negative feelings, or can lie somewhere in between.



**YOU COULD BE FEELING:**

stressed, relaxed, excited, irritable, hopeful, argumentative, chatty, angry, happy, tearful.

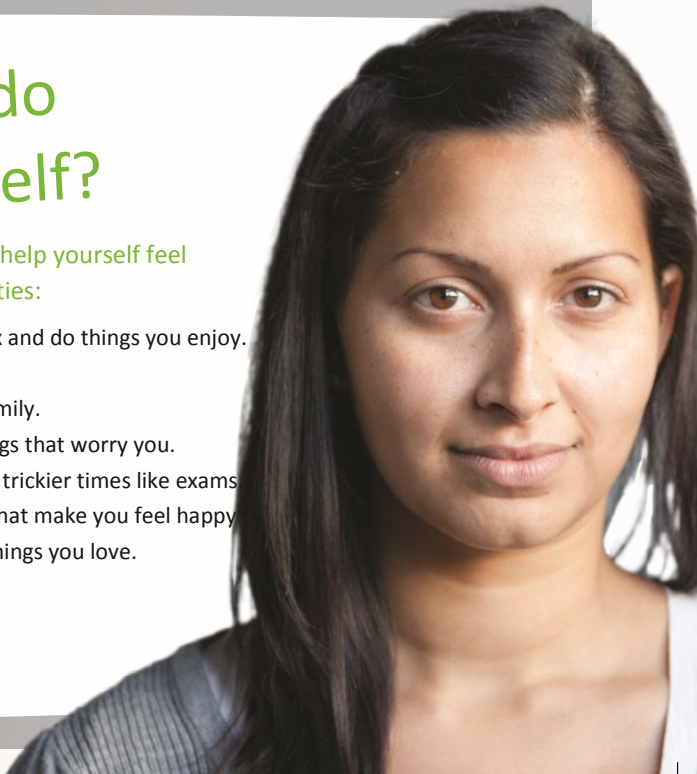
**Everyone experiences difficult feelings from time to time, and often we don't know what to do to help us get back on track.**



# What can I do to help myself?

There are things you can do to help yourself feel more able to cope with difficulties:

- Make time for yourself, to relax and do things you enjoy.
- Have a healthy, balanced diet.
- Spend time with friends and family.
- Talk to other people about things that worry you.
- Work out a plan to get through trickier times like exams.
- Write down things you notice that make you feel happy.
- Make a list of the people and things you love.
- Get plenty of sleep.
- Exercise regularly.
- Take up a hobby or interest.
- Listen to music or read a book.





# Not sure how you are feeling? Struggling to cope?



Do you recognise some of these in yourself?  
Or in a friend?

We all need help sometimes.

- Lacking energy or feeling tired most of the time.
- Feeling more tearful than you have done before.
- Not wanting to talk or be with people.
- Not feeling like doing things you usually enjoy.
- Eating, drinking or sleeping more or less than usual.
- Using alcohol or drugs to cope with how you are feeling.
- Finding it hard to cope with everyday things.
- Feeling restless and agitated.
- Not taking care of yourself or feeling like you don't matter.

**If you can say yes to one or more of these then maybe it is time to talk to someone to get help and support.**



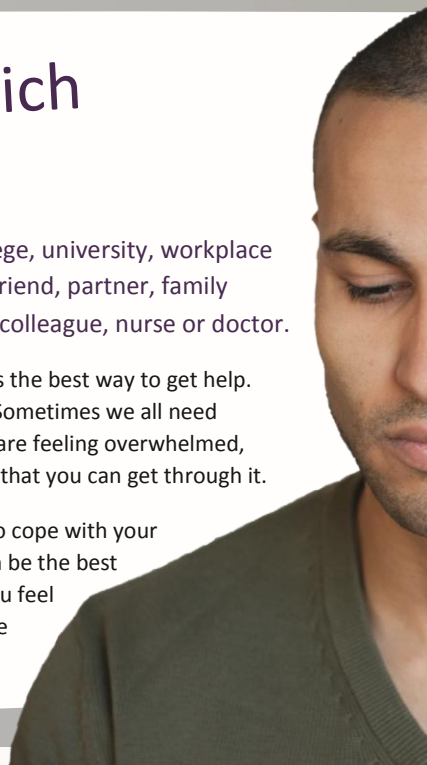


# Don't know which way to turn?

Lots of people in your own school, college, university, workplace or community can help – it could be a friend, partner, family member, tutor, supervisor, counsellor, colleague, nurse or doctor.

