



## Looking after you!

Sometimes it can feel like we don't have any control over what we think or how we feel. But by making simple changes to our lives, we can make a real difference to our mental health. Feeling good is worth investing in!

## Ask for help...

You might not like asking for help. You may feel that you don't want to burden other people. You worry about what they might think or that they could tell others. You may even be afraid that they'll laugh at you but people who care about you will want to help you. You just need to ask.

## Who can you ask for help?

**Your family** - parents or carers, siblings, grandparents, aunts, uncles or cousins.

**Trusted friends** - your own friends, or friends of the family, neighbours or your friends in the cadets or school.

**Professionals** - your GP, a doctor or nurse, a social worker or phone line support charities.

**Community Groups** - your Cadet Force Adult Volunteers or the County's independent listener.

## WHO CAN HELP?

### Childline

You can talk to Childline about anything. No problem is too big or too small. Call them free on **0800 1111** or get in touch on [www.childline.org.uk/info-advice](http://www.childline.org.uk/info-advice). It's confidential and you don't have to give your name if you don't want to.

### YoungMinds

Text the YoungMinds Crisis Messenger, for free 24/7 support across the UK if you are experiencing a mental health crisis. If you need urgent help **text YM to 85258**. All texts are answered by trained volunteers, with support from experienced clinical supervisors. Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus. [YoungMinds.org.uk](http://YoungMinds.org.uk)

## Distressed or suicidal?

### Samaritans

The Samaritans are there round the clock, 24 hours a day, 365 days a year. It is **FREE** to call them on **116 123**. You don't have to be suicidal to call. [www.samaritans.org/how-we-can-help-you](http://www.samaritans.org/how-we-can-help-you)

### Papyrus

If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINEUK for confidential support and practical advice. Call: **0800 068 4141**. Text: **07786209697** or Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org) (Opening hours: 10am - 10pm weekdays 2pm - 10pm weekends 2pm - 10pm bank holidays from 9am - 9pm.)

### Anti-Bullying Alliance

Anti-Bullying Alliance is a unique coalition of organisations and individuals, working together to achieve a vision to stop bullying and create safer environments in which children and young people can live, grow, play and learn

# ARMY CADETS HEALTHY MINDS



## Friends & Family

There is strong evidence that indicates that feeling close to, and valued by, other people is a fundamental human need and one that contributes to functioning well in the world.



It's clear that social relationships are critical for promoting wellbeing and for acting as a buffer against mental ill health for people of all people.

You might feel like they won't understand, but friends and family can surprise you. You would probably want to help people you love if they were struggling, so why wouldn't they feel the same about you?

### Some of the ways they can help:

**Spend time with you.** Too much time on your own can make you feel worse. Just being around other is a simple way to feel more connected.

**Talking things through.** If you are stressed or feeling low, you can talk to someone who can provide motivational support, whether that is a friend or a parent. You can always talk to someone in the Army Cadets, whether it be your cadet friends or a CFAV you trust.

**Notice changes in your mood.** People who know you well will probably recognise when you are not feeling your best and they can be there to help you.

**Give practical support.** Friends can do things like coming with you to cadets or to help you do something outside the organisation like go to a party or to see a doctor.

## Believe in yourself!

Most people will have low self-esteem at some point in their lives and it can be caused by a number of things - comparing yourself to your friends, problems with family, at school or your health. Sometimes it passes on its own or you can take steps to help yourself feel better. Tackling low self-esteem early can help protect depression or anxiety developing.

**Understand why you focus on negative and challenge those feelings.** List what negative things you think about yourself and why do you think this. Then find some reasons why these negatives may not be true.

**Focus on the positive.** Write down your best feature, the last enjoyable activity you did or when you did something nice for someone else.

**Find people that make you feel good.** Spend time with people who make you feel good about yourself and less time with those people who make you feel bad about yourself.

**Get active.** Regular physical activity is associated with lower rates of depression and anxiety across all age groups. Increasing your heart rate releases endorphins and makes you feel better about things. And can help put things into a proper perspective. Choose an exercise you enjoy and build a routine around that. It could be something as simple as walking. Just being outdoors rather than being 'cooped up' can help.



**Set yourself new goals.** Continued learning through life enhances self-esteem and encourages social interaction and a more active life. Think about doing more of the things you enjoy. Achievement is always positive so set yourself an achievable goal and challenge yourself to achieve it.



If you try all of this and still have negative feelings, get help from your GP. They can help you work on your particular needs.



## Make time for you!

Life is busy, whether you're at school, college or work. Sometimes, the pressures and demands others can make on you can seem all a bit too much. Relaxation can be a very important part of maintaining positive mental wellbeing.

## Relaxation - some suggestions



**Switch off the screens.** Turn off your phone, tablet or computer and do an activity that gets you in touch with the real world around you and real people (rather than their representation on social media or the internet)

**Helping others.** Participation in social and community life has attracted a lot of attention in the field of wellbeing research. By giving yourself, in terms of making sure you give yourself time and acts of kindness towards others can improve your wellbeing.



### Watching a film or reading a book.

Escapism is a good way to switch off from reality and help you relax.

**Make it a habit.** How a person chooses to relax is personal to them. If it's something of your own choosing and that you really enjoy doing, it should be something that is easy to maintain... whether your choice is taking a slow walk, reading a book, helping others or meeting up with good friends, it is important to help build your own mental resilience.