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# ABOUT THIS TOOLKIT

This toolkit has been created by young people from across the North East, through the work of the NEYA, in a variety of settings. Young people were given the time, space and opportunity to be open about the topic without being judge or made to feel uncomfortable. The information included has all been given by young people aged 11 to 25 years.

The toolkit will be distributed across various organisations to use in their work.

Young people were asked 4 questions as a guide but the direction each session went varied depending on the group. The questions considered were:

- 1 WHEN I HEAR THE WORDS MENTAL HEALTH WHAT DO I THINK?
- 2 WHAT IS BAD ABOUT MENTAL HEALTH SUPPORT SERVICES?
- 3 WHAT IS BAD ABOUT MENTAL HEALTH SUPPORT SERVICES?
- 4 WHAT DO YOU WANT PROFESSIONALS TO DO TO IMPROVE MENTAL HEALTH SERVICES?





# WHEN YOUNG PEOPLE HEAR THE WORDS "MENTAL HEALTH" WHAT DO THEY THINK OF?



Someone is mental

Something wrong with someone

Mental health is your mental well-being

Sometimes it can be negative or positive – If it is negative you should tell someone, as it can lead to suicide

Fewer emotions would be easier

CAMHS (Child Adolescent Mental Health Service)

Not confident with themselves

When we hear the words mental health think of the colours Red or Blue

Mental health problems

Disappointed in themselves

Good or Bad mental health

Things going on at school

Looking after our brain

Looking after our body

Healthy Eating

Looking after our minds

Someone struggling with things

Only seeing negative

When someone dies

Mental health is not visible

Physical health is visible



# WHAT IS BAD ABOUT MENTAL HEALTH SERVICES SUPPORT?



Therapist you have to pay for

Don't know enough

Might feel judged

You might not want to talk to them in person

Might not be open all the time

Don't know where to go

Takes too long to get help from services/specialists

Not knowing enough about them

Sometimes, you have to pay

Don't have a phone

Advice you already know

Might not know what to do

Unrelated questions (sometimes)

The waiting list for therapy

Can't always access help to see someone soon

Can't access services if you have no phone

Needs more help with money from the government

Waiting lists

It can cause more problems

Don't want parents to find out

A lot of the time adults can cut you off and compare their experiences to yours

Adults might not understand you or you don't think they do

Talking to a robot

You might not like or feel comfortable with your therapist

Sometimes don't understand you

Not knowing much

Not easy if you don't have a phone or sim card

Ask random or unrelated questions

May not feel comfortable

Can't tell parents

Not seeking help from anyone

Websites

Friendship

Possibly counselling & therapy

Needed in schools

# NEGATIVE MENTAL HEALTH

## BAD MENTAL HEALTH IS...

mood  
affected by  
something  
bad



can include:  
depression,  
eating disorders,  
schizophrenia,  
and addictive  
behaviours



disrupt a persons way of  
thinking, feeling, mood,  
ability to relate to others,  
and daily functioning



express yourself!  
you are you



it's okay to  
feel sad



# WHAT IS GOOD ABOUT MENTAL HEALTH SERVICES SUPPORT?

Get support when needed

You could get support from your family and friends

Listen to you

Can help you

Good advice

You can text if you're not comfortable being called

Talking to trusted adult

Take lots off your mind

Professional insight

Easily accessible

Anonymous

Open all year round

Free

Private

Advertised

Professionals

Share your experience

Friendship groups

Counsellors

Helps people

Make a friend

Won't judge

Easy access

Open 24/7

It's normally anonymous

Easy to access

Can take off what is on your mind

Can contact 24/7

Can just go in

Friendly people

Call private/safe

Websites

Having someone to talk to





# POSITIVE MENTAL HEALTH

## GOOD MENTAL HEALTH IS...

you can feel positive and happy. you are better when you are happy!!



being happy, selfless and feeling worthwhile



emotions are normal



express yourself! you are you



positive happy



# WHAT CAN PROFESSIONALS DO TO IMPROVE MENTAL HEALTH SERVICES FOR YOUNG PEOPLE?



Have the option to see someone with or without your parent

Have a suggestion sheet that you give out while young people are waiting for therapy

Paper out to doodle on

More government funding (the government needs to fund mental health services better)

Have an intro phone call between the young person and the professional to break potential barriers

Keep things confidential

Better understanding of young people's mental health

It's important

Just the same as adults

Train teachers to be able to give advice

Talk to people

People need to understand not to say "no you're not struggling, you would have told me" (another young person added "100% agree")

# WHAT CAN PROFESSIONALS DO TO IMPROVE MENTAL HEALTH SERVICES FOR YOUNG PEOPLE?



A notebook to vent your problems in

In school for there to be group where activities and meetings take places to keep people's problems blocked for a bit and they have time for themselves

A place where you feel you're not going to get judged

They could provide items like fidgets to lower these moments you feel stressed

Provide more efficient techniques

For a conversation based on you

Make clients feel more comfortable at the location they are at

To make the person you're seeking help from adapt your expectations and comfort around them

Teachers need to be aware of mental health in schools

# ACTIVITY IDEAS BY YOUNG PEOPLE



As part of the toolkit young people have worked together to create some activities that can be done with young people or on their own. Young people wanted to show others that there are things that can be done to support themselves whilst waiting on support from mental health services. The young people also wanted to show that there are things everyone can do to protect their mental health.

