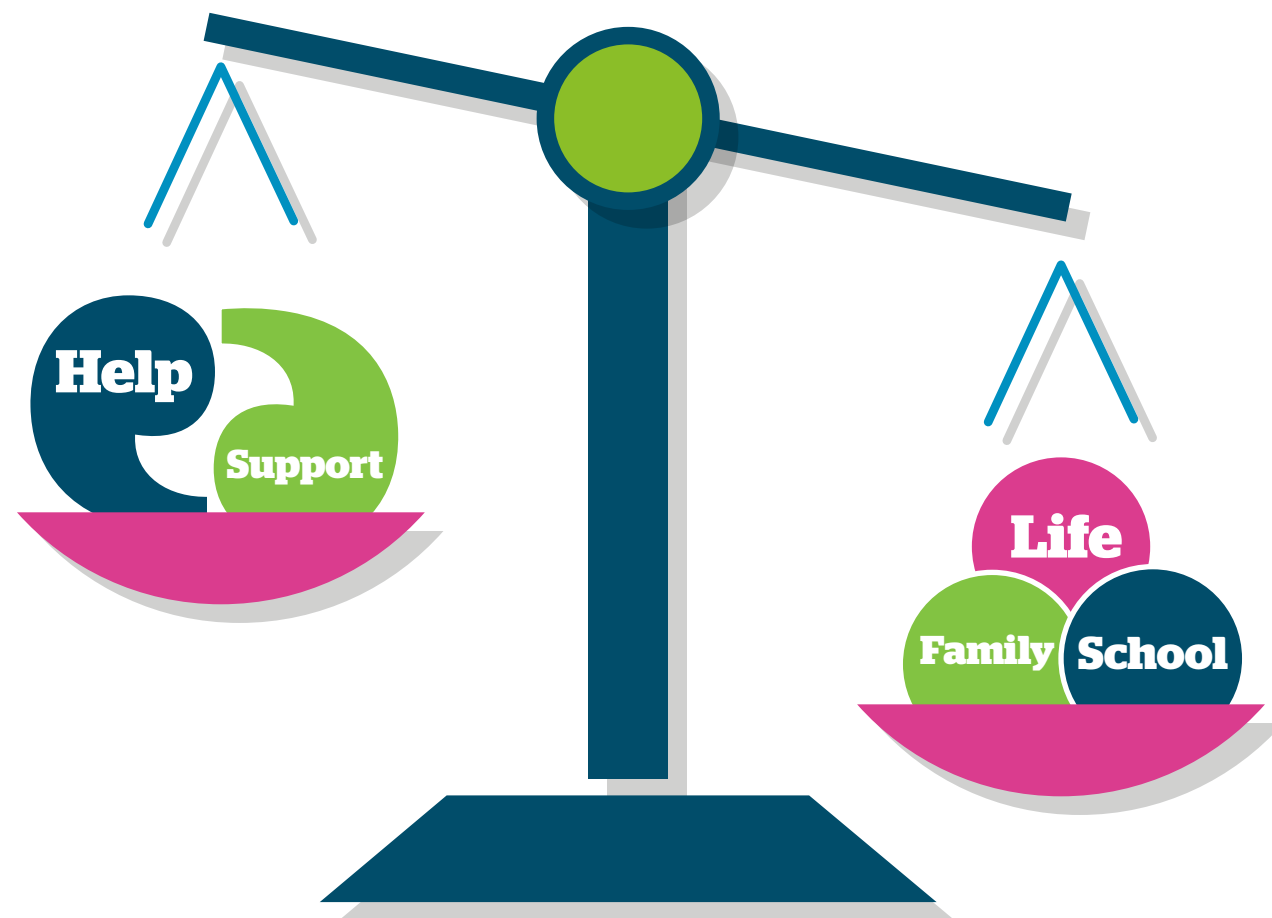


Stress and pressure



#MentalHealthAwarenessWeek

healthwatch
Middlesbrough

healthwatch
Redcar and Cleveland

Causes:

