

BY YOUNG PEOPLE CAMHS CONVO'S

WELCOME TO YOUR MENTAL HEALTH NEWSLETTER

Hey there! 🙋 This newsletter is created by young people, for young people. It's here to help you navigate mental health, wellbeing, and the support available to you.

Whether you're feeling stressed about exams, want to know how to ask for help, or just need a reminder that you're not alone – we've got you covered.

Inside, you'll find real advice, top tips, and helpful resources to make things a little easier. Let's start the conversation and break the stigma around mental health together! ❤️



QUIZ TIME - WHAT'S YOUR SELF CARE STYLE?

Take this quick quiz to find out what works best for your wellbeing! 😊🌟 (Note your answers down somewhere as you go, like on a piece of paper)

1. How do you relax after a stressful day?

- A) Blast your favourite music
- B) Go for a walk or get some fresh air
- C) Watch a cosy film or read a book
- D) Chat with a friend or family member

2. Your energy levels are low. What helps you recharge?

- A) Dancing it out
- B) Stretching or doing yoga
- C) Having a chill day in pyjamas
- D) Journaling or expressing your thoughts

3. What's your go-to comfort activity?

- A) Creating a playlist or singing in the shower
- B) Getting outside or playing a sport
- C) Curling up with a snack and a movie
- D) Writing, drawing, or doing something creative

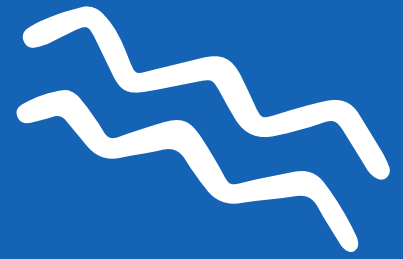
See what your results mean on the back page!

WHAT'S INSIDE?

- How to ask for help
- How to handle exam stress
- Hearing things from a young persons point of view
- Why school staff need to be educated about mental health.



Mental health matters



HOW SCHOOLS CAN HELP

As young people, we spend a huge part of our lives in school, and our mental health matters just as much as our grades. Teachers play a big role in supporting us, but sometimes, they might not know how. Here's what we think would help:

Get Mental Health Training - Teachers should be trained to spot signs of stress, anxiety, or low mood and know how to respond in a supportive way.

Make It OK to Talk - Create a classroom environment where talking about mental health feels normal, not something to be ashamed of. A simple "How are you?" can make a big difference!

Know Who to Refer To - Every school should have an in-school counsellor or mental health lead that students can go to when they need extra support. Make sure students know who they are and how to contact them.

Check In, Not Just Check Work - Instead of only asking about homework, check in on how students are feeling. A quick conversation can mean a lot.

Create a Safe Space - Whether it's a quiet room for breaks, a mental health noticeboard, or flexible deadlines for students struggling, small changes can make school feel less overwhelming.

Encourage Self-Care & Balance - Help students manage stress by promoting healthy habits like taking breaks, getting enough sleep, and not overloading on work.

Lead by Example - If teachers are open about looking after their own mental health, students will feel more comfortable doing the same.

👉 A mentally healthy school helps everyone thrive – students and teachers alike! ❤️

DOODLE YOUR FEELINGS!

Sometimes, words aren't enough to express how we feel, and that's okay! Use this space to draw, sketch, or doodle whatever's on your mind. Not sure where to start? Try one of these ideas - draw what your emotions would look like as shapes or colours, or sketch a place that makes you feel calm and happy. **If you're on a phone or tablet, you can use Instagram Stories or a drawing app to express yourself!**



DEALING WITH EXAM STRESS



Exams can feel overwhelming, but there are ways to make things easier on yourself. Here are some tips to help you manage stress and stay on track:

Take Breaks - Revising for hours on end isn't helpful. Make time for things you enjoy, like walking your dog, reading a book, listening to music, or meditating. Giving your brain a break can actually help you focus better!