There are a range of things that have been included here are some examples:

- Wordsearches
- Mindfulness colouring
- Breathing techniques
- Group activities



# YOUNG PEOPLE'S TOP TIPS



# MENTAL HEALTH

**THINGS TO DO**

Talk to each other

Find activities you enjoy:

- Listen to music
- Dancing

Try some new activities:

- Take a walk
- Bake a treat
- Watch a movie

## EMOTIONS

It's okay to be sad

Everyone has emotions

Talk about how you feel

## TOOLKIT

In this next section you will find some different activities for you to try on your own, or with others

# ACTIVITY IDEAS BY YOUNG PEOPLE



## MENTAL HEALTH

L	O	N	E	L	Y	M	T	M	O	N	O	I	M
M	E	N	T	A	L	H	E	A	L	T	H	M	U
D	A	B	N	O	I	T	C	A	R	T	S	I	D
S	E	L	F	E	S	T	E	E	M	T	M	D	I
A	F	N	A	T	U	R	A	L	T	L	E	E	F
H	A	F	S	Y	E	B	R	L	E	G	N	S	L
S	N	O	A	C	S	D	R	E	E	T	O	H	A
S	X	I	A	Y	H	E	A	I	A	O	E	O	E
E	I	I	F	N	L	O	S	A	N	A	R	N	D
N	E	O	A	A	E	B	O	O	E	O	L	A	T
D	T	I	M	B	O	S	A	L	E	L	G	U	I
N	Y	I	I	T	L	S	L	I	A	O	N	A	L
I	E	E	L	E	C	N	E	I	L	I	S	E	R
K	Y	O	Y	I	T	I	T	B	F	D	H	O	I

GOOD

ANXIETY

SCHOOL

SELF ESTEEM

NATURAL

LONELY

BAD

FAMILY

DISTRACTION

RESILIENCE

MENTAL HEALTH

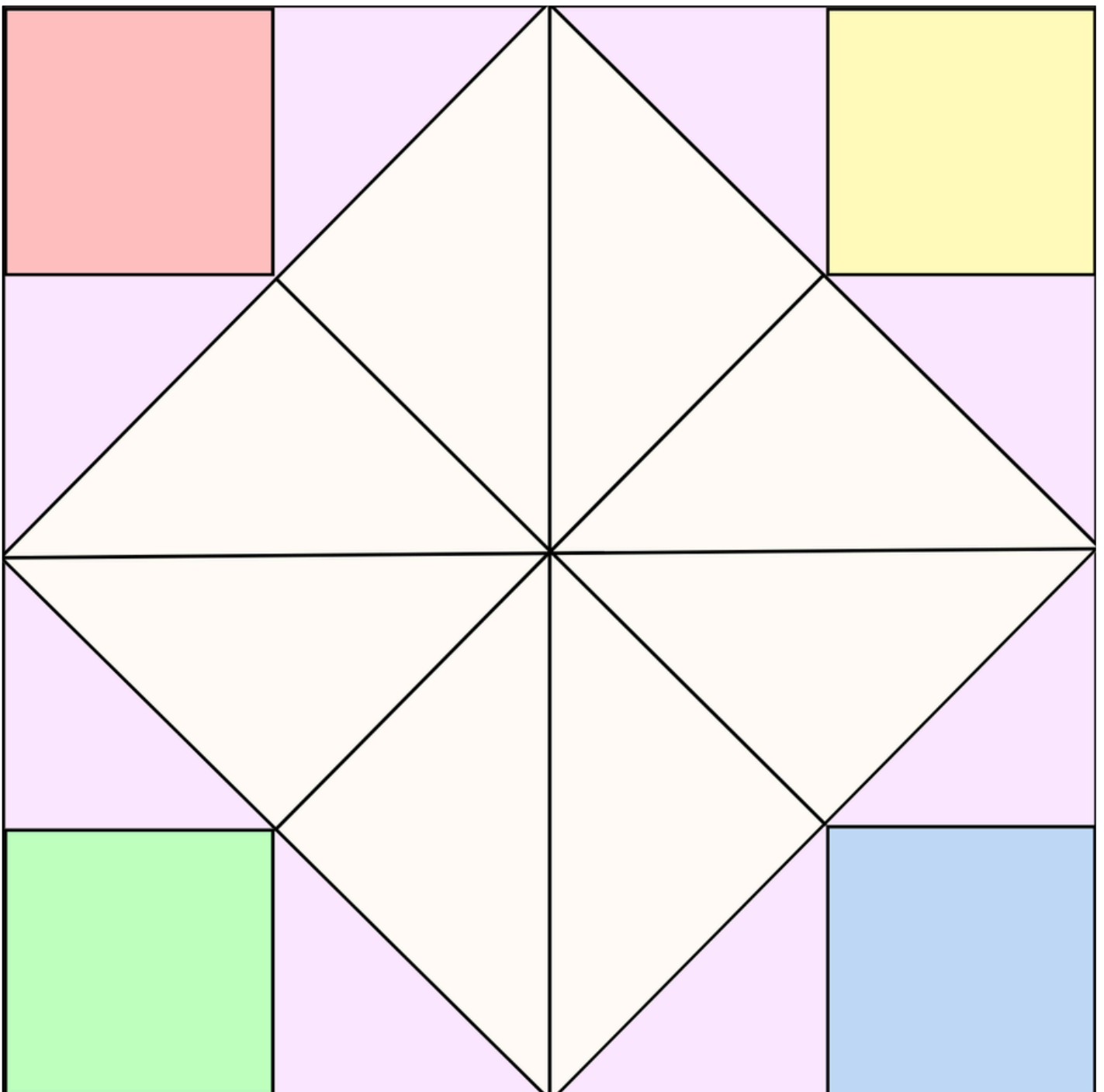
KINDNESS

# PAPER CHATTERBOX



Fill in the gaps on the chatterbox with your own questions on the theme in this toolkit.

Cut and fold the chatterbox below



# MINDFULNESS FLASHCARDS - 1



## ENCOURAGEMENT



To inspire yourself with courage, spirit, or hope.



## RELAXATION



A way to quiet your body and mind even when there are things going on around you.



## CALM



To be peaceful and relaxed. Try a quiet activity to achieve calm.



## SELF-COMPASSION



Being kind to yourself even when things don't happen the way you expect.



## EMPOWERMENT



To believe in your own abilities and potential for positive growth.



## SELF-ESTEEM



Liking yourself. Feeling worthwhile. Believing in yourself and knowing what you do well.



## SELF-AWARENESS



To recognize your emotions, thoughts, and value, and how they affect your behavior.



## MINDFULNESS



Have your mind on what you are doing right now. Slow down and take your time.





