

## Mental Health and Wellbeing - what is it?

Mental health involves discussing our thoughts and feelings, which can be positive or negative. It's affected by lots of different things, such as sleep, friendship or relationships, taking on too many responsibilities and not getting enough time to yourself to relax.

### Why is it so important?

Mental health is about daily well-being, not just during tough times. It can affect how you feel mentally, and physically, impacting your day-to-day life.

Looking out and caring for yourself, every day can help you feel your best and make it easier to handle life when things feel tougher.

### 8 steps for better mental health and wellbeing

- 1 **Chat to someone** you trust and enjoy spending time with
- 2 **Try a new hobby**
- 3 **Get active** (alone or with friends) - walking, football or stretching?
- 4 **Be creative** try drawing, photography or playing an instrument.
- 5 **Spend some time alone** doing something you enjoy - how about listening to music, reading or gaming?
- 6 Don't forget your basic needs - are you **hungry, thirsty or tired?** This can have a big impact on how you feel.
- 7 **Just give it a go** - sometimes taking the first step is the hardest. What small thing can you do right now to make yourself feel a little bit better?
- 8 **Listen to your body - what do you need right now?** Have you got too much, or not enough energy? Do you need to spend time alone or to be social?

**Remember, looking out for yourself will look and feel different for everyone. It doesn't need to be complicated or take ages. What helps your brain feel better?**

### Where to get help

If you are worried or upset about something, it's important to ask for help. Speak with an adult or contact one of the free services below:

**School counselling services:** Face to face support. You can refer yourself via [www.exchange-counselling.com/](http://www.exchange-counselling.com/) or speak to a teacher in school to help.

**Childline:** Available 24/7. [www.childline.org.uk](http://www.childline.org.uk) or call 0800 1111.

**Kooth:** Free, safe and anonymous support for ages 10-26: [www.kooth.com](http://www.kooth.com)

**Text Clacks** - 24/7 text-based crisis support that is free and off-bill. Text 'Clacks' to 85258.

### Supporting Friends

If you're worried about a friend, you can:

**Chat to them** - speaking to someone you trust and like spending time with can be helpful. Let them share their thoughts and feelings without interrupting. It doesn't need to be about mental health specifically!

**Spending time together** - whether it's kicking a ball around, going to the gym, gaming, getting your nails done, or listening to music together. These activities can help you and your friends feel more relaxed and happy.

**Be kind** - if your friend is having a hard time, try to make things easier for them. Lend them stationery, get their favorite chocolate, or help with homework. Little acts of kindness go a long way!

**Let them know you're there for them** - make them feel seen. If they need some time alone, respect that. If you're worried, encourage them to seek help, just as you would for yourself. It's important they know you're available to chat or help them find professional support or resources that can help.

**Speak to an adult** - If you're still worried about a friend, or are not sure how to help, talk to an adult you trust.

**What other ways do you support your friends?**

Find us online!

🔍 Clacks Keys campaign



### Clacks Keys

is a youth-led campaign **empowering children and young people** in Clackmannanshire to know **how and where to get support** with their mental health, and how to **have conversations** with their peers and adults in their lives.



Clackmannanshire  
Council

NSPCC  
SCOTLAND

The campaign is a partnership between NSPCC Scotland and Clackmannanshire Family Wellbeing Partnership (FWP), created alongside young people aged 12-14.

CELEBRATE YOUR  
INDIVIDUALITY

SUPPORT \*

GIVE IT A GO!

Ask for  
HELP

Remember you are  
NOT  
ALONE

