

Mental

Health

Awareness

Pocket guide



**With thanks to the work of the Largs Academy Ambassadors and
Theresa Potter for the creation of this guide**

It's okay to ask for help.

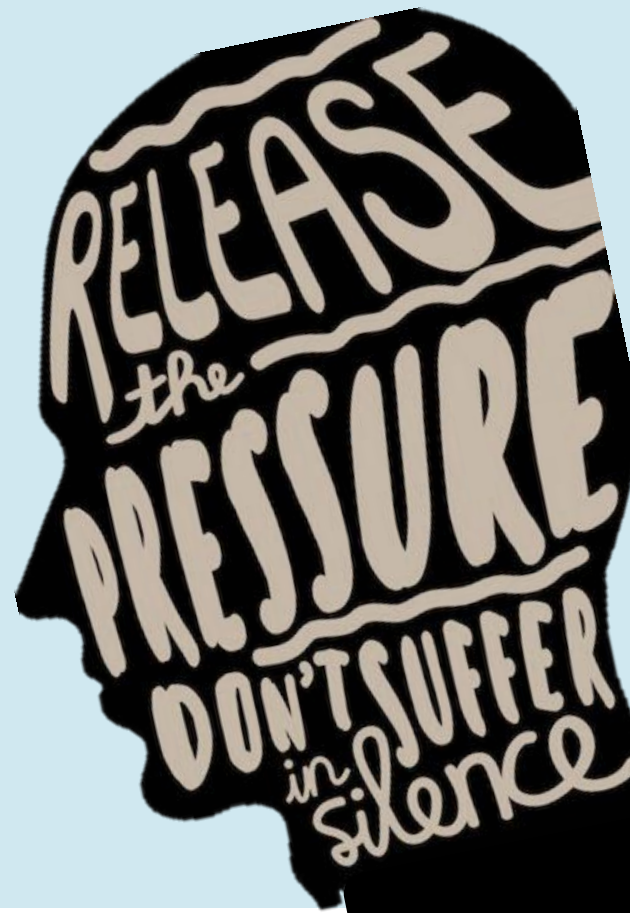
Dealing with negative mental health can be challenging and draining, at times this could feel never ending and finding a source of help may seem impossible.

Throughout this Guide we have listed countless resources that aim to open a gateway to positive mental health.

Within schools there are a wide variety of staff dedicated to improving mental health within students such as:

People available to speak to in schools are:

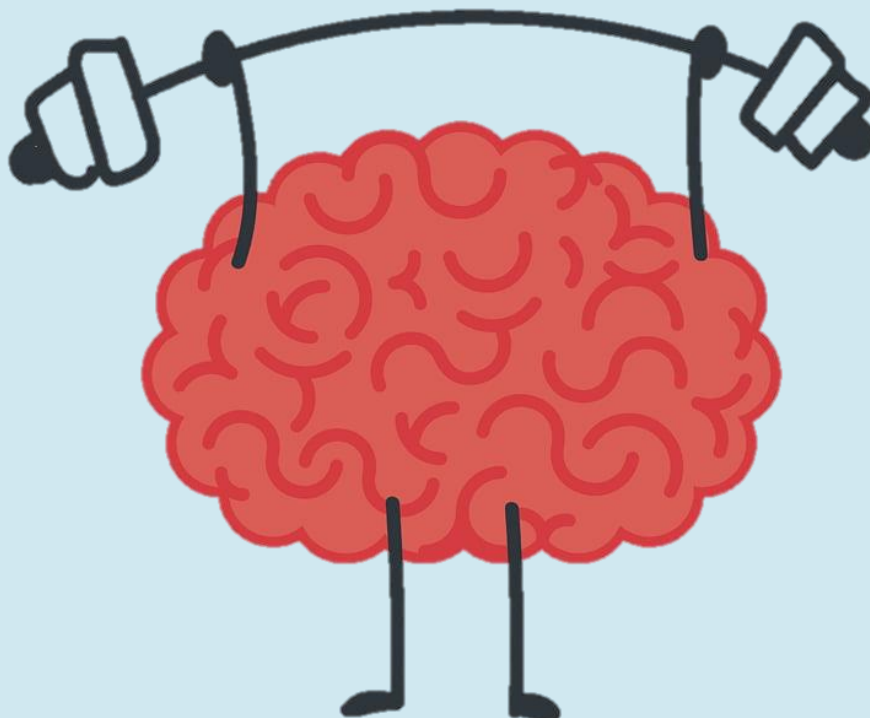
- School nurse
- School counsellor
- Mental health trained senior pupils
- Guidance staff
- Chaplain
- Senior management team
- Friends
- A teacher or member of staff you have a good relationship with
- Educational Psychologist
- Campus police officer
- Area inclusion worker



We're here to help.

There is not just one place to find support, as well as endless backing from school staff there are also a wide range of organisations that offer help

- GP
- Friends, family
- Church
- Therapists
- Youth volunteers
- YPST
(Young People's Support Team)
- Penumbra
- Rosemount
- Youth Workers
- Sports/KA Leisure
- Barnardos
- CHAP
(Community Housing Advocacy Project)
- Young Scot -
<https://young.scot/campaigns/national/aye-feel>



Mindfulness and Healthy habits.



There are many simple ways to improve mental health. Although these methods may not seem life changing, they could do the world of good for your wellbeing

- Listen to your favourite Music
- Exercise
- Ensure you get enough Sleep
- Spend time with others
- Balance school, work/social & family
- Breathing exercises
- Go outside
- Mindfulness & meditation
- Talking
- Yoga
- Therapeutic art