- ☒ Doing well at school
- ☒ Peer pressure
- ☒ Social media
- ☒ Being in the 'real world'
- ☒ College
- ☒ Family and friends
- ☒ Money and jobs

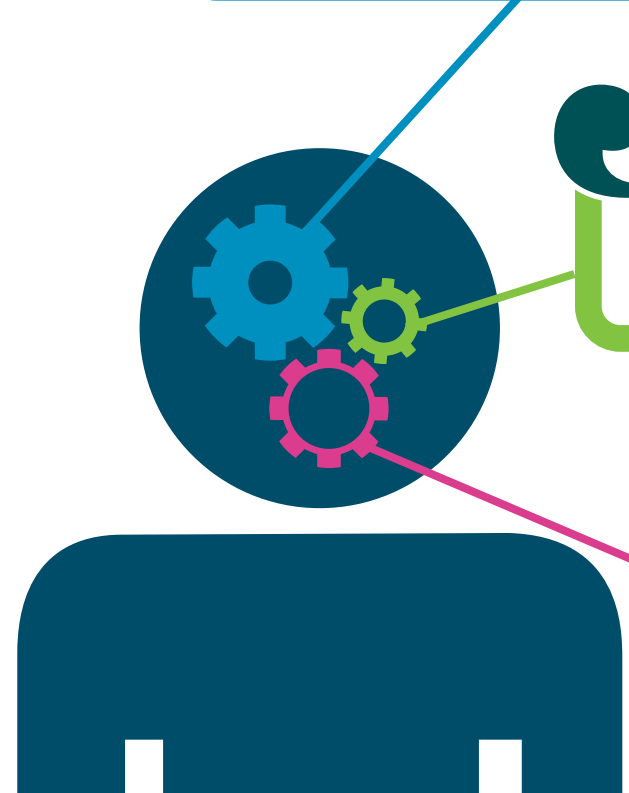
School



Teachers pick on me, it's not fair

My grades aren't good enough

I'm being bullied



#MentalHealthAwarenessWeek

healthwatch
Middlesbrough

healthwatch
Redcar and Cleveland

Bullying



Where does it happen?



