

Mental Health and Wellbeing Knowledge Organiser

Mental Health	a person's condition with regard to their psychological and emotional well-being.
Physical Health	the state of being free from illness or injury
Stigma	a set of negative and unfair beliefs that a society or group of people have about something
Discrimination	is unfair treatment of one particular person or group of people.
Wellbeing	feeling good and functioning well
Self-esteem	How we value and perceive ourselves
Mindfulness	paying attention to the present moment
Digital resilience	Having the emotional resources to understand online risk and stay safe online
Stress	your body's way of responding to any kind of demand or threat
Depression	The state of feeling very unhappy and without hope for the future
Anxiety	a feeling of unease, such as worry or fear, that can be mild or severe.
Unhealthy coping strategies	<i>behaviours people use to deal with difficult emotions which have long-term negative consequences</i>
Healthy coping strategies	behaviours that we use to make sense of negative experiences in a productive and positive way.
Grief	Intense sorrow, especially caused by someone's death
Bereavement	A period of mourning after a loss
Drugs	A medicine or other substance which has a physiological effect when introduced into the body
Addiction	Not having control over doing, taking or using something to the point where it could be harmful to you.

Sources of Support

ChildLine: www.childline.org.uk Phone: 0800 1111

Young Minds: www.youngminds.org.uk

Samaritans: www.samaritans.org Phone: 116 123

The Mix: Call 0808 808 4994

Shout: Text 85258

Kooth <https://www.kooth.com/> 50101

Rethink Mental Illness. Call: 0300 5000 927 (Mon to Fri, 9.30am to 4pm)

SANE. Call: 0300 304 7000 (4.30pm to 10.30pm)

Harmless: <https://harmless.org.uk/> Help for people that self harm, their family and friends and people bereaved by suicide

BEAT (for support with eating disorders): www.beateatingdisorders.org.uk Phone: 0808 8010711

South Yorkshire Eating Disorder Association SYEDA <https://www.syeda.org.uk/>

Hope Again <https://www.hopeagain.org.uk/> A website for young people. A safe place where you can learn from other young people, how to cope with grief, and feel less alone.

<http://www.thecornersheffield.com/> Sheffield’s substance misuse service for young people

Seven Stages of Grief

Shock being frozen at the bad news
Denial avoiding the truth
Anger release of emotions and frustration
Bargaining seeking solutions
Depression realisation and sadness
Testing seeking a way out
Acceptance and moving forward

ABC of Managing Stress

Awareness

- Being aware of how you experience stress and what causes your stress.

Balance

- Discover how much stress you need to perform effectively without feeling overloaded.

Control

- Increase your awareness and identify your level of balance to help you feel more in control.

Five ways to wellbeing

- Connect with people
- Be active and look after physical health
- Learn something new and get creative!
- Be kind
- Pay attention to the present moment (mindfulness)

Unhealthy coping strategies	Healthy coping strategies
Drug or alcohol use Disordered eating Procrastination Sleeping too much or too little Social withdrawal Self harm Aggression	Exercise Talking Healthy eating Seeking professional help Relaxation techniques (deep breathing) Social support