



MENTAL HEALTH & WELLBEING

Poster inspired by Chantelle. Youth Action Group, 2023



YOUTH ACTION GROUP

“Mental health can come in many different forms, not everyone experiences the same things, but mental health is so important and everyone deserves the support they need.”

We all worry and get upset from time to time. It's a normal part of life. But bullying is not a normal part of growing up.

Changes in behaviours that may be easy to pick up from friends and those close to you could include...



- Not like their usual self
- Mood changes
- Increasing negative perspective
- Lacking energy, getting less sleep
- Being withdrawn at school or from activities
- Withdrawal from friends and family
- Difficulty in dealing with emotions or feelings
- Feeling of being overwhelmed



ChildLine is a free 24 hour service for children and young people. Telephone: 0800 1111