School



Social media

#MentalHealthAwarenessWeek

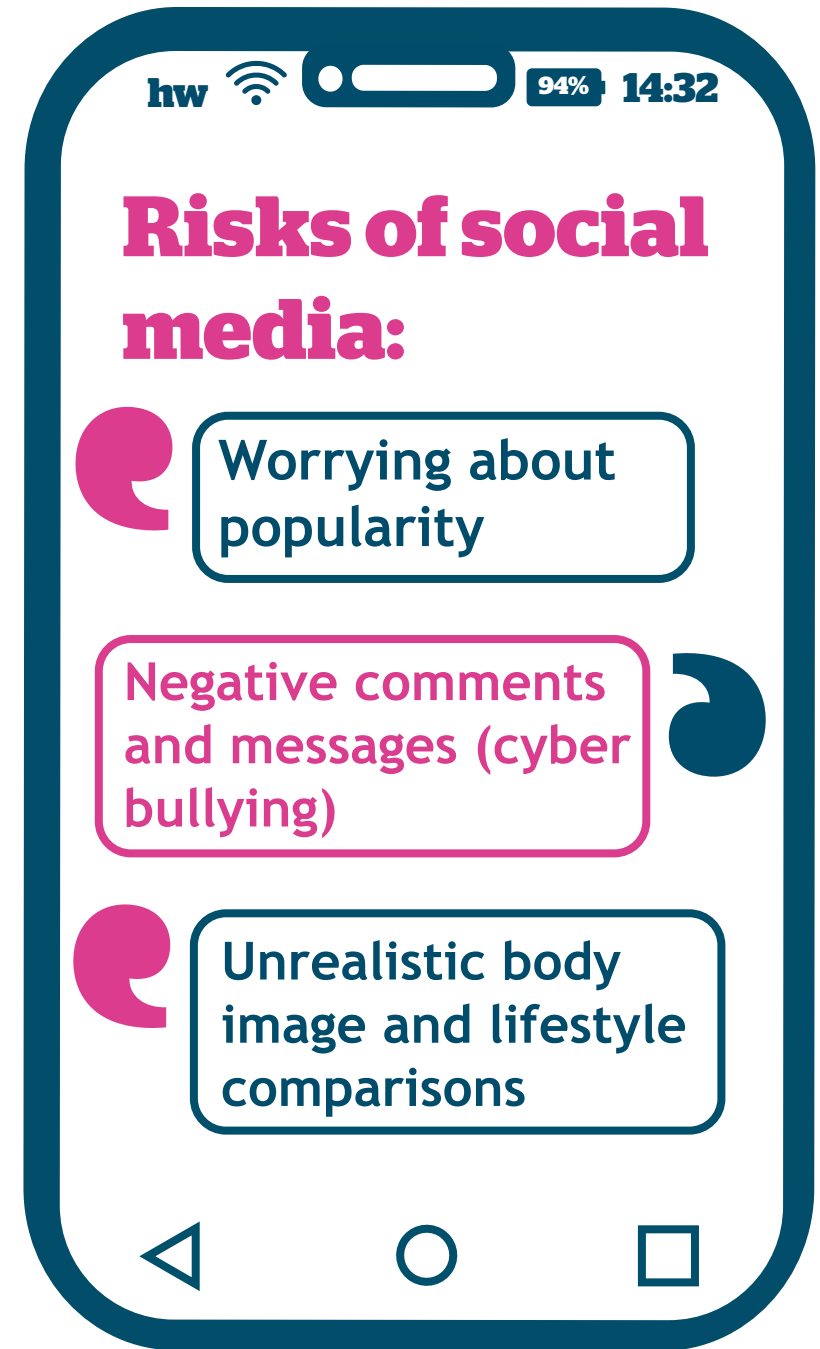
healthwatch
Middlesbrough

healthwatch
Redcar and Cleveland

*Bullying is a major cause
as it makes people feel
less than what they are*



Social Media



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Family



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Support, help and talking

**How could they
be provided?**



At school