Many people find talking to someone else is the best way to get help. It just needs to be someone you can trust. Sometimes we all need help getting through a difficult time. If you are feeling overwhelmed, remember that these feelings will pass and that you can get through it.

Talking can really help you feel more able to cope with your feelings and find a way forward. Talking can be the best way of getting through a difficult time. If you feel like you are not coping or that you are alone with your difficult thoughts and feelings, it is important to get help.



# WHERE CAN I GET HELP?

## Childline

Help and support for children and young people.

[childline.org.uk](http://childline.org.uk), 0800 11 11 24 hours, free to call from landlines and mobile.

## The site

Your guide to the real world full of information on all subjects relating to young people.

[thesite.org](http://thesite.org)

## YoungMinds

Children and young people's wellbeing and mental health.

[youngminds.org.uk](http://youngminds.org.uk)

## Harmless

A self harm support organisation.

[harmless.org.uk](http://harmless.org.uk)



**Talk to us** any time you like,  
in your own way – about  
whatever's getting to you.



# 116 123

This number is **FREE** to call

**FREE**



# 07725 90 90 90

Standard text charges apply



[jo@samaritans.org](mailto:jo@samaritans.org)



[samaritans.org](http://samaritans.org)

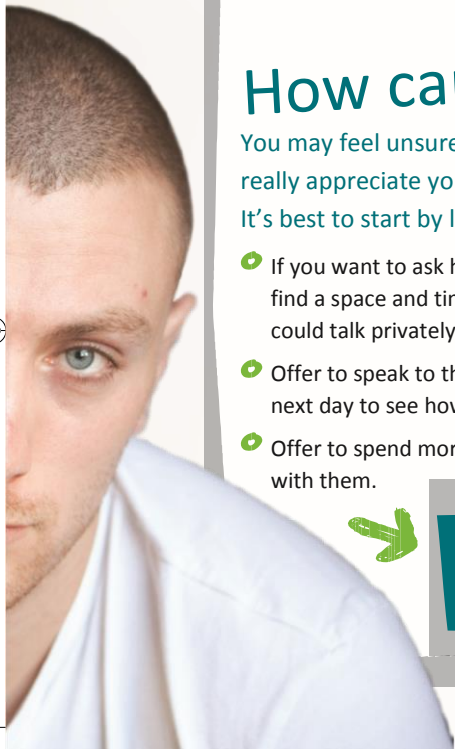
# SAMARITANS

A registered charity

# How can I tell someone I'm struggling?

- If you're worried you won't know what to say, perhaps write it down.
- Could you tell them how you feel? Do you know what's making you feel like this? What help would you like? It's ok if you don't know.
- Make sure you have time and somewhere you feel comfortable to talk – this could be somewhere private or somewhere really busy where you won't be overheard.
- Most people find it helps to tell someone. People who contact Samaritans say that talking, texting or emailing helps them feel more able to cope, feel less anxious or lonely and better understood.
- It might help to text or email ahead so they know you want to talk.





# How can I help a friend?

You may feel unsure how to help, but the chances are your friend will really appreciate your concern – even if they find it difficult to say this. It's best to start by letting them know you want to help and can be trusted.

- If you want to ask how they are, find a space and time when you could talk privately.
- Offer to speak to them again the next day to see how they are.
- Offer to spend more time with them.
- Ask open questions like; “how are you feeling?” or “what makes you say that?”
- Listen to what they say.
- If they don't feel like talking, let them know you'd like to help and are there for them.



**You don't have to take everything on your shoulders.  
If you are helping a friend, make sure you have support for yourself too.**





What's on  
your mind?



**SAMARITANS**