MYRIAD My resilience in adolescence

Mental and Emotional Health

There are different kinds of health.

All of us have our own **mental health** (thoughts), emotional health (feelings), and physical health (bodies).

Like our bodies, our minds can sometimes become unwell. This can affect how we think, feel and behave. It is very important for us to take care of ourselves.

The MYRIAD Project

In this project, we will be asking you lots of questions about your mental health, emotional health and wellbeing. This will help us learn more about what it is like to be an adolescent (young person) in the UK today. For more information, you can look up our website www.myriadproject.org.

All of your answers will be kept confidential. This means that, whatever you say on the questionnaires, we will not share this information with anyone else, except once it has been made anonymous. This means even if you tell us on the questionnaires that you are having big problems, we will still not share this with anyone else, or contact you to offer help.

However, if you, your friend or someone you know needs support - help is here!





Pupil Support Sheet

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Family

School

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CAMBRIDGE

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Your School

You might choose to speak to a teacher at your school

that you know well. You can also speak to anyone in the

school Student Welfare Team.

If you have any concerns about any aspect of today's

session, please speak to the Designated Safeguarding

Lead at your school.

Remember, asking

for help is a very

brave step to take!

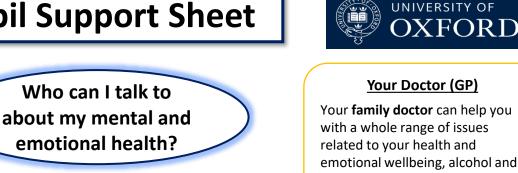
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Local & National

Organisations

Your Doctor



Local and National Organisations

drugs, sexuality and other issues.

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In your area there are lots of local organisations that help young people with the challenges they face. Alternatively you could look at one of the **national charities** that offer support and advice to young people on a range of issues. You can find details on the back of this sheet.

MYRIAD Team

Finally if you have any questions, you are always welcome to contact the MYRIAD research team via email to myriad@psych.ox.ac.uk or by phone to (01865) 613164.







Full Pupil Support Sheet, Version 1.2 29th October 2020

MYRIAD My resilience in adolescence

National Organisations

ChildLine

www.childline.org.uk Freephone: 0800 1111 ChildLine 0800 1111

Free 24-hour helpline and online support for children and young people, including information on your mental health, body issues, bullying, friends, family, relationships, school, plus an online toolbox of supports

YoungMinds

www.voungminds.org.uk

Support for young people's mental health and wellbeing, including information on mental health symptoms, abuse, bullying, drug and alcohol use, self-harm and online pressures

Youth Access

www.youthaccess.org.uk Championing advice and Phone: 020 8772 9900 Details of local advice and counselling agencies for children and young people

FRANK

www.talktofrank.com

Friendly, confidential, drugs advice

Pupil Support Sheet

National Organisations

NHS Choices: Youth Mental Health

A free information hub offering young people advice and help

on a range of topics, including depression, anxiety, stress, cyberbullying, bereavement. self-harm, body issues and more. www.nhs.uk/Livewell/youth-mental-

health/Pages/Youth-mental-health-help.aspx

Inspire wellbeing (Northern Ireland)

https://www.inspirewellbeing.org/

Mental health information, advice and support for people in Northern Ireland.

Lifeline (Northern Ireland)

www.lifelinehelpline.info

0808 808 8000 Northern Ireland's crisis response helpline for people experiencing distress or despair.

See Me (Scotland)

www.seemescotland.org End mental health discrimination Scotland's programme to tackle mental health stigma and discrimination.

SAMH (Scottish Association for Mental Health) www.samh.org

Phone: 0141 530 1000

Mental Health information, advice and support for people in Scotland.

Local Organisations

Please follow this link:

http://myriadproject.org/pupils/sources-ofsupport/ to find organisations in your local area.



MYRIAD Team

Email: myriad@psych.ox.ac.uk Phone: (01865) 613164





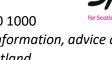














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inspire* wellbeing for all







0808 808 8080

NS choices

Mental



See Me