



my  
county  
council



# How to help children and young people maintain positive mental health (4–18 years)

A quick guide for adults working with school age children



## Top tips for positive mental health from young people for everyone!

- ✓ We can talk with someone about anything
- ✓ Talk about your feelings, even if it's hard
- ✓ Play a sport, run, walk, swim, dance, ride a bike
- ✓ Get at least eight hours sleep a night
- ✓ Eat a balanced diet and drink plenty of water
- ✓ Do something that you're good at
- ✓ Care for others – people and pets
- ✓ Be proud of who you are and what you've achieved
- ✓ Count to ten and think about the effects before reacting
- ✓ Believe in yourself and smile!
- ✓ Ask for help when you need it
- ✓ Don't hang on to bad thoughts – forgive and move on
- ✓ Listen to what your body is telling you

## National sources of help

- **ADHD** – [www.addiss.co.uk](http://www.addiss.co.uk)
- **ASD and Mental Health** – [www.autism.org.uk](http://www.autism.org.uk)
- **Bereavement, Loss, Separation and Divorce** – [www.winstonswish.org.uk](http://www.winstonswish.org.uk) or [www.divorceaid.co.uk](http://www.divorceaid.co.uk)
- **Bullying** – [www.antibullyingalliance.org.uk](http://www.antibullyingalliance.org.uk)
- **Domestic Violence** – [www.thehideout.org.uk](http://www.thehideout.org.uk)
- **Eating Disorders** – [www.b-eat.co.uk](http://www.b-eat.co.uk)
- **E safety** – [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)
- **General Health and Wellbeing** – [www.healthm8.co.uk](http://www.healthm8.co.uk)
- **Parenting** – [www.familylives.org.uk](http://www.familylives.org.uk)
- **Safety** – [www.missdorothy.com](http://www.missdorothy.com) or [www.childnet.com](http://www.childnet.com)
- **Sexuality issues** – [www.brook.org.uk](http://www.brook.org.uk) or Tel: 0808 802 1234

## Local contacts

- **ASD and Mental Health** – [www.northamptonshire.gov.uk/autismteam](http://www.northamptonshire.gov.uk/autismteam)
- **Anxiety and self harm guidelines and links to training** – [www.northamptonshire.gov.uk/shoebox](http://www.northamptonshire.gov.uk/shoebox)
- **Drugs, Alcohol, Substance Misuse** – [www.can.org.uk](http://www.can.org.uk) or Tel: 08450 556246  
[www.talktofrank.com](http://www.talktofrank.com) or Tel: 0800 776600
- **General Health & Wellbeing** – Local GP surgery
- **Northamptonshire Child & Adolescent Bereavement Service** – Tel: 01604 545131 or E-mail: [beatricestanden@ngh.nhs.uk](mailto:beatricestanden@ngh.nhs.uk)
- **Northamptonshire Families Information Service** for a wealth of information – [www.northamptonshire.gov.uk/fis](http://www.northamptonshire.gov.uk/fis)
- **Relate Northamptonshire** – Tel: 01604 634400
- **Young Carers** – [www.northamptonshireyoungcarers.org](http://www.northamptonshireyoungcarers.org)  
Support Line Tel: 01933 677907
- **Youth Counselling Services in Northamptonshire**
  - **CHAT (Oundle)** – Tel: 01832 274422
  - **Service Six (Countywide)** – Tel: 03332 400716
  - **Kettering Youth Information** – Tel: 01536 510089
  - **Lowdown (Northampton)** – Tel: 01604 622223
  - **Time 2 Talk (Daventry)** – Tel: 01327 706706

## More support

### What to do if you need more help to support a child or young person or deal with specific issues

1. Talk with a colleague or friend if you are stuck, bearing confidentiality in mind.
2. Seek professional help from appropriate agency e.g. via consultation help lines.
3. Direct towards the GP or Accident and Emergency if it is a medical or emergency situation.
4. If it is a safeguarding issue then follow the appropriate route. Ring 0300 126 1006.
5. Consider Integrated Working Procedures and Common Assessment Framework.
6. Keep a dialogue going with the child or young person and don't give up.

## Other sites/contacts

- **National Children's Bureau** – [www.ncb.org.uk](http://www.ncb.org.uk)
- [www.childline.org.uk](http://www.childline.org.uk) or Tel: 0800 1111
- **Helpline for adults** – [www.nspcc.org.uk](http://www.nspcc.org.uk) or Tel: 0808 800 5000
- **For all ages** – [www.samaritans.org](http://www.samaritans.org) or Tel: 08457 909090
- **Parent helplines** – [www.youngminds.org.uk](http://www.youngminds.org.uk) or Tel: 0808 802 5544
- [www.familylives.org.uk](http://www.familylives.org.uk) and [www.gotateenager.org.uk](http://www.gotateenager.org.uk)
- **Advice and information from Northamptonshire young people for young people and adults wanting to help** – [www.talkoutloud.info](http://www.talkoutloud.info)
- **Northamptonshire Healthcare NHS Foundation Trust** – [www.nht.nhs.uk](http://www.nht.nhs.uk)

## Finally

Look after your own mental health and take the advice that you have given to others. If you are unwell and don't seek help for yourself you will eventually be unable to help those you are caring for. So, take care!



[www.northamptonshire.gov.uk](http://www.northamptonshire.gov.uk)



01604 236236