# MINDFULNESS FLASHCARDS - 2



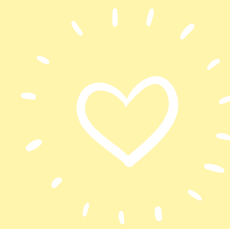
I feel grateful for ...



I am aware of ...



I am mindful when ...



I can return to a calm state by ...



My thoughts are clear when ...



I am happiest when ...



My body is relaxed when ...



I notice the effects of  
change because ...

# WHAT ARE POSITIVE & NEGATIVE COPING SKILLS?

IGNORE WHAT IS HAPPENING

WALK AWAY

HURT SOMEONE

USE OFFENSIVE LANGUAGE

COUNT TO FIVE BEFORE YOU ACT

THINK ABOUT THE CONSEQUENCES

HURT YOURSELF

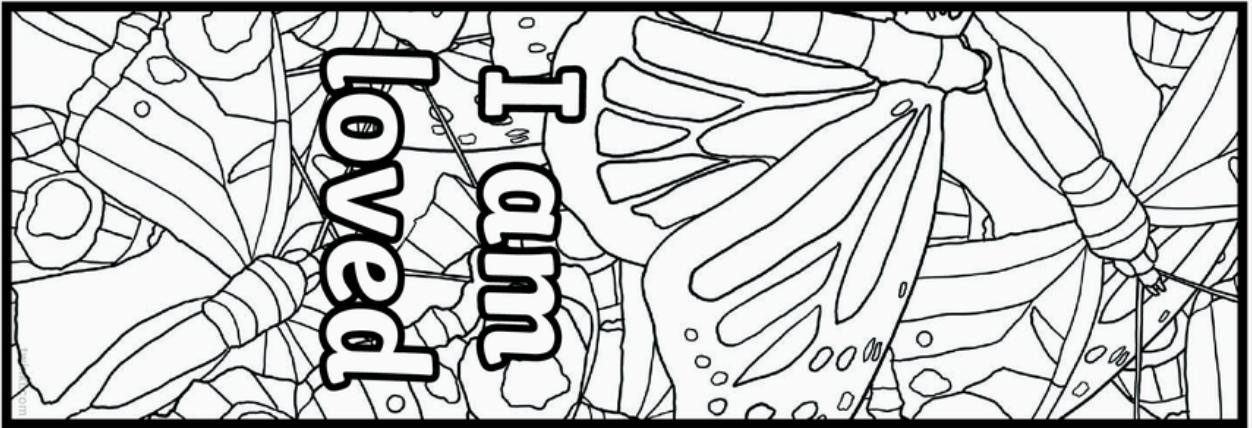
TAKE TIME TO BREATHE DEEPLY AND SLOWLY

PUSH SOMEONE

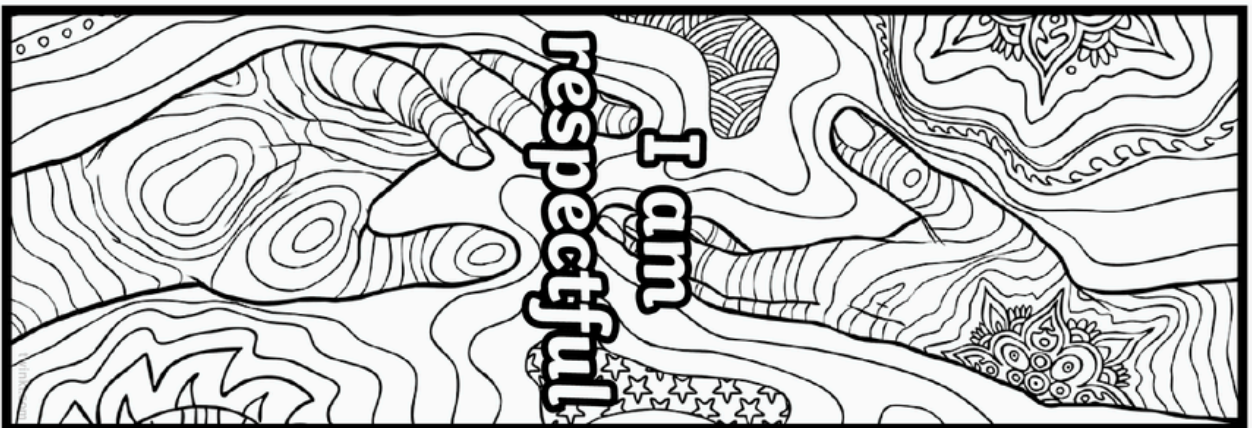
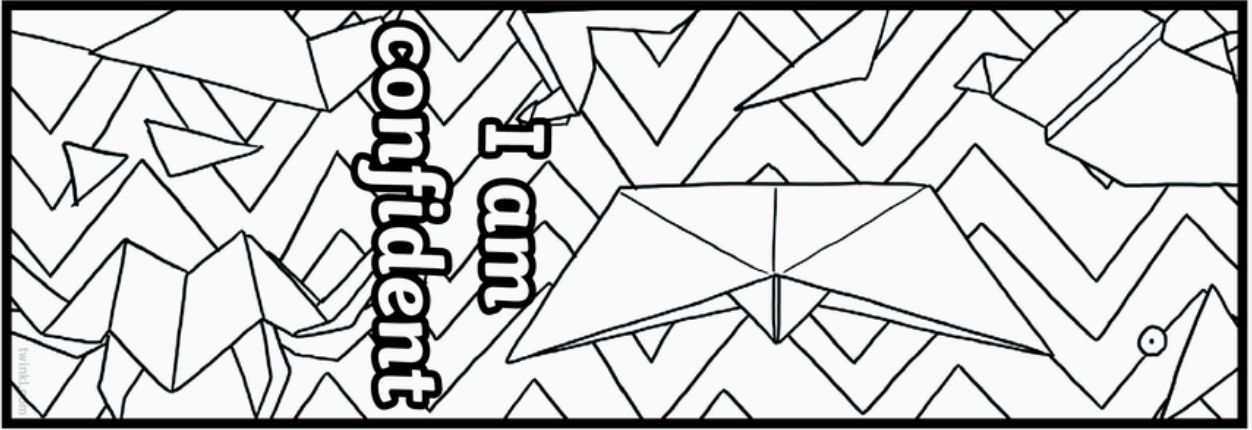
TALK TO SOMEONE YOU TRUST

