

Your Pocket Size Mental Health Guide

Keep this guide safe so you can
use it when needed

mind of the
student

advancing mental health
education in schools.

Introduction

This guide includes all the information in bitesize format from our 'Mental Health Awareness Workshop', provided by Mind of the Student (MOTS).

The team at MOTS hope you find this guide helpful, including techniques and support lines which are always, readily available.

Remember to speak up, reach out and get support.

What is depression?

Depression is a mood disorder causing a persistent feeling of sadness & loss of interest for longer than 2 weeks.

Depression is a real illness that affects the physical brain. Chemical imbalances can cause low moods.

Depression: Causes

There are many causes associated with depression, including but not limited to:

- Genetic characteristics
- Bullying
- Substance misuse
- Family difficulties
- Grief



Depression:

What helps?

The good thing is there is so much you can do to get better, including:

- 60 minutes of exercise a day
- Keep a mood diary
- Stay connected
- Follow a routine
- Seek professional help

Talking Therapies

If you are interested in 'Talking Therapies', speak with your GP, teacher or school counsellor.

Depression:

Behavioural Activation

Engaging in more activities that you enjoy, can help improve your mood.

Write down below, what activities help improve your mood:



What is anxiety?

Anxiety is the feeling of worry, nervousness or unease about something with an uncertain outcome.

Panic disorder is a sudden overwhelming feeling of acute and disabling fear. Seek help and further advice.

Anxiety: Causes

There are many causes associated with anxiety, including but not limited to:

- Stress and trauma
- Bullying
- Genetics
- The environment (e.g. claustrophobia)



Anxiety: What Helps?

There are many things that can help if you are experiencing signs of anxiety. Some of those include...

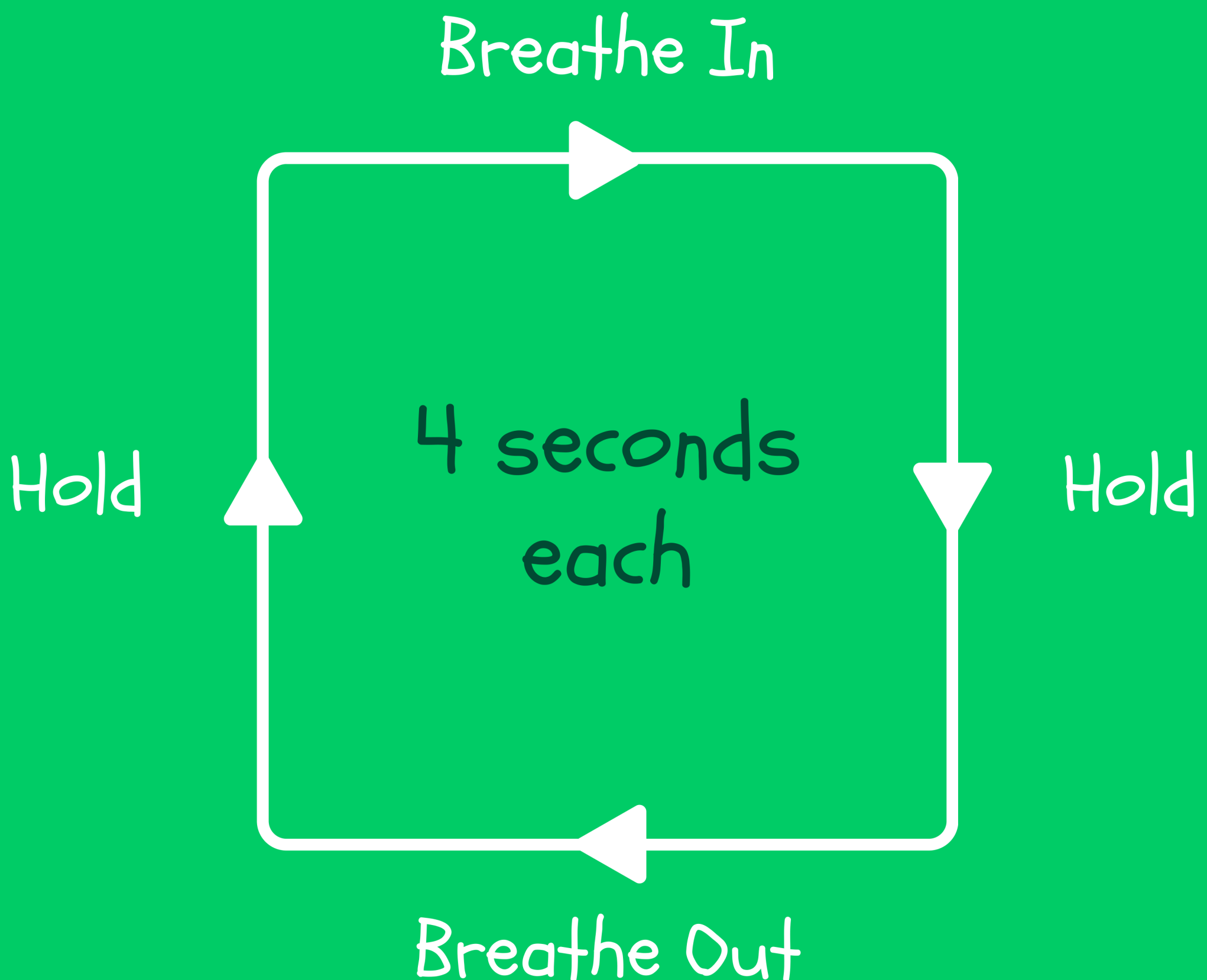
- Breathing exercises
- Listening to music
- Practising mindfulness
- Using distraction techniques
- Avoid caffeine intake
- Have a cold shower

Remember

If you are struggling and need further support, reach out today!

