

change
your mind
about mental health

Information for young people

Warwickshire Youth Offending Team

YOT

WHAT IS MENTAL HEALTH?

It's the way your thoughts, feelings and behaviour affects your life.

Good mental health helps you feel positive about yourself, it can improve the way you get on with others, and it helps you face life's challenges.


A decorative graphic consisting of several overlapping, semi-transparent triangles in various shades of orange and yellow, arranged in a pattern that suggests movement or a path.

WHAT HAPPENS WHEN THINGS GO WRONG?

It is not uncommon for young people to have problems with their mental health.

Some of the warning signs to look for are:

- Finding no fun in life
- Feeling that you are not worth anything
- Crying for no reason
- Getting easily irritated or angry

- **Feeling panicky or frightened**
 - **Mood swings**
 - **Wanting to harm yourself or someone else**
 - **Eating or sleeping problems**
 - **Hearing voices or seeing things that other people don't**
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HOW CAN I GET HELP?

Within the Youth Offending Team (YOT) there are people who are trained to help young people with mental health problems.

This might be a Psychologist or Psychotherapist who understands the stresses that young people have to deal with.

If you want help with your mental health you can ask your YOT worker to make an appointment.



WHAT WILL HAPPEN NEXT?

Q. WHO IS THE APPOINTMENT FOR?

ANS. The appointment could be just for you or for you and your family or anyone looking after you.

Q. HOW LONG WILL IT LAST?

ANS. Each appointment will last for about 1 hour and the number of appointments will be agreed with your worker.

Q. WHERE WILL IT BE?

ANS. Your worker will try to arrange appointments for you at a place that is easy for you to get to, like the YOT offices.

Q. WHAT WILL HAPPEN?


ANS. To find the best way to help you with your worries you will be asked about yourself, your family and how you spend your time. It is for you to decide how much you want to say at each appointment.

Q. WHO WILL KNOW?

ANS. Your YOT worker and your family doctor will know we are seeing you. However, the things that you say will normally be private. If we are worried that you could harm yourself or someone else, we may need to get extra help for you. It may also be helpful for us to contact other people or those working with you, but this would normally only happen if you agreed to it.

WHY SHOULD I BOTHER?

Sometimes young people don't get help for mental health problems because:

- They think their problems will just go away.
 - They feel ashamed or embarrassed.
 - They find it hard to talk.
 - They think their problems are not important.
 - They feel afraid.
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REMEMBER

- Mental health is as important as physical health
- Mental health problems are real and need help
- It's not your fault if you have a mental health problem
- Mental health problems are not a sign of weakness and don't just disappear
- It's OK to ask for help
- Things can get better

Sometimes being able to get the help you need is a matter of changing your mind!

CONTACTS

Warwickshire County Council
departments of Education and Social
Services, in partnership with
Warwickshire Health Authority,
Warwickshire Probation, Warwickshire
Police with Bail/Remand Services
provided by Barnardos.

Diane Johnson

Youth Offending Team Manager

If this information is difficult to
understand, we can provide it in
another format for example in large
print, on audio tape, in another
language or through discussion.

**Rugby Office (covering Coleshill,
Atherstone, Bedworth, Nuneaton and
Rugby areas)**

Warwickshire Youth Offending Team
Newton Hall
Lower Hillmorton Road
Rugby
CV21 3TU

Telephone: 01788 331256

**Warwick Office (covering Warwick,
Leamington and Stratford areas)**

Warwickshire Youth Offending Team
Sterling House
12 Hamilton Terrace
Hollywalk
Leamington Spa
CV32 4LY

Telephone: 01926 736200



Warwickshire
County Council



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