PUNCH A HOLE IN THE DOOR

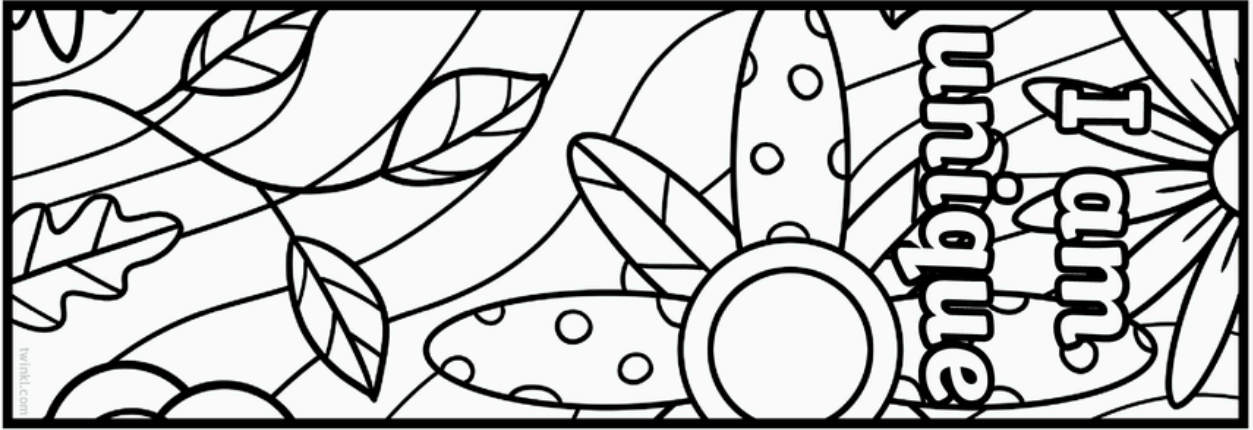
# MINDFULNESS COLOURING - BOOKMARKS



# MINDFULNESS COLOURING - BOOKMARKS



# MINDFULNESS COLOURING - BOOKMARKS



# BREATHING TECHNIQUES

## Bumble Bee Breath

- 1 Sit comfortably and close your eyes.
- 2 Take a couple of breaths.
- 3 Breathe in through your nose, keeping your lips sealed.
- 4 As you breathe out, hum an 'M' sound.
- 5 At the end of your breath, breathe in and repeat.
- 6 Can you feel the vibrations in your mouth?

## Warm Drink Breath

- 1 Sit comfortably and close your eyes.
- 2 Imagine you are holding a cup of warm drink in your hands.
- 3 Bring your cupped hands towards your face.
- 4 Breathe in through your nose and imagine what your drink smells like.
- 5 As you breathe out, imagine gently blowing the steam.
- 6 Repeat.

