

teenage

Mental Health

Teenage Mental Health are offering to provide FREE bookmarks giving helpful advice on mental health concerns for primary and secondary school aged children. These are being distributed through Suffolk schools, and if you are a Suffolk based organisation working with children and young adults we are happy to provide packs of the bookmarks for you too!

To request some of these bookmarks for children of primary and secondary school ages, please contact Dylan Pomietlo:

Email: Dylan@teenagementalhealth.co.uk, Confirming;

Age ranges these would be for?

Where to post/deliver?

Ideal amount required?

Phone: 07589326209

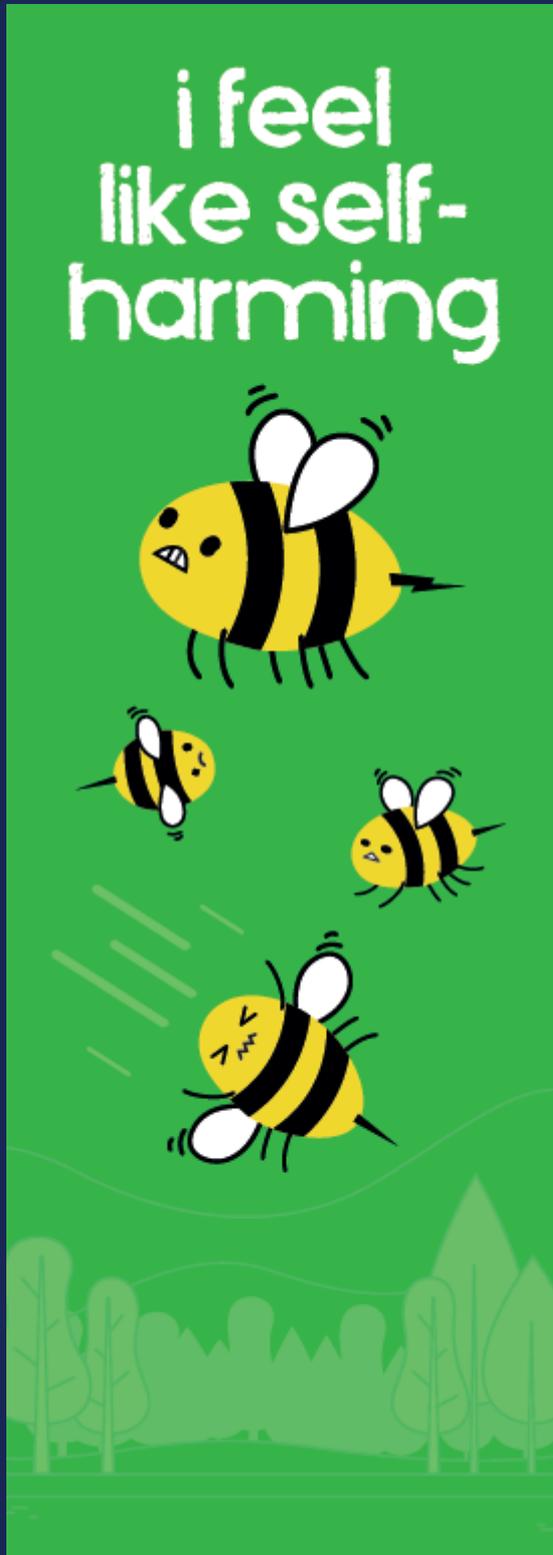
See below picture for how these appear, and following pages for a blown up digital view.



www.teenagementalhealth.co.uk

For Secondary School Ages

Side 1



Side 2

teenage
Mental Health

Self-Harm

For some people when their worries are too big they harm themselves to help release some of their emotions.

It is not something to be ashamed of or feel bad about.

But harming yourself to handle difficult emotions can be dangerous, so if you do self harm it's important that you keep yourself safe and get help if things go too far.

There are better ways of handling difficult emotions that do not involve harming yourself such as exercise, writing your emotions down or talking to a trusted friend or adult.

You could also try to distract yourself with another activity such as playing a game or listening to uplifting music.