Practice Self-Affirmation - Remind yourself that you're doing your best! Try putting up sticky notes with positive messages like "I'm making progress," "I can do this," or "I am more than my grades." It might feel silly at first, but positive self-talk can boost motivation and confidence.

Think About Your Future Goals - Knowing why you're studying can help make exams feel less stressful. Look into courses, career paths, and grades you need to get where you want to be. If you're unsure, ask a teacher, careers adviser, or someone you trust for guidance.

Set Goals & Reward Yourself - Give yourself small goals and little rewards for completing them! It could be a snack, a short break, or watching an episode of your favourite show.

Don't Be Too Hard on Yourself - Stressing too much won't help. Take it one step at a time, find a routine that works for you, and remember: your mental health comes first. ❤️

CREATE YOUR OWN SELF-CARE PLAN!

Looking after yourself is just as important as studying or getting things done. Use this space to create your own self-care plan.

Daily Self-Care: (Small things you can do every day)

- ➔ I will take ____ minutes to relax each day.
- ➔ One thing that makes me feel good is ____.
- ➔ I will make sure to get ____ hours of sleep.

When I Feel Stressed, I Will:

Take a break and ____.

Talk to ____ if I need support.

Remind myself ____ (a positive affirmation).

My Self-Care Checklist: (Tick when done!)

- ☐ Drink enough water
- ☐ Move my body
- ☐ Do something I enjoy
- ☐ Get outside for fresh air
- ☐ Be kind to myself

Fill this in and keep it somewhere visible as a reminder that YOU matter! ❤️



TOP TIPS

You could be eligible for extra time or a separate room.

If you find sitting the test too stressful or difficult, talk to a teacher and explain what parts they can help you with.

Don't compare yourself to others.

Everyone studies and learns differently – focus on what works for you instead of worrying about what others are doing. Progress is personal! 💡

WHAT
DO YOU
THINK?

HOW TO ASK FOR HELP

It's okay to not be okay, and it's okay to ask for support. If you're struggling with your mental health, here are some ways to reach out:

Talk to Someone You Trust

You don't have to go through it alone. A teacher, mentor, family member, or close friend can help you find the right support.

Reach Out to School Support Staff

Staff at your school or college are trained to help. They will listen and guide you to the right resources. Everything you share stays confidential, unless they're worried about your safety.

Use Anonymous Support Services

If talking to someone face-to-face feels too hard, these websites offer free, confidential mental health support:

- ◆ [Kooth](#) – Free, safe, and anonymous mental health support.
- ◆ [NHS Urgent Help](#) – Get immediate guidance on mental health support.
- ◆ [Young Minds](#) – Mental health advice and a crisis text service for young people.

👉 Asking for help is a sign of strength, not weakness. You are never alone, and support is always available. ❤️

Helpful Phone Numbers

- ☎ Kooth: 020 3984 9337
- ☎ NHS (urgent help): 111
- ☎ Young Minds Manchester: 0161 769 5732

QUIZ TIME RESULTS

Here's what your results from the quiz on the front page say about your self-care style

Mostly A's - The Music Lover 🎧

Music is your therapy! Whether it's singing, playing an instrument, or just vibing to your favourite songs, sound helps you unwind. Try making a "Feel-Good" playlist! 🎵

Mostly B's - The Active Energiser 🚴

You feel your best when you're moving! Whether it's a short walk, a sports game, or just stretching, staying active helps you reset. Keep it up! 💪

Mostly C's - The Chill & Cosy 🍰

You love your calm and quiet time. Whether it's reading, watching a movie, or just resting, downtime is your key to balance. Make sure to schedule time just for you! 🌿

Mostly D's - The Creative Mind 🎨

Expressing yourself is your best stress reliever! Whether it's writing, art, or journaling, creativity helps you process emotions. Keep creating! ✨

OUR TEAM

This Newsletter was created by the GMMH Engagement and Participation Youth Group in partnership with Youth Leads UK.

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