



WORLD MENTAL HEALTH AWARENESS DAY


SPECIAL EDITION

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&
KEVIN FILBY

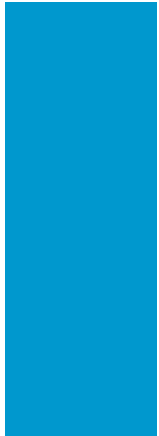


Our vision is a lifelong
community of people
offering effective support
for each other when life
takes a turn for the worse.

What does the term ‘mental health’ mean to you?




Mental health influences how we think and feel about ourselves and others and how we interpret events. It affects our capacity to learn, to communicate and to form, sustain and end relationships. It also influences our ability to cope with change, transition and life events



World Mental Health Awareness Day

2018 – Young People & Mental Health in a Changing World

- Adolescence and the early years of adulthood are a time of life when many changes occur, for example changing schools, leaving home, and starting university or a new job.
 - For many, these are exciting times. They can also be times of stress and apprehension however.
 - The expanding use of online technologies, while undoubtedly bringing many benefits, can also bring additional pressures, as connectivity to virtual networks at any time, grows.
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Facts & Figures

- Half of all mental illness begins by the age of 14.
- Growing recognition of the importance of building mental resilience.
- Prevention begins with better understanding.
- Young People are not directly responsible for their Mental Health – like everything, they are learning.

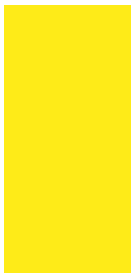
Over to you

What do you think is important for our children and young people to know about mental health?

What do you wish you had known?

What can The Charity do to support you and your family?

What do you think you would benefit from in the future?



What do we offer for individuals?

Supportive conversation

Assistance when deciding where to go for the best advice, information & practical help

A route to specialist charities and services where appropriate

Help for managers in supporting those who need it

Partner organisations:

Anxiety UK

Relate / Relate NI / Relationships Scotland


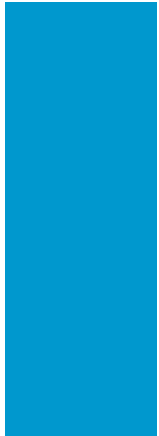
National Autistic Society

Law Express

We do not offer:

Mental health treatment, medication advice or interventions
Mental health counsellors
Guaranteed solutions to all problems
Replacement services

Other services

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- Financial assistance
 - Money Advice
 - Caring
- 

Find out more about how we can help
and ways to get involved...

www.foryoubyyou.org.uk

0800 056 2424



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