**we're by
your side!**

Call: 01473 411324

www.teenagementalhealth.co.uk

 **solopress**

Printing by Solopress - www.solopress.com
Design by Silverloop - www.silverloop.co.uk

Teenage Mental Health

31 Lower Brook Street, Ipswich, Suffolk, IP4 1AQ.

Call: 01473 411324

Email: reception@teenagementalhealth.co.uk / Web: www.teenagementalhealth.co.uk



For Primary School Ages

Side 1



Side 2

teenage
Mental Health

I'm Worried

We all worry from time to time but sometimes we feel worried all the time.

Sometimes we worry about big things and sometimes about the little things. But no matter how big or small your worry is, it can be hard to get rid of.

Have you tried writing your worry down on paper then putting it in the bin to get rid of it?

Could you share your worry with a good friend that you trust?

If you feel that your worry just won't go away perhaps tell an adult you trust like a teacher or a parent.

Worries sometimes don't go away on their own, but sharing a worry can make them smaller or disappear altogether.

**we're by
your side!**

Call: 01473 411324

www.teenagementalhealth.co.uk

solopress

Printing by Solopress - www.solopress.com
Design by Silverloop - www.silverloop.co.uk

Teenage Mental Health

31 Lower Brook Street, Ipswich, Suffolk, IP4 1AQ.

Call: 01473 411324

Email: reception@teenagementalhealth.co.uk / Web: www.teenagementalhealth.co.uk



For Secondary School Ages

Side 1

i am
having
intrusive
thoughts

ALWAYS TELL A TRUSTED
ADULT IF YOU'RE HAVING
DARK THOUGHTS



Side 2

teenage
Mental Health

Intrusive Thoughts

Many people experience intrusive thoughts from time to time and whilst most of the time they can be managed, sometimes they can become overwhelming, and it can feel difficult to escape them.

When intrusive thoughts ping into your mind try to ping them back out as quickly as possible. They are rarely ever a true reflection of what you are really thinking, and these thoughts do not define who you are, they can often be a sign of curiosity not something to be concerned about.

If you feel you cannot keep yourself safe or your thoughts become very dark always seek help from a trusted adult.

we're by
your **side!**

Call: 01473 411324

www.teenagementalhealth.co.uk

 solopress

Printing by Solopress - www.solopress.com
Design by Silverloop - www.silverloop.co.uk

Teenage Mental Health

31 Lower Brook Street, Ipswich, Suffolk, IP4 1AQ.

Call: 01473 411324

Email: reception@teenagementalhealth.co.uk / Web: www.teenagementalhealth.co.uk

teen
age

For Primary or Secondary School Ages

Side 1



Side 2

teenage
Mental Health

I am Feeling Bullied

Bullying is behaviour that can hurt someone. If you feel like someone is bullying you it is important to tell a trusted adult or a good friend.

Never keep secrets for a bully.

Remember that it isn't your fault and the bullies need to change their behaviour, not you!

**we're by
your side!**

Call: 01473 411324
www.teenagementalhealth.co.uk

 **solopress**

Printing by Solopress - www.solopress.com
Design by Silverloop - www.silverloop.co.uk

