Don't cover up your problems.

A short guide to minding your head.

If you ever feel stressed, anxious, afraid, angry, depressed or that you can't cope, it's normal.

But if you feel like that for long periods you may have a mental health problem. You're not alone; at least one in five of us suffer from mental health problems at some time. The good news is there's a whole lot you can do to make things better.

Talk to someone

Talking about how you're feeling isn't easy.
But if there is somebody you trust –
a friend, someone in the family or your partner –
go talk to them. It really will help.

Get active

Regular physical activity can help you feel more positive. Find something you enjoy, whether it's football, cycling, the gym or even just going for a walk. It might be hard to make the effort, but if you do you'll feel better.

Chill out

Watch TV, read a magazine, listen to some music; whatever helps you switch off. Get a good night's sleep and make sure you eat healthily too.

Using alcohol or drugs to help you relax won't make things better. They can bring their own problems.

Keep busy

Join a club, meet up with friends, do a course, learn something new... just try not to spend long periods alone. Going out and mixing with other people will help you stop focusing on your worries and fears. And after a while they'll not seem so overwhelming.

Learn to recognise the signs of poor mental health in yourself and in your friends and family.

Get wise

These include:

- Changes in sleeping or eating patterns
- Being angry for no reason
- Feeling anxious, worried or overwhelmed by problems
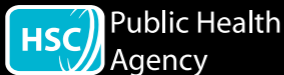- Finding it hard to concentrate and make decisions.

Get help

If you've got anything on your mind, take the first step and talk to someone.

If you don't want to discuss it with someone who's close to you, you can also go to the doctor, or contact one of the many organisations that can help.

Get more information at **www.mindingyourhead.info**

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