

HOW DO I KNOW IF I HAVE A MENTAL HEALTH PROBLEM?

We all have good days and bad days, but when negative thoughts and feelings start to affect your daily life and stop you doing the things you enjoy, or your ability to feel ok, this means you probably need some support with your mental health.

For example nearly everyone gets anxious before an exam, a performance or job interview.

However if you feel anxious all the time, constantly worrying that the worst could happen and it stops you from socializing and sleeping then you might benefit from some help.



HELPFUL CONTACTS:

Young Minds: www.youngminds.org.uk

Beat: www.b-eat.co.uk

Harmless: www.harmless.org.uk

Kooth: www.kooth.com

Papyrus: www.papyrus-uk.org

LGBT Switchboard: www.switchboard.lgbt

Childline: www.childline.org.uk

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Mental Health & Wellbeing

Everyone has mental health but some of us experience mental ill health. Male/Female, Young/Old it can affect anyone at any time.

There is no shame and help and support is here if you need it.

REALISING ISSUES AND REACHING OUT

EMOTIONS

Your body is a great tool that informs your mind when something is happening and creates an emotion. People's emotions vary and it is ok to feel how you feel.

SPEAK OUT

Talking can be a great help to release any worries or stresses that you may be experiencing. Having someone who will listen and not judge can be reassuring.

SUPPORT

You are NOT on your own.

There is always someone who can help. Do not be embarrassed - it is strength to admit you are struggling and to ask for help.



***You don't have
to be positive
or feel happy
all the time.***

***You are human,
not a robot.***

Blackbrook Royals

BE KIND

When someone gives you a positive comment it makes you feel good. When you feel good you thrive.

TO YOURSELF

Sometimes things don't quite go to plan. It isn't the end of the world. Accept that and don't give up.
Keep trying.

Be the best version of you and don't compare yourself with others. We are all individuals.

TO OTHERS

Be encouraging to others, congratulate/praise them when they've done something good. Offer help if you see someone struggling.