Teenage Mental Health

31 Lower Brook Street, Ipswich, Suffolk, IP4 1AQ.

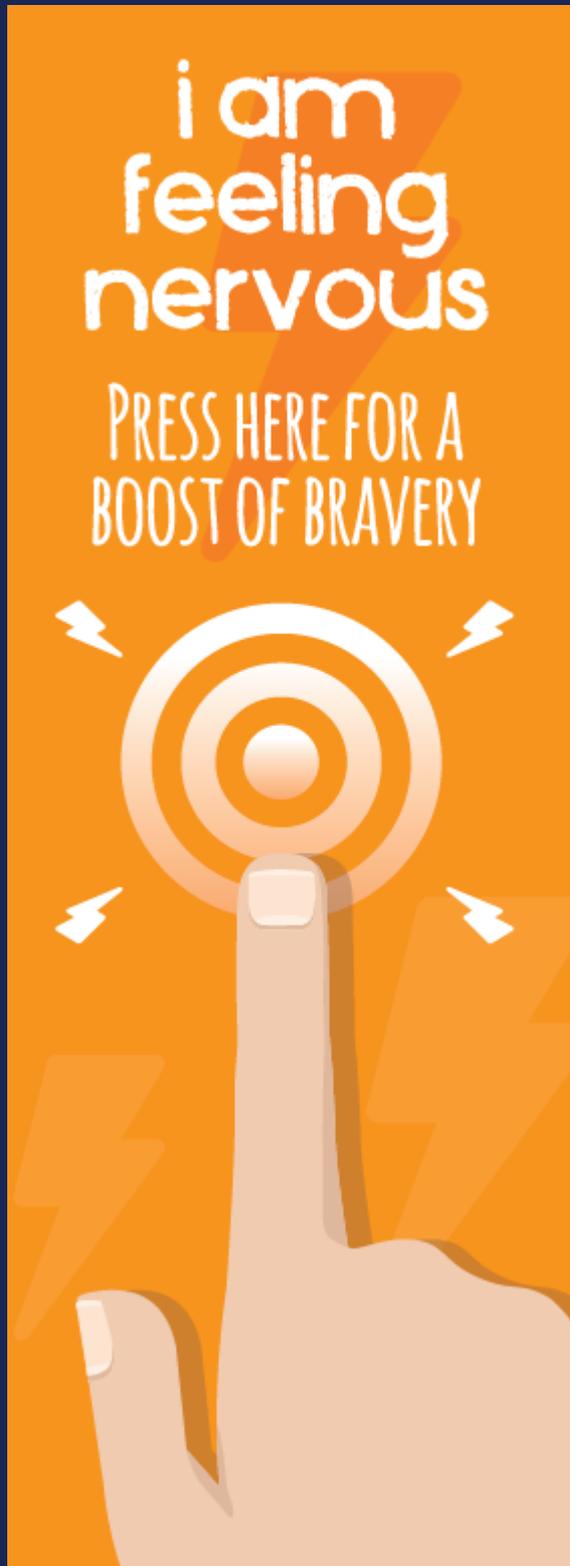
Call: 01473 411324

Email: reception@teenagementalhealth.co.uk / Web: www.teenagementalhealth.co.uk

**teen
age**

For Primary School Ages

Side 1



Side 2

teenage
Mental Health

I'm Nervous

Life can be scary and sometimes you can feel that your head and your tummy are full of things that you are nervous about.

Telling someone about what is making you nervous often helps, is there an adult or a good friend you can share your worrying thoughts with?

Sometimes it helps to imagine the thing you are scared of as a big cloud of smoke that you can blow away by breathing deeply and puffing it to another place.

**we're by
your side!**

Call: 01473 411324
www.teenagementalhealth.co.uk

solopress

Printing by Solopress - www.solopress.com
Design by Silverloop - www.silverloop.co.uk

Teenage Mental Health

31 Lower Brook Street, Ipswich, Suffolk, IP4 1AQ.

Call: 01473 411324

Email: reception@teenagementalhealth.co.uk / Web: www.teenagementalhealth.co.uk



For Secondary School Ages

Side 1

i am
feeling
anxious

TRACE YOUR BREATH
AROUND
YOUR FINGERS

BREATHE IN = WHITE ARROW
BREATHE OUT = YELLOW ARROW



Side 2

teenage
Mental Health

Anxiety

Anxiety is a very normal emotion and quite an important one as it stops us doing dangerous things.

Sometimes though we feel anxiety when there really is nothing to be anxious about at all.

Try sucking a sweet or chewing some gum as this can really help calm you down when anxiety strikes.

You could also try imagining a happy place, somewhere where you feel safe.

we're by
your side!

Call: 01473 411324
www.teenagementalhealth.co.uk

solopress

Printing by Solopress - www.solopress.com
Design by Silverloop - www.silverloop.co.uk

Teenage Mental Health

31 Lower Brook Street, Ipswich, Suffolk, IP4 1AQ.

Call: 01473 411324

Email: reception@teenagementalhealth.co.uk / Web: www.teenagementalhealth.co.uk