Social groups



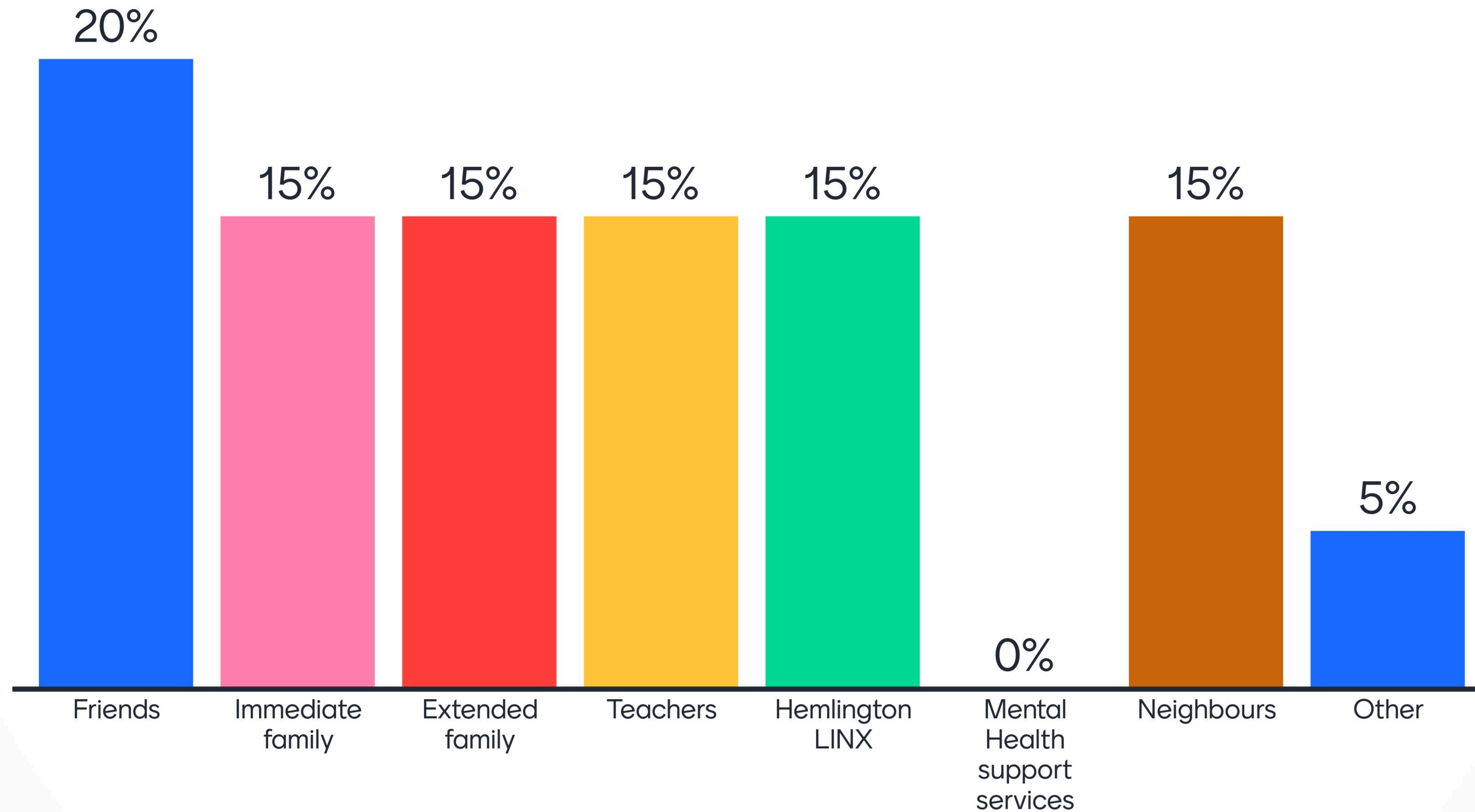
Sports activities

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Who do you keep in contact with during COVID-19 lockdown to support your mental health?



How do you help others?

social distancing
do the washing up
shop for family friends
baked for heamatology day
talk to people
check up on friends
emailing
messaging
ceaping others safe

What do you do to stay healthy and positive?

