

A young Black man and a young woman are smiling together. The man is on the left, wearing a black zip-up jacket over a blue and white striped shirt. The woman is on the right, with brown hair and bangs, wearing a grey top and a pearl necklace. They are both looking towards the camera.

Staying mentally healthy

A leaflet for young adults
aged 18 to 30

The **Methodist** Church



What is mental health?

Mental health is all about your feelings: how you feel about yourself, how you interact with and maintain relationships with the people around you and how strong you feel when trying to overcome challenges.

Life can be full of challenges.

Problems at work or in your studies, being bullied, sexual pressures, relationship or family issues or worries about your future can be overwhelming.

Sometimes this becomes so bad you may feel you can't cope. You aren't sleeping or eating properly or you may be self harming, or even feeling suicidal.

If you feel like this, you need to talk to someone you trust and get help and support, as quickly as possible.

To help you do this we've listed some useful resources on the back page of this leaflet.



Tips on how to stay mentally healthy

Be active. Whether you enjoy going to the gym, walking, cycling or playing sport, it is important for your mental wellbeing to stay active.

Maintain relationships.

Connect with the people around you, whether friends, family or colleagues.

Ensure that you spend time developing these relationships.

Keep learning. Developing new skills can give you a sense of accomplishment and a new-found confidence. So why not explore something new that you would like to know more about?

Get some rest. If you don't get enough sleep, you are more likely to feel sad, upset or under pressure. Getting a good night's sleep rests the

brain and also repairs and replenishes brain cells.

Eat well. Food can have an effect on your mental health. Your brain needs a mix of nutrients to stay healthy and function well – just like your other organs.

A healthy balanced diet includes:

- lots of different types of fruit and vegetables
- wholegrain cereals or bread
- nuts and seeds
- dairy products
- oily fish
- plenty of water.

It's good to talk. If you feel down, it's important that you talk to someone close to you or to your doctor about how you feel. You don't have to go through hard times alone.

Where to get help

THE MIX is a free, confidential multi-channel service that aims to find young people under 25 the best help, whatever the problem.

- 0808 808 4994 (freephone 7 days a week, 11 am to 11 pm)
- www.themix.org.uk
- One to one chat service

Samaritans listen in confidence to anyone in any type of emotional distress, without judging or telling people what to do.

- 116 123 (24 hours, 7 days a week)
- www.samaritans.org

YoungMinds provides online resources for children and young people about mental health and wellbeing.

- www.youngminds.org.uk
- Follow YoungMinds on Twitter: @YoungMindsUK

More information is available online

A full list of helpful sites and resources for young people can be found on the Methodist Church website.

www.methodist.org.uk/mentalhealth

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The voice for young people's
mental health and wellbeing