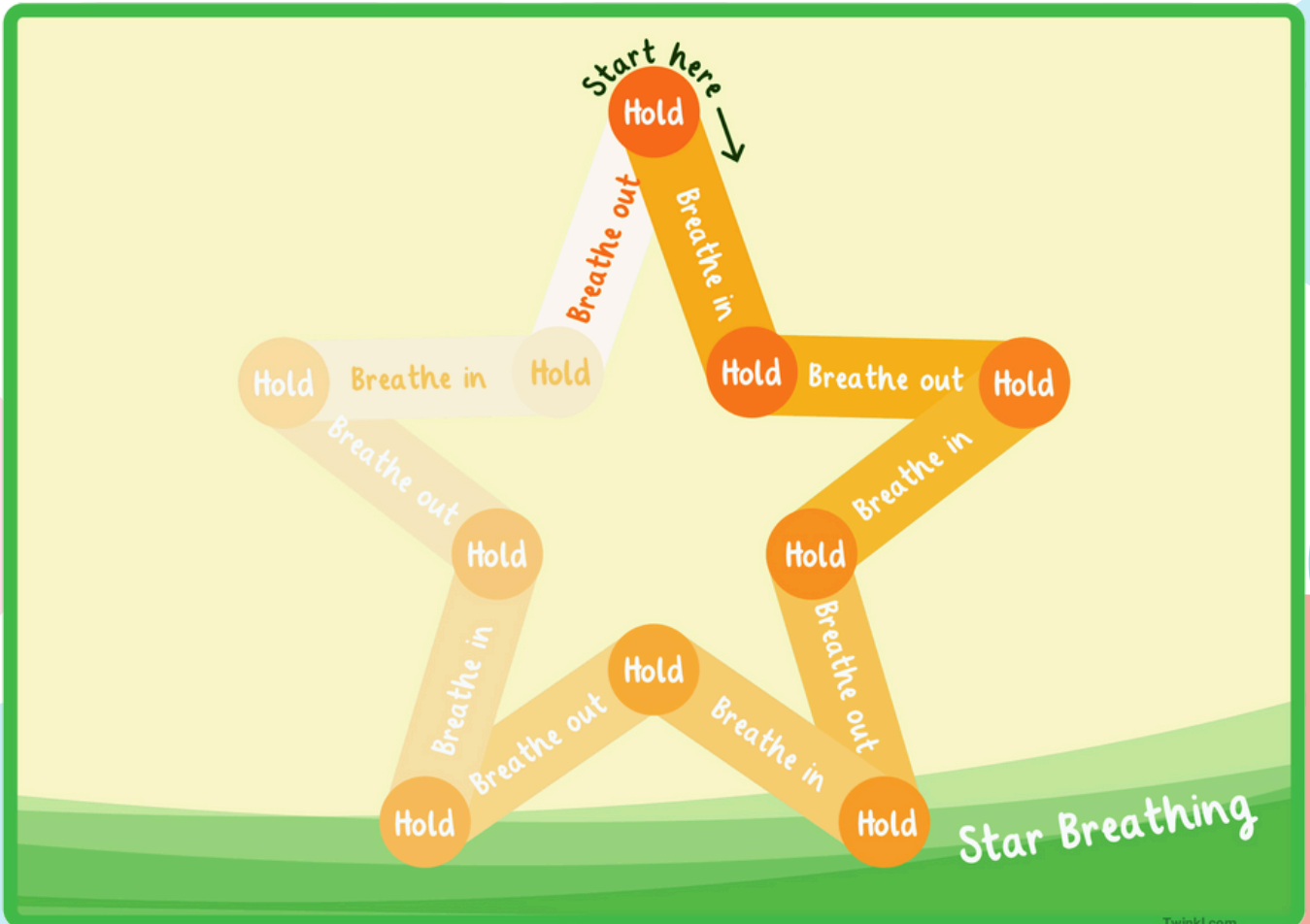
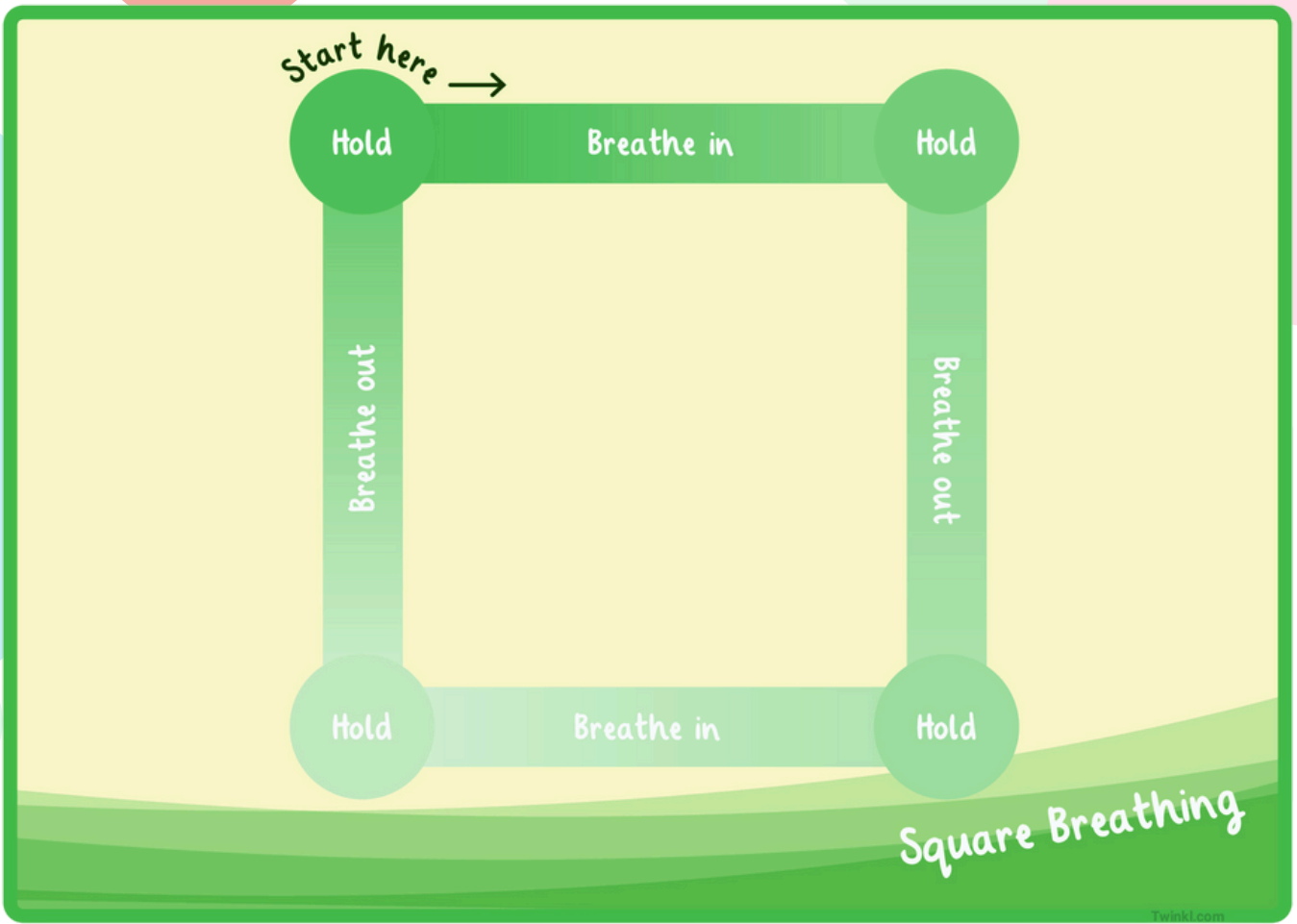
## Balloon Belly Breath

- 1 Sit comfortably and close your eyes.
- 2 Take a couple of natural breaths.
- 3 Breathe in and blow out your tummy. Your belly is like a balloon filling with air.
- 4 As you breathe out, your belly will go back down as there's no air left.
- 5 Repeat, being careful not to push your belly out too much.