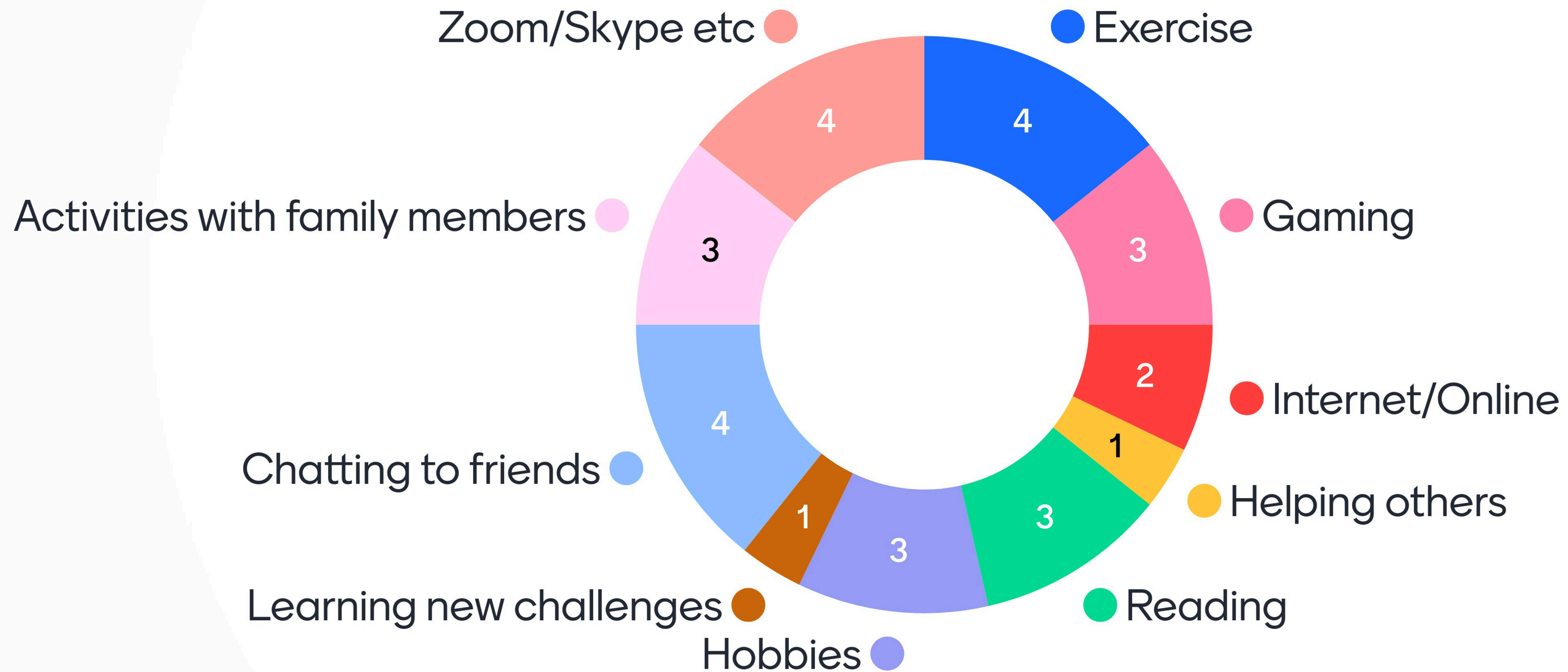
use the daily exercise allowance and listen to music

Messaging and calling family and friends, sticking to social distancing rules. Thinking about the future

Exercise, healthy food, keep positive and listen to music

walking the dog bike riding play football family movie time

How do you keep your mind active?



What things do you do in your daily routine?



A word cloud of daily routine activities. The word 'work' is the largest and most central. Other prominent words include 'school work till lunch', 'brush teeth and shower', 'have breakfast', 'wake up', 'more work', 'watch telly and have tea', 'dinner and exercise', 'relax go for a work', 'out for daily walk', 'washed and dressed', 'diner', 'get changed', 'chill with family', 'chil', 'go to bed', 'breakfast', and 'school work'. The words are arranged in a circular pattern around the central 'work' word, with varying sizes and colors (red, yellow, green, blue, pink, orange) used for different words.

