



PROMOTING POSITIVE MENTAL HEALTH AMONGST YOUNG PEOPLE

The Mind your Mind Kit: Promoting positive mental health amongst young people

is a series of fact sheets aimed at building coping skills and raising awareness of mental health issues in young people. The fact sheets cover a number of issues relevant to young people, and offer some suggestions for dealing with these issues. The information included in these fact sheets should be used as a guide only. If you require immediate assistance or further advice in relation to any of the issues discussed then please refer to the **Contacts** fact sheet (number 12).

So what's 'positive mental health' all about?

There are many definitions of mental health, but generally it involves the ability to cope with the situations and events in everyday life that cause stress.

Mental health is influenced by:

You – your personality including how well you cope with stress, your values and beliefs, your culture, your social skills, and your self esteem.

Your environment – family, school, work and social life.

Life events – things that happen in your life that impact in a positive or negative way on how you see yourself and the world around you, and how you cope with stress.

Some people suffer from a mental illness, which is an illness that affects the brain and behaviour and a person's ability to maintain positive mental health. Mental illness affects a person's mind in the same way as any other illness might affect another part of your body, just as heart disease affects the heart.

For most people though, mental health has a lot to do with attitude. Bad things happen sometimes, but how much they affect your life in the long term has a lot to do with how you deal with them. Being able to deal with the bad times in your life isn't something that's out of your reach:

- There are **ways** of changing your outlook on life;
- There are **ways** to ask for help when you need it; and
- There are **ways** to see the strengths not the weaknesses in yourself and others.

GOOD THINGS
+
GOOD TIMES
+
GOOD LOOKS
+
GOOD HEALTH
=
HAPPINESS

RIGHT?

WRONG!!

Even the people who look like they have it all experience mental health problems

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The fact sheets in this kit contain information on:

1. **Promoting positive mental health amongst young people**
Find out what positive mental health is all about.
2. **Stress and Coping**
Find out what stresses you out and learn some good relaxation and coping techniques.
3. **Pressures and expectations**
Learn how to deal with the pressures and expectations of others, and how to talk to your parents about what you feel, think, want and need.
4. **Relationships**
Understand the importance of having good relationships with family, friends, and your boyfriend/girlfriend to help you through stressful times.
5. **Positive image**
Some common myths about the 'ideal look' and ways of developing a positive image.
6. **Bullying and Harassment**
Understand the effects of bullying at school and how to deal with it.
7. **Suicide**
Warning signs that a friend or family member might not be coping and some common myths about suicide.
8. **What to do if someone you know is having trouble coping**
Useful information if you think a friend is having trouble coping.
9. **Loss and Grief**
Understand the different types of loss and common reactions people experience when they are grieving. Learn some coping skills and what you can do for a friend who has experienced loss.
10. **About Mental Illness**
Definitions of major mental illnesses and some common myths about mental illness.
11. **Information for parents and carers**
Strategies on talking to young people and what to do when you think a young person is having trouble coping.
12. **Useful contact information**
Contact information if you or someone you know is having trouble coping.