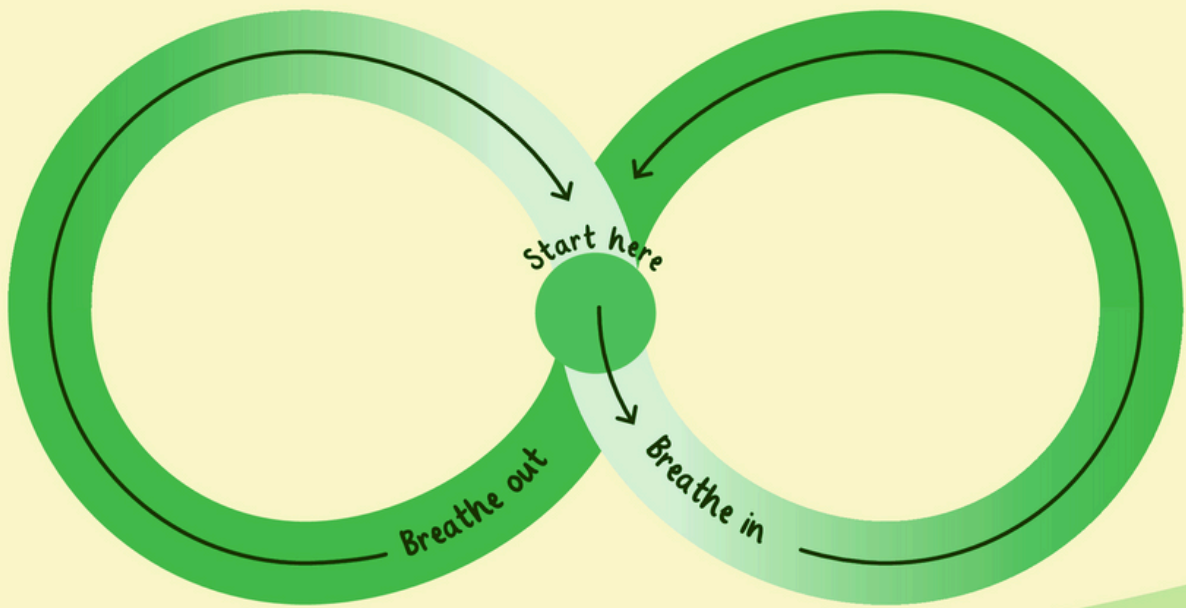
## Hopping Bunny Breath

- 1 Sit comfortably and close your eyes.
- 2 Take a couple of natural breaths and sit up tall.
- 3 When you breathe in, inhale through your nose in three short sniffs. Imagine a bunny hopping along.
- 4 Breathe all of the air out.
- 5 Breathe in again with your bunny breaths.
- 6 Breathe out and repeat.

