

Wellbeing tips from children and young people!



This year Childrens Mental Health Week's theme is

'My Voice Matters'

We have asked young people across South Gloucestershire what they do to look after their mental health and for their top tips.

Thank you to all the young people that contributed.



"Reach out and speak to people. Speak to anyone you are comfortable with. If you don't have support around, you go to places like OTR and SHOUT"

Poppy aged 16

Don't put too much pressure on yourself to be 'ok'.

Addison aged 14

Text SHOUT
on 85258 to start
the
conversation

What will you do to support your own wellbeing this week?

OTR- FREE Support in your area



**"I like to listen to my playlist of favourite songs."
Evelyn Age 17**

**"I like to go for a walk, it helps to clear my head."
Gavin Age 18**

**I talk to my friends about everything, especially things that are frustrating me. Watch my favourite tv shows and cuddle my pet rats"
Sofia aged 13**

What will you do to support your own wellbeing this week?



**“Celebrate small
victory's like
brushing teeth or
going to college.”
TB Age 17**

**“I like doing
Lego!”
Lucy Age
17**

**“I meditate once
every two days.”
Jacob Age 15**

What will you do to support
your own wellbeing this
week?

ChatHealth- Text service with school
nurses in your area





Local information mental health
and wellbeing support for
children and young people.

Childrens MH week to get involved
see: Place2be-Childrens Mental
health Week

