

Education and Young People

Message for schools

- Mental health is part of everyone's day to day life, it affects all of us, perhaps now more than ever. But there is still a stigma around it. To tackle this properly young people need to understand that it is okay not to be okay and they can talk about it, where ever they are.
- Check out our it's okay video <https://www.youtube.com/watch?v=Eg1SokvP-h4>
- Many young people will be struggling with their mental health right now and scared to tell anyone what they're feeling. Make it easier for them by sharing sections of our What's on Your Mind Pack as part of your home schooling plans. Find out more here <https://www.seemescotland.org/young-people/resources/>
- Our What's on Your Mind? Pack has a section in on our emoji jukebox FeelsFM, where you can use music to start conversations with young people on mental health.

Message for parents/carers

- Speaking about mental health with a young person can seem daunting and so can suddenly having to become their teacher. It's important to take young people's mental health seriously. To help you can download our What's on Your Mind card, which can help you and the young people in your lives have the words to say on mental health. <https://www.seemescotland.org/media/8070/whats-on-your-mind-card.pdf>
- If a young person in your life says they're struggling, make sure to take them seriously and not dismiss them because of the current situation. See how to start a conversation here. <https://www.seemescotland.org/media/8070/whats-on-your-mind-card.pdf>
- If a young person in your life is struggling to find the words to say how they're feeling, tell them about <http://itsokay.tv/>, designed to help young people to talk about how they're feeling.
- If you are with a child or young person who was already struggling with their mental health before COVID, then they might be going through a really tough time, but worried to say anything. It's so important that we still encourage young people to speak about how they're feeling.
- Young children could be anxious and confused about all the change that is happening, so now is a really important time to encourage open conversations on mental health and to ask them how they're feeling.

- It's normal to be struggling right now with your own mental health, trying to juggle huge changes. Make sure you find someone to speak to about how you're feeling, and don't struggle alone.

For Young People

- It's okay to not be okay right now, if you're struggling, speak to someone you trust, don't try and keep a problem to yourself. Find out how to start a conversation and who to talk to here <https://www.seemescotland.org/young-people/information-for-young-people/talking-to-adults/>
- If you're struggling to cope with everything going on, that is perfectly normal, but sharing how you're feeling can stop it from getting worse. If you're struggling to find someone to speak to, check out the information here <https://www.seemescotland.org/young-people/information-for-young-people/getting-help/>
- Everything is a bit weird right now, but it's okay to do things to look after your mental health. Check out our online emoji jukebox feelsfm.co.uk, to get music to match your mood.
- If you think one of your pals, or one of your family might be struggling, then ask them if they're okay, or if you're not sure how to, then let an adult know who can help.