# BREATHING TECHNIQUES

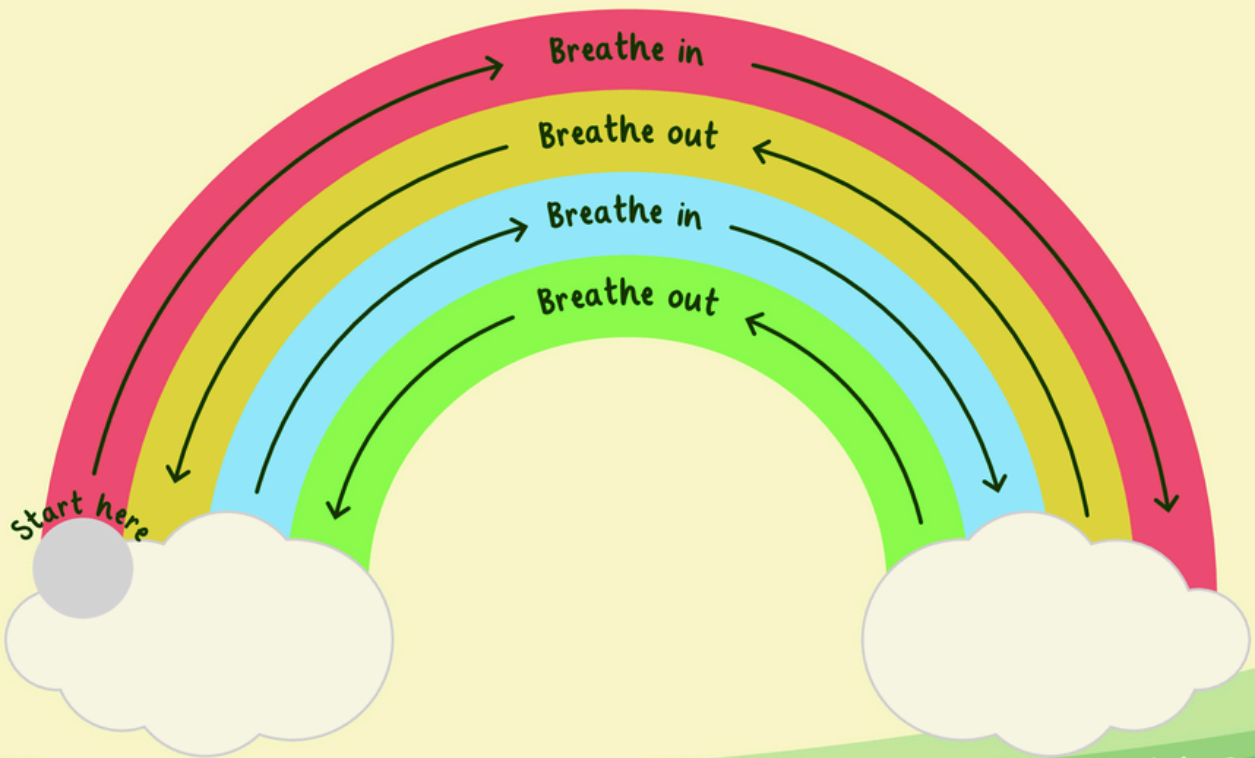


# BREATHING TECHNIQUES



Infinity Breathing

twinkl.com

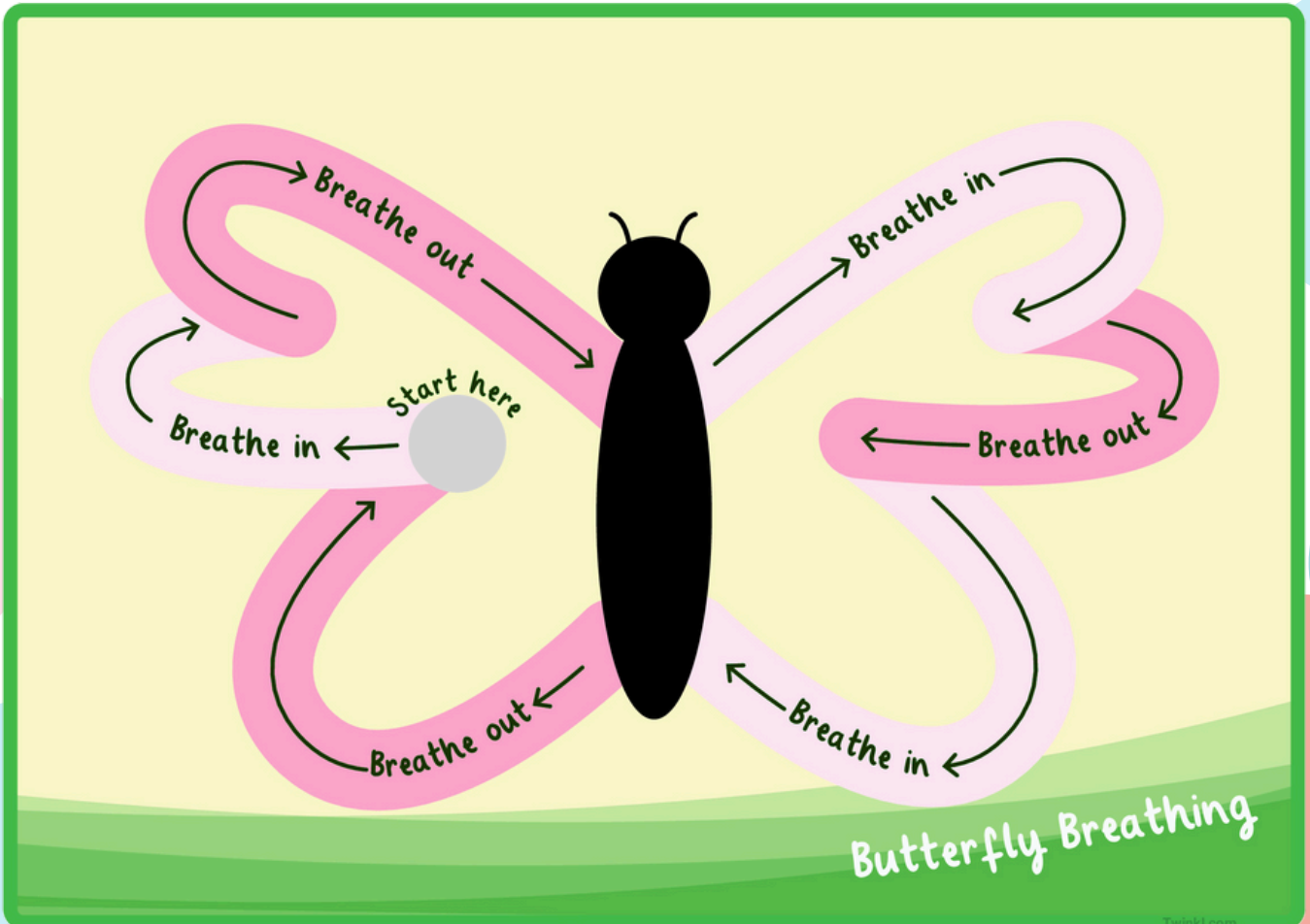
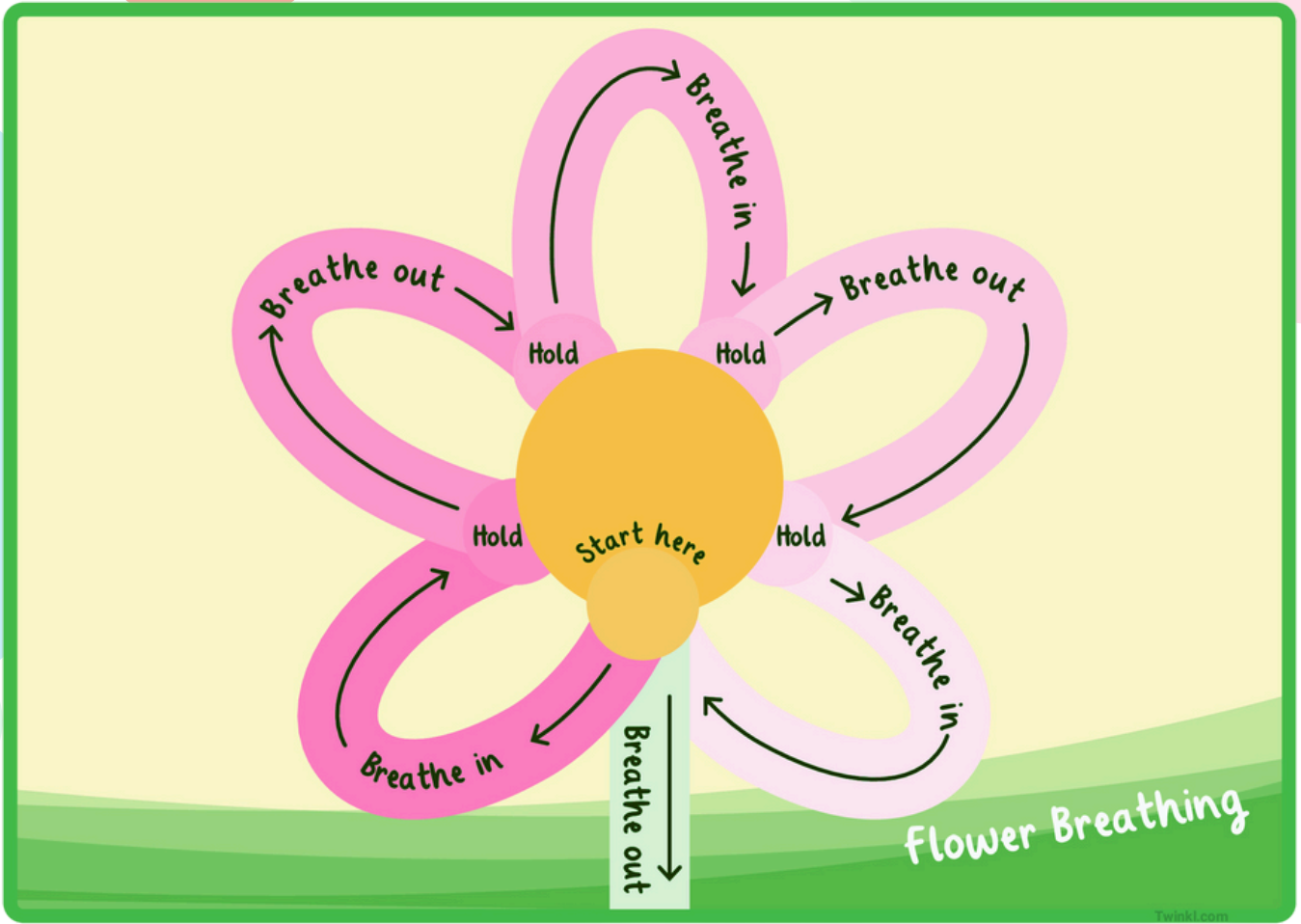


