



FOSTER CARES LIMITED

It is important that you tell someone you trust if you are struggling with your mental health or you are worried about someone else's mental health.

Here are some things that our children suggest that you do if you are worried about mental health ...

- Talk to someone you trust, such as your carers, social worker or teacher
- Do things that make you happy, such as an activity, reading, spending time with friends
- Go to your 'Happy Place'
- Access support from a professional service, such as CYPMHS (Children Young People Mental Health Services) or CAMHS
- Speak to ChildLine **0800 1111**



Some useful websites

www.childline.org.uk

www.youngminds.org.uk/

www.nspcc.org.uk

[www.mind.org.uk/information-support/
for-children-and-young-people/](http://www.mind.org.uk/information-support/for-children-and-young-people/)

www.themix.org.uk/mental-health

Thanks to those of you who have been involved
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FOSTER CARES LIMITED

Mental Health



Information leaflet about mental health
created for our children and young people
by our children and young people

November 2022



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Mental health is a really important part of who we are individually. Mental health includes our emotional, psychological and social well-being.

It affects how we think, feel and act.

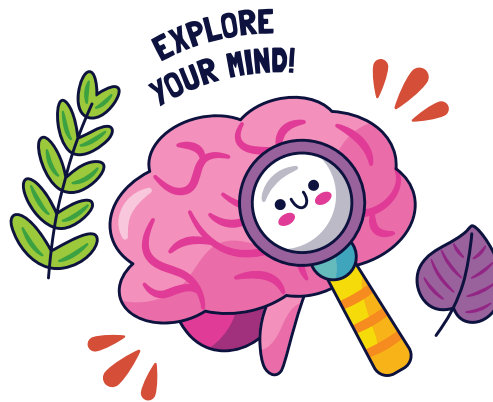
It also helps determine how we handle stress, relate to others and make healthy choices.



Here at Foster Cares Ltd we are wanting to ensure that our children understand how important it is to look after their mental health.

We have asked our children about mental health. We wanted to make sure that they understood what it is and what to do if they need support with their own mental health or they were worried about someone else.

This leaflet is a summary of what our children said and provides some advice.



Mental health is ...

“ Mental health is a feeling of darkness that comes over you when you least expect it. It can happen for no reason or it can be from what you have going on. Mine was because I was being seriously bullied by older kids at school. ”

“ I really struggled when I moved school, everything was different. ”

“ Mental health includes our emotions and could be when something good or bad happens. For example, you might have tests coming up or exams, you might feel stressed and sad. ”



“ I struggled with my mental health when covid started. ”

“ I found it really hard when I nearly went back to live with my parents. ”

What can happen when people experience difficulties with their mental health ...

“ It made me feel worthless and alone. I thought my family didn't care about me anymore. I became withdrawn and spent most of my time in my room hiding away from the world. I self-harmed, but I did it where I didn't think anyone would notice, but I was wrong my mam isn't as stupid as I thought. ”

“ I made excuses up, so I didn't have to go to school and missed a lot of school. I've had a lot of work to do to make up my education for my final exams. ”

“ I was sad and moody. ”

“ I kept everything wrapped up inside of me and didn't talk to people about how I was feeling. ”

