

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!

Who can I talk to about my mental and emotional health?



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!

Your Doctor (GP)

Your **family doctor** can help you with a whole range of issues related to your health and emotional wellbeing, alcohol and drugs, sexuality and other issues.

Local and National Organisations

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.

National Organisations

ChildLine

www.childline.org.uk

Freephone: 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.youngminds.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

Phone: 020 8772 9900

Details of local advice and counselling agencies for children and young people



FRANK

www.talktofrank.com

Friendly, confidential, drugs advice



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

Scotland's programme to tackle mental health stigma and discrimination.



National Organisations

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-of-support/> **to find organisations in your local area.**

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