

Emotional Health

- ▶ What is emotional health?
- ▶ Want help for yourself?
- ▶ Worried about a friend?

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The background features a collage of colorful arrows in various directions and sizes, including shades of green, yellow, orange, pink, and blue. Some arrows are solid, while others are outlines. There are also light-colored swirls and a thick orange horizontal bar at the top of the page.

What is emotional health?

Emotional health is about the way we think and feel, and the ability to cope with difficult things in life. If something happens and we feel low emotionally, getting back on track can be difficult.

We're all somewhere on the emotional health map - whether somewhere positive, negative or somewhere in the middle.

In a more positive place: relaxed, happy, content, easy going, laid back, chatty, friendly, fun

In a more negative place: upset, sad, withdrawn, irritable, angry, argumentative, guilty, quick tempered, tearful

How can I be emotionally healthy?

Here are some suggestions:

- ▶ Make time for yourself, to relax and do things you enjoy
- ▶ Have a healthy, balanced diet
- ▶ Get plenty of sleep
- ▶ Exercise regularly
- ▶ Spend time with friends and family
- ▶ Talk to other people about things which worry you
- ▶ Be aware of your strengths and things you find difficult
- ▶ Know the warning signs (on the next page)

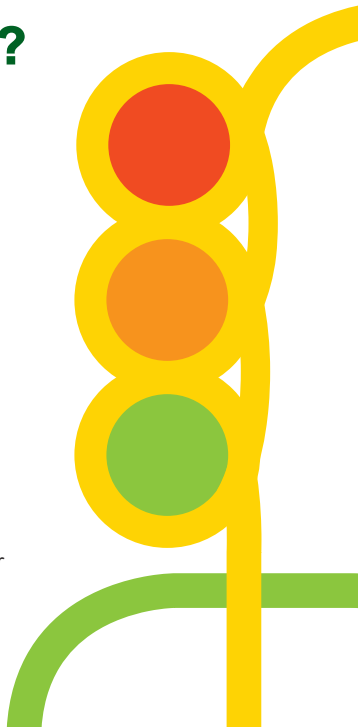


Feel like... You're out of fuel? Red light ahead?

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

- ▶ Lacking energy or feeling particularly tired
- ▶ Feeling more tearful
- ▶ Not wanting to talk or be with people
- ▶ Not wanting to do things you usually enjoy
- ▶ Eating, drinking or sleeping more or less than usual
- ▶ Using alcohol or drugs to cope with feelings
- ▶ Finding it hard to cope with everyday things
- ▶ Feeling restless and agitated
- ▶ Not liking or taking care of yourself or feeling you don't matter

If several of the things listed above describe you or a friend then now is the time to get some help and support.



Don't know which way to turn?

Many people find talking to someone else is the best way to get help. It doesn't have to be the same person who could actually help. It just needs to be someone you can trust.

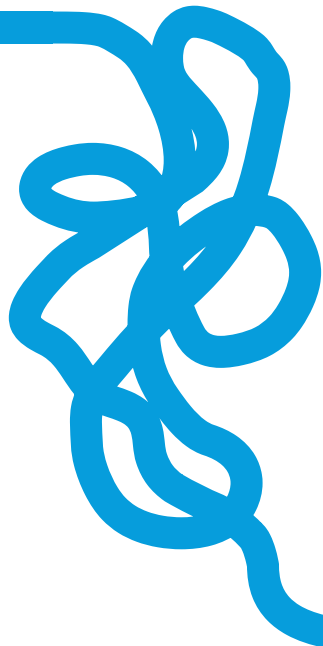
Lots of people in your own workplace, school, university or community can help - it could be a friend, partner, family member, colleague, tutor, supervisor, counsellor, nurse or doctor.

There are also many helplines and other sources of support - the next page has some suggestions about where to get help.



How can I tell someone I'm struggling?

- ▶ It might help to text or email ahead so they know you want to talk
- ▶ If you're worried you won't know what to say, perhaps write it down beforehand
- ▶ Could you tell them how you feel? If you know – what's making you feel like this? What help would you like?
- ▶ Make sure you both have time and somewhere you feel you can 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 or emailing helps them cope and feel less anxious, less isolated and more understood



Slowing down to help...

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 – perhaps keep in touch by texting, instant messaging or social networking?

- ▶ If you want to ask how they are, find a space and time when you could talk privately or where it's really busy so you won't be overheard
- ▶ Offer to ring them tomorrow to see how they are
- ▶ Ask open questions like "How are you feeling?" or "What makes you say that?"
- ▶ Look at them, listen to what they say
- ▶ If they don't feel like talking, let them know you'd like to help
- ▶ Maybe suggest you go out and do something fun together



Where can I get help?

Apart from people you know, there's loads of information on the web about support.

Here are some suggestions to get you started:

24/7 Confidential emotional support jo@samaritans.org 08457 909090 (UK)
1850 609090 (ROI) Write to: Chris, P.O. Box 9090, Stirling FK8 2SA
For details of your local branch: www.samaritans.org

Get Connected Confidential support and information to help anyone under 25 decide what they want to do next. Freephone 0808 808 4994
1pm-11pm 7 days a week help@getconnected.org.uk www.getconnected.org

BBC Mental Health Information
www.bbc.co.uk/health/conditions/mental_health/

TheSite.org 'Your guide to the real world' information, support and guidance for young adults. www.TheSite.org

Samaritans registered charity no: 219432