

YOU ARE NOT ALONE

This campaign is about raising awareness of hidden mental health struggles, encouraging open conversations, and supporting young people.

No matter how much you are struggling there is a way to tackle it and not just from self cope.

WHERE TO GET HELP

ANONYMOUS HELPLINES:

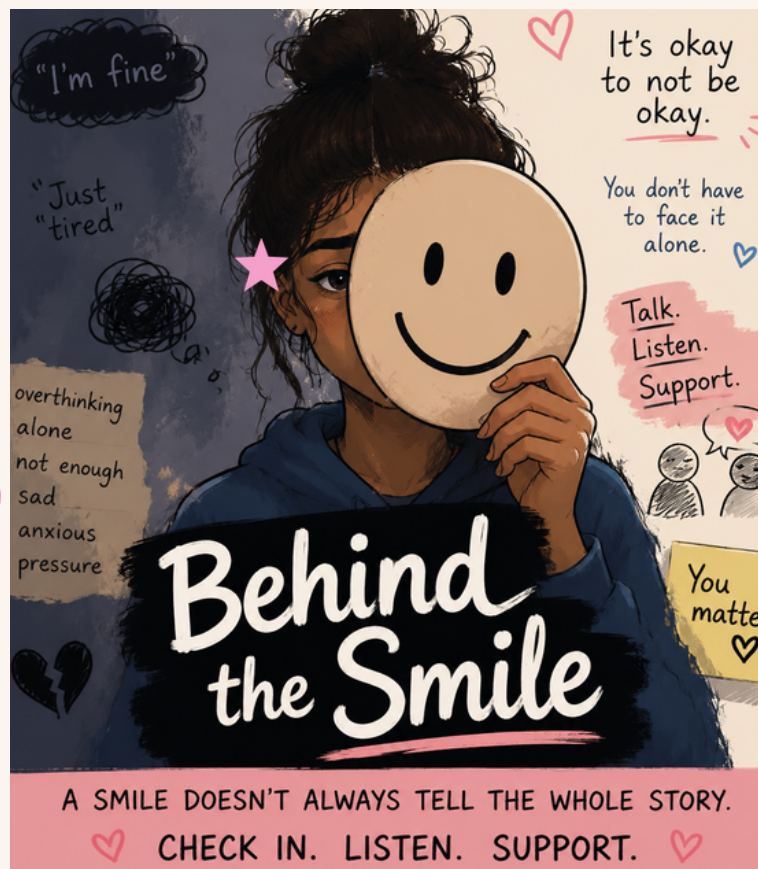
- KOOOTH - www.kooth.com
- TALK TO FRANK - text 82111
- CHILDLINE - text/call 0800 1111
- YOUNG MINDS - text 85258

IN PERSON SUPPORT:

- MIND - www.mind.org.uk
- TOWER HAMLETS TALKING THERAPY - 0208 175 1770
- BOW & POPLAR CMHT - 020 3487 1350



MENTAL HEALTH SUPPORT



A Campaign to raise awareness of hidden mental health struggles, encourage open conversations and support young people

020 3728 0980
<https://www.bbbhp.org.uk/>
St Leonard's St, London E3 3BT



YOU CAN BE THE BEST YOU

Recognising unhealthy habits is an important step towards building the best you. If you recognize these struggles you can overcome them with help and support.

There are many different habits, but here a few that you may relate to:

- losing interest to the things you enjoy
- loss of care for self and daily routine
- constant fatigue
- unexplainable frustration
- changes in appetite or sleep

Everyone's struggles are different. Having these difficulties doesn't mean anything is wrong with you.

It means you are human.

You can break from bad habits and you can grow.



Want to learn more?
Scan the QR code



What is Mental Health?

Mental health is the psychological phenomenon of how people perceive, express ideas to their own standard and what it means to them personally

It helps us understand our emotions, make choices, and get along with others.

Just like your body can feel tired or sore, your feelings can feel heavy, worried, or sad sometimes. That's your mental health telling you it needs some care.

Did you know it can affect

- How we handle stress
- How we make decisions
- How we relate to others
- How we cope with challenges

Mental health can change over time depending on:

- Life experiences
- Relationships
- Environments
- Physical health

Myth

Mental health issues are a weakness.

Therapy is for severe issues only.

People with mental health conditions are dangerous.

Fact

They are medical conditions, not a reflection of strength.

Therapy benefits anyone facing mental health challenges.

Most are not violent and often face higher risks themselves.

Healthy To Be Curious

Asking questions and being interested in life and others helps boost daily energy and emotions.

Being optimistic and interested makes a positive atmosphere for you and others!

Seeking support connects you with passionate people who care and support you. Seeking support can create a strong and empowering community!

Curiosity drives you to understand your mind and yourself more deeply. Being curious is an exciting journey of self care and discovery!

Why Seek Support?

Healthy to be curious

YOUR PATH TO WELLNESS

The path to wellness is through understanding it in order to achieve it.

Understanding the factors such as:

- Diet
- Sleep
- Movement
- Gaining new skills and hobbies
- Maintaining a strong community



Try to incorporate new skills into your life and use them to achieve something you never had before

Do fun activities such as playing sports, seeing friends, being creative, watching new shows. Trying new things can help you find activities that make you happy

Always remember to talk. There are always people on your side. Someone will help if you reach out.

Give yourself valuable self care time. Acknowledge a healthy diet, full sleep, socialising. Exercising and doing the things you enjoy are all ways to care for yourself.

Remember to love yourself. You are important. You deserve a happy life.

Behind The Smile