Rainbow Breathing

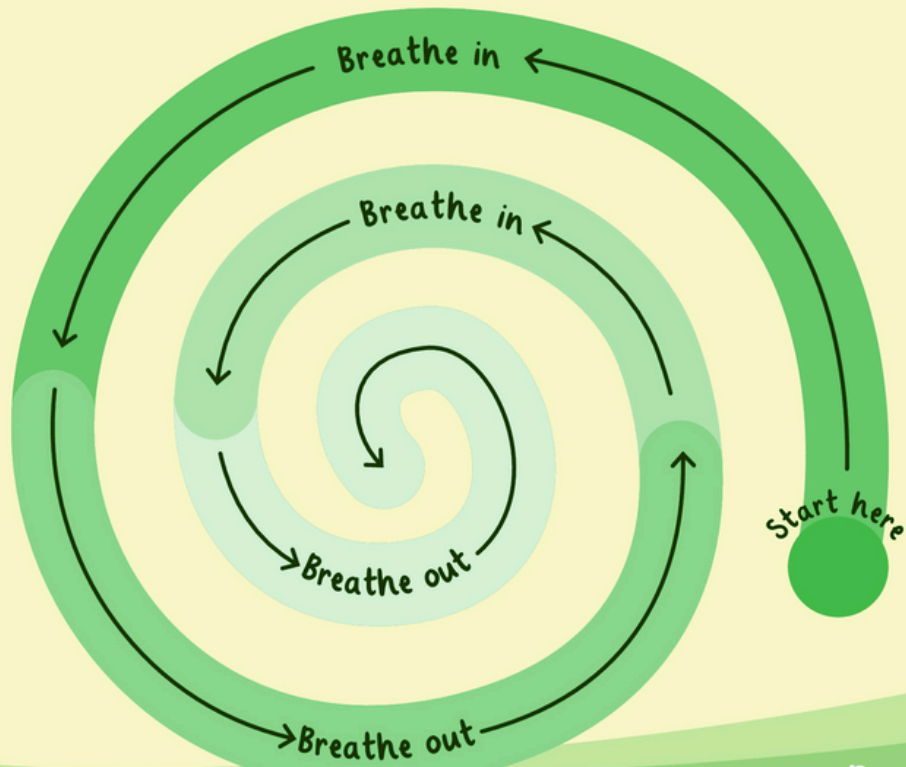
twinkl.com



# BREATHING TECHNIQUES

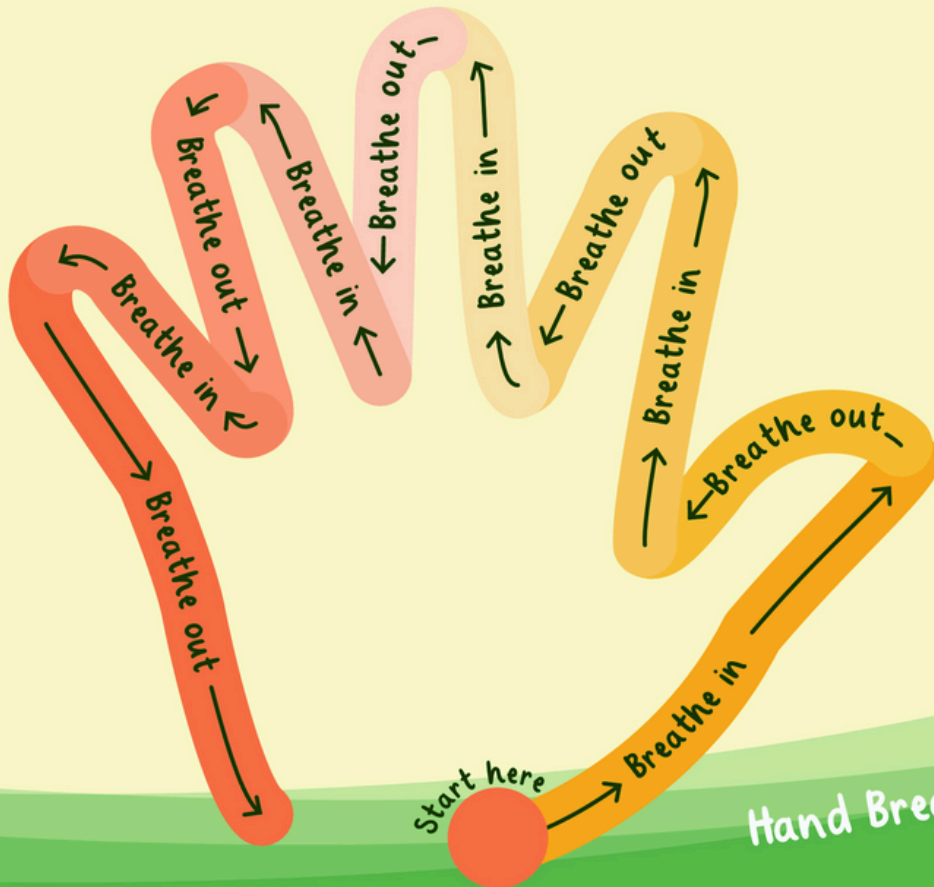


# BREATHING TECHNIQUES



Spiral Breathing

twinkl.com



Hand Breathing

twinkl.com



**NORTH EAST  
YOUTH ALLIANCE**



**CONTACT US**

**North East Youth Alliance  
info@neya.org.uk**

**Linkedin | North East Youth Alliance  
Facebook | North East Youth Alliance  
Instagram | @neyouthalliance**