work

school work till lunch

brush teeth and shower

have breakfast

wake up

more work

watch telly and have tea

dinner and exercise

relax go for a work

out for daily walk

washed and dressed

diner

get changed

chill with family

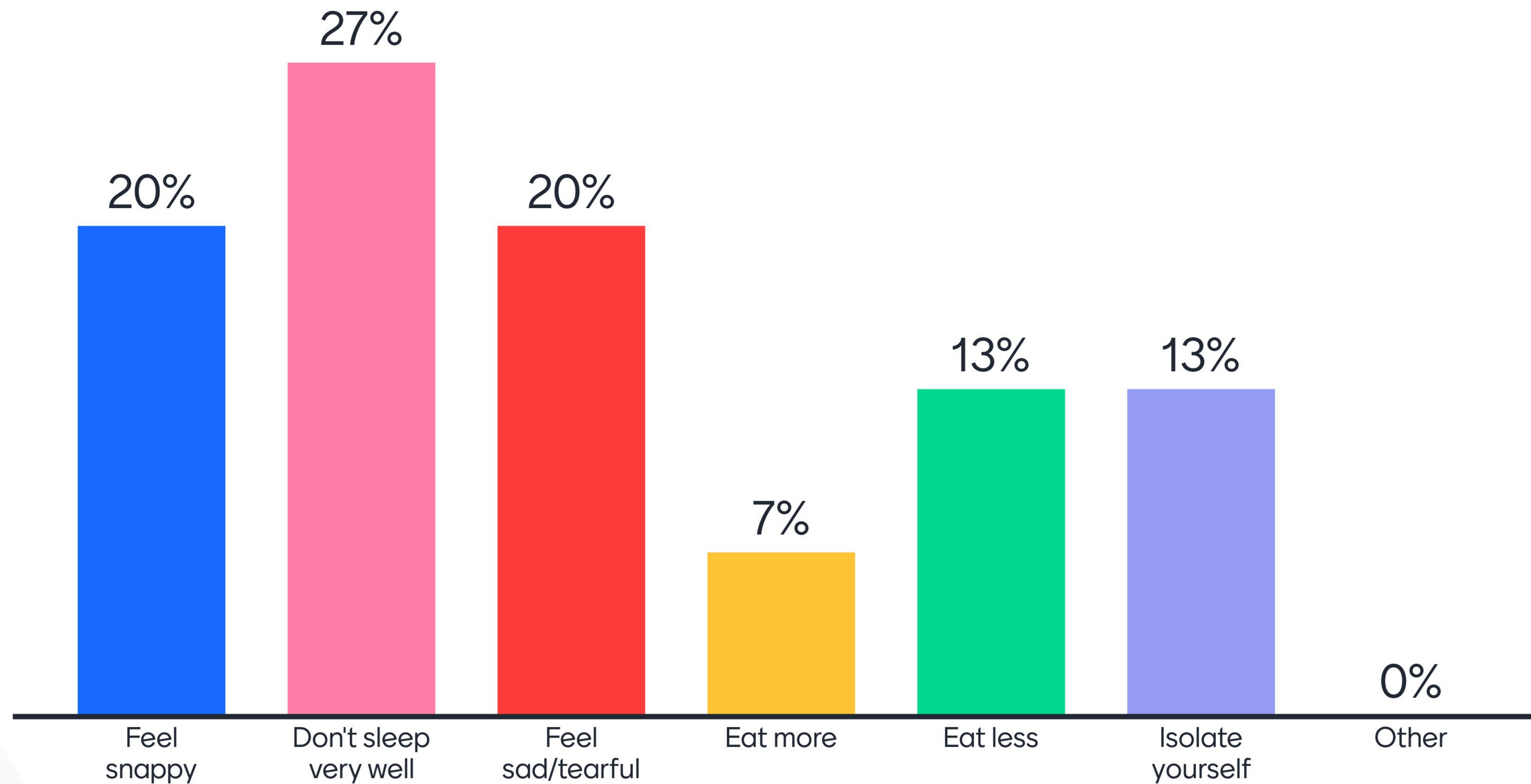
chil

go to bed

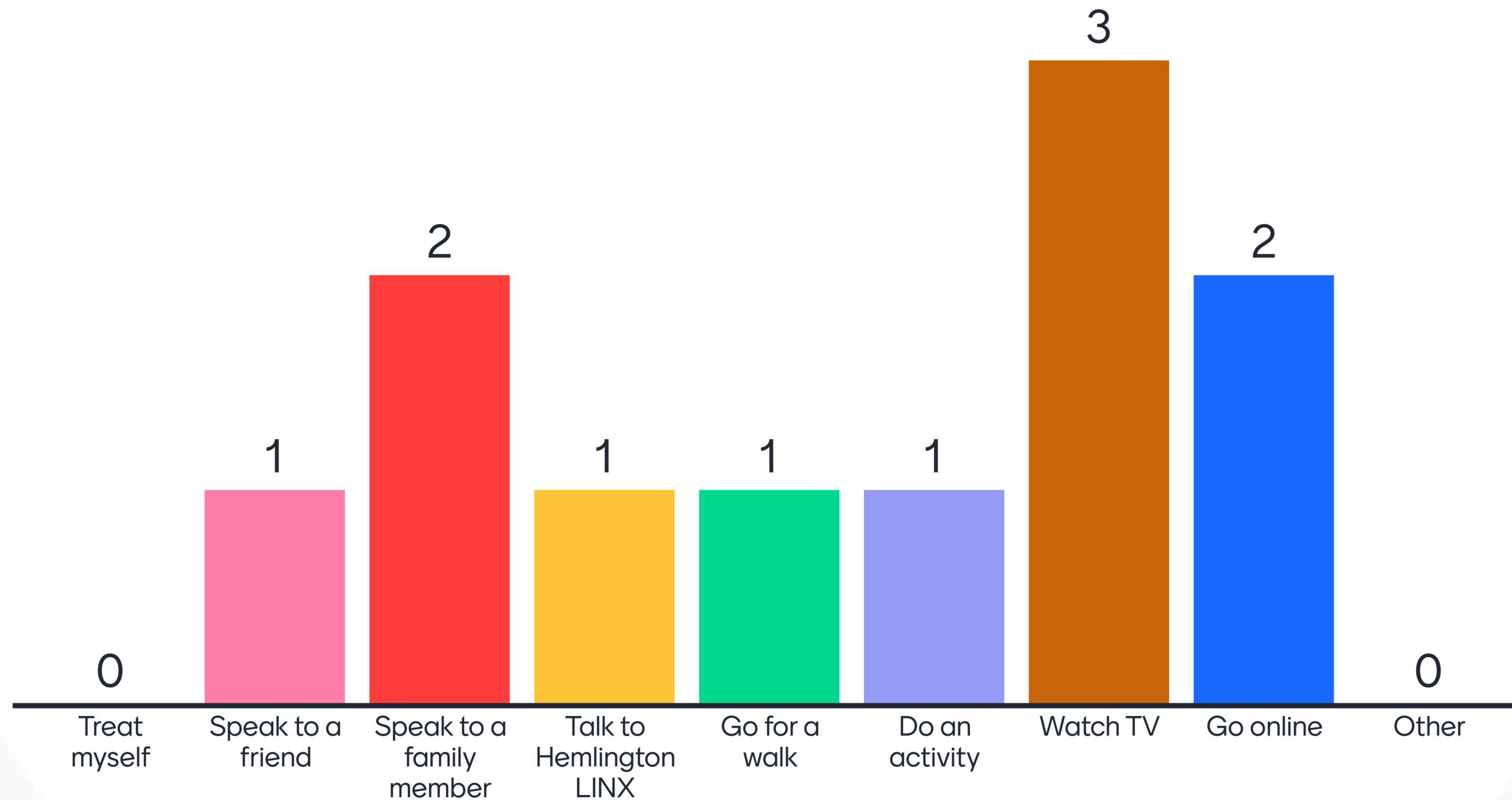
breakfast

school work

How can you tell when you're starting to feel unhappy?



What do you do to distract yourself when you feel stressed, anxious or unhappy?



Who can you talk to if you do start to feel unhappy?



family
family
my social life
online friends
girlfriends
teachers
my self in my head
scholl
linx
friends

What will you look forward to the most when this lockdown period is over?



A word cloud of responses to the question 'What will you look forward to the most when this lockdown period is over?'. The words are arranged in a circular pattern, with 'life' being the largest and most central word. Other prominent words include 'going to the football', 'seeing friends', 'playing football', 'going on holiday', 'freinds', 'see freands', 'famalam', 'youth club', 'people you care about', 'go to the beach', 'see my nana', and 'seeing gran'.

playing football
going on holiday
seeing friends
freinds
see freands
life
famalam
youth club
going to the football
people you care about
go to the beach
see my nana
seeing gran

Is there anything you could do to help prevent other young people in your community from feeling low or unhappy?

send a quick message letting them know they can talk to you

We could talk to them (keeping a safe distance of course!) make sure they are happy and not sad (we disconnected)

Give advice, let them be a good inflawnce

cheer them up make time to talk and play at social distance

What would you need to do to promote the offer of help to other young people in your community?

a face book post

send them a message WhatsApp

Give to food banks, Instagram poste, posters

make posters! leaflets lamp post signs twitter post