

SIX WAYS TO SUPPORT A YOUNG PERSON: A MENTAL HEALTH GUIDE



BE AVAILABLE

Talk and listen, when they need. Continue to check in with them and show you care and that support is available when they are ready.

HELP SET A REGULAR SLEEPING PATTERN

Having a regular sleeping pattern is important as sleep problems are associated with increased rates of depression and anxiety.



ENCOURAGE EXERCISE

Regular exercise and activity is a fun way to improve mental health. Research has shown that 12% of cases of depression could have been prevented by one hour of physical activity a week.

PRACTICE MENTAL FITNESS

Mental fitness is about exercising your brain. You can help them with focusing on positives and showing gratitude, practicing mindfulness and finding ways to deal with difficult situations.



FIND ENJOYABLE & MEANINGFUL ACTIVITIES

Motivate them to participate in activities that they find enjoyable and meaningful. This will help improve overall satisfaction with life.

FOSTER SOCIAL CONTACT & COMMUNICATION

Encourage them to maintain positive connections with others as it is good for wellbeing, happiness and health.



If you feel like you (or someone you know) need help, please see your GP, reach out to a friend or talk to a trusted family member.