



Young Peoples Advisory Board

@ The Junction on World Mental Health Day 10 October 2010

01206
541841
OR
01255
479226

78 Maldon Road
Colchester
Essex
CO3 3AL

25 West Avenue
Clacton
CO15 1EU

“Sometimes it can be hard to have a positive view on the world especially if things have been hard to cope with.”

There are loads of things that can affect your mental Health. Here are some that you may relate to:

Divorce and Separation

It is completely normal to go through a lot of different emotions, scared, anxious, sad, angry, guilty or insecure.

Someone dying

When someone you love dies it can be extremely hard to cope with. It is a very upsetting and confusing time. You can feel anything from numb to disbelief.

Mental Illness in your family

If someone in your family is suffering from mental illness it can really affect you and make your life quite complicated. You may be frightened, embarrassed or even worried.

School and Identity

Friendships can play an important part in your life. Moving to a new school can be daunting as can exams and tests. Bullying should never be tolerated.

Top 10 Tips For Great Mental Health

1. Talk about your feelings
2. Exercise
3. Eat at least 3 meals a day
4. Don't drink or take drugs
5. Listen to family and friends
6. Ask for help if you need to
7. Take a break to de-stress
8. Remember we are all different
9. Be proud of who you are
10. Helping others helps you too

Relaxation Techniques



- Calm down, breathe in and slowly release
- Have a break from trying to fix things
- Imagine you're in a place you feel safe
- Laughter creates positive feelings
- Listen to your favourite music

If you're not sure which way to turn we can help...

...if you are having problems coping and you want help to change

**Add us on facebook
“Young Peoples Advisory Board”**

facebook

**Contact us on
01206 541841 or 01255 479226**

Quiz

Autumn Wordsearch

General knowledge

Who is the new Labour leader?
Name 3 characters from the film Shrek?
What group has Cheryl Cole got in the X Factor this year?
Who wrote the book the Lion, the Witch and the wardrobe?

Football

Who is the manager of Colchester United?
How many players normally play on a football pitch?
What are Colchester United away colors?
Which Colchester United player has had the most red cards this season?
What is the name for the new stadium?

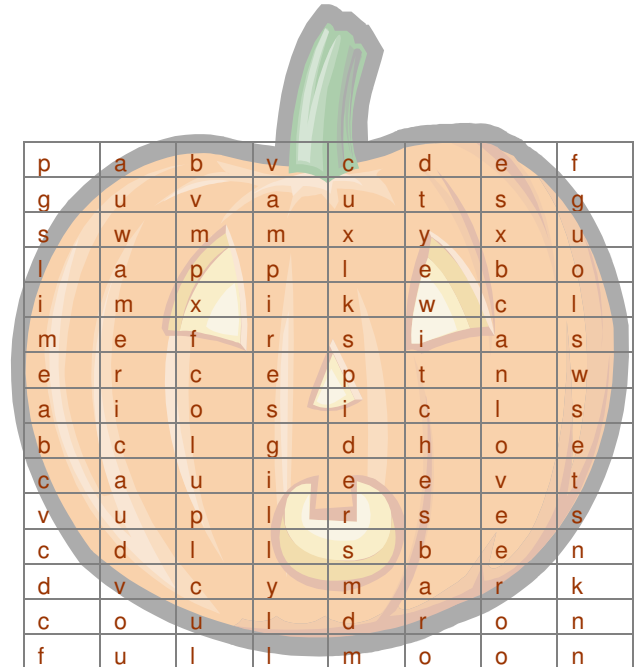
Music

What are the full names of the four members of JLS?
How many Pussy Cat Dolls are there?
Name two members of the Saturdays?
Who sang Baby Baby.
Name 3 Taio Cruz hits?

Colchester Young People - Have Your Say

http://www.youtube.com/watch?v=MtaKUZQkZc&feature=player_embedded

A short film produced by young people in Colchester in conjunction with Colchester Mind @ The Junction to encourage debate about facilities that are available for young people in Colchester now and what young people would like to see in the future.



Pumpkins
Apple Bobbing
Witches
Spiders
Black Cats
Ghosts
Bats
Ghosts
Cauldron
Full moon
Vampires
Trick or Treat
Broomstick