Anxiety: Breathing Exercise

Breathing exercises can reduce stress and anxiety. Follow the steps below to get started.



Social Media Usage

Being connected with our friends online can be a positive experience, but here are some tips in case things become overwhelming:

- Avoid comparison
- Hide your likes and comments
- Unfollow harmful accounts
- Set a time limit on usage



Exam Stress

REMEMBER: You are NOT alone.

So many experience exam stress. Talk about these feelings with friends. Follow some simple steps to avoid exam stress or revision burnout.

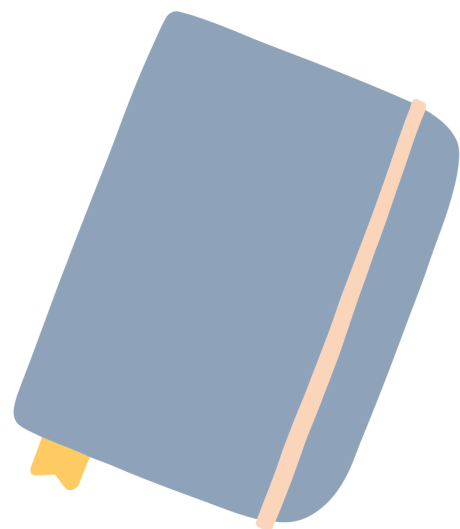
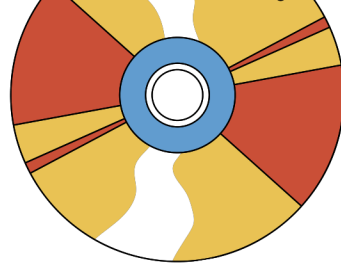
- Stick to a timetable
- Maintain a balanced diet
- Get 8 – 9 hours of sleep
- Reward yourself
- Support one another
- Believe in yourself

Exam Stress: Distraction Toolkit

A distraction toolkit can be a bag, backpack, toolbox, cart or room containing "tools" to distract or comfort during times of stress.

Example:

Stress ball, photograph of relaxing landscape, scented candle, audio book, herbal tea with some of my favourite chocolate.



Exam Stress: Distraction Toolkit

Touch:

Visual:

Exam Stress: Distraction Toolkit

Sound:

Taste:

Exam Stress: Distraction Toolkit

Smell:



Speak up,
reach out,
get support.

Useful helplines and support links

childline

Call: 0800 1111
(anytime)

B B C
BITESIZE

bbc.co.uk/bitesize

Anxiety UK
anxietyuk.org.uk

SAMARITANS

Call: 116 123
(anytime)

THE MIX

themix.org.uk



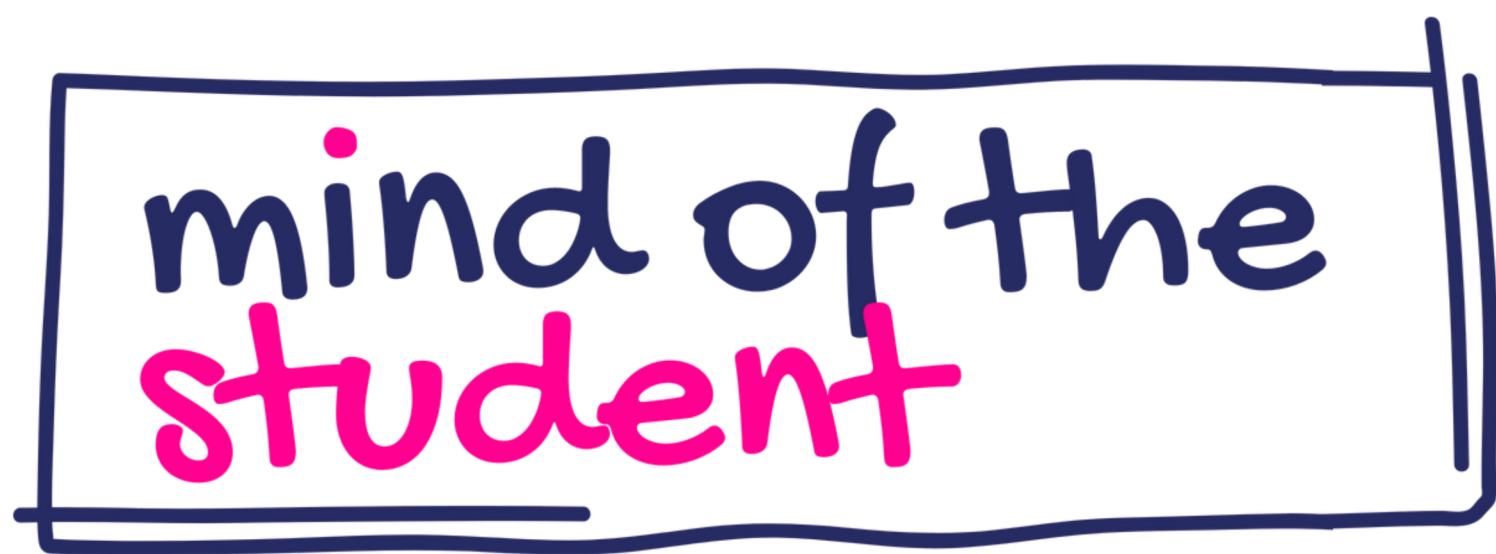
0808 801 0677
(weekdays 1pm - 4pm)

If it's an emergency or
you need urgent help

If you or someone else is in
danger, call 999 or go to A&E now.

If you need help urgently for your
mental health, but it's not an
emergency, get help from NHS 111
online or call 111.

Your mental health is as
important as your physical health.
You will not be wasting anyone's
time.



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