

# Oakwood's A-Z of Mental Health



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**WHAT IT IS AND WHERE TO GET HELP**

# USEFUL NUMBERS & LINKS

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## Phone & Text Numbers:

In an emergency, call 999

CAMHS Crisis 24/7: 0808 196 3779

Childline 24/7: 0800 1111

B U Notts Mon-Fri 9-5pm: 0115 708 0008

Young Minds 24/7 Text: YM to 852 58

Samaritans 24/7: 116 123

Shout 24/7 Text: SHOUT to 852 58

## Websites:

[kooth.com](https://www.kooth.com)

[nottalone.org.uk](https://www.nottalone.org.uk)

[samaritans.org](https://www.samaritans.org)



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# Anger

What it is and where to get help



## WHAT IS ANGER?

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Anger can be a strong and difficult emotion to deal with. Remember anger is a normal emotion and you can learn to manage it effectively. Sometimes, anger can make you hurt yourself and other people. Aggressive behaviours can then make you feel more angry, particularly with yourself.

To manage anger, try and understand where your anger comes from and what situations can cause it. You might be feeling angry because something bad has happened to you or is still happening to you now. Your anger might be hard to control and might be coming out in lots of different situations.

Talking to someone can help. Ask for practical advice and help to understand what makes you angry and how to stay calm.

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## WHERE TO GET HELP:

### In school:

SSC, Zone, tutor, House Support,  
Safeguarding Team, mental health first  
aiders and ambassadors, school nurse

### Outside school:

CAMHS  
Young Minds  
NHS



# Anxiety

What it is and where to get help



# WHAT IS ANXIETY?

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Anxiety is a strong feeling of worry and can affect your thoughts, your body and your behaviour. Everyone gets anxious now and then and anxiety is actually your body giving you a message that you are not safe. This can be helpful when you need to get out of danger or when you need to perform really well at something. In fact, a little bit of anxiety can help you to succeed in a test, sports match or a singing performance. The problem is when our body thinks we are in danger when we are actually ok. This is when anxiety starts to become a problem.

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## WHERE TO GET HELP:

### In school:

SSC, Zone, tutor, House Support,  
Safeguarding Team, mental health first  
aiders and ambassadors, school nurse

### Outside school:

CAMHS  
Young Minds  
NHS  
B U Notts



# Bereavement & Loss

What it is and where to get help





# WHAT IS BEREAVEMENT & LOSS?

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When someone you care about dies or is seriously ill, it is very difficult. There's no right or wrong way to feel, but it's natural to have strong reactions. If an animal you love dies, this can be very upsetting too.

People can feel scared, confused, numb, or out of control. You might even feel like you'll never feel OK again. These feelings will change over time– it's really tough, but certain things can help you cope.

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## WHERE TO GET HELP:

### In school:

SSC, Zone, tutor, House Support,  
Safeguarding Team, mental health first  
aiders and ambassadors, school nurse

### Outside school:

CAMHS  
Child bereavement UK  
Winston's Wish  
Hope Support Services



# Body Image

What it is and where to get help



# WHAT IS BODY IMAGE?

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Body image is our feelings about ourselves physically, how we believe others see us and overall happiness with our bodies. It involves how we view ourselves in relation to our size, shape, weight, height, and specific body parts. Body image isn't just about weight, it can include feelings about:

- Societal standards of what is beautiful.
  - Comparing ourselves with friends, siblings, peers, or celebrities
  - Social media body ideals and filtered images
  - Cultural ideals of beauty
  - Hiding your body because you feel ashamed of it
  - Feeling self-conscious due to acne, scars, birthmarks, stretchmarks
  - Feeling ashamed or embarrassed about having a disability.
  - Feeling as though your body does not match your gender or how you feel inside.
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# WHERE TO GET HELP:

## In school:

SSC, Zone, tutor, House Support,  
Safeguarding Team, mental health first  
aiders and ambassadors, school nurse

## Outside school:

CAMHS  
Kooth  
B U Notts



# Bullying

What it is and where to get help



# WHAT IS BULLYING?

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This is the Anti-Bullying Alliance's definition of bullying:

**'The repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power.'**

Bullying can take many forms including:

- **Physical** – for example: pushing, poking, kicking, hitting, biting, pinching
  - **Verbal** – for example: name-calling, sarcasm, spreading rumours, threats, teasing, belittling.
  - **Emotional** – for example: isolating others, tormenting, hiding books, threatening gestures, ridicule, humiliation, intimidating, excluding, manipulation and coercion.
  - **Sexual** – for example: unwanted physical contact, inappropriate touching, abusive comments, homophobic abuse, exposure to inappropriate films
  - **Online/cyber** – for example: posting on social media, sharing photos, sending nasty text messages, social exclusion
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# WHERE TO GET HELP:

## In school:

SSC, Zone, tutor, House Support,  
Safeguarding Team, mental health first  
aiders and ambassadors, school nurse

## Outside school:

National Bullying Helpline  
B U Notts  
Base 51  
Shout



# Depression & Low mood

What it is and where to get help



# WHAT IS DEPRESSION & LOW MOOD?

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Everyone has ups and downs. Sometimes you might feel a bit low, for lots of different reasons. People may say that they are feeling depressed when they are feeling down, but this does not always mean that they have depression.

Depression is a long lasting low mood disorder. It affects your ability to do everyday things, feel pleasure or take interest in activities. Depression can affect people of any age, including children. It is one of the most common mental illnesses.

It is normal to feel low if something upsetting has happened in your life and most of the time these feelings get better over time with the support of the people closest to you.

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## WHERE TO GET HELP:

### In school:

SSC, Zone, tutor, House Support,  
Safeguarding Team, mental health first  
aiders and ambassadors, school nurse

### Outside school:

CAMHS  
B U Notts  
CALM



# Drugs & Alcohol

What they are and where to get help





# WHAT ARE DRUGS & ALCOHOL?

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Every drug changes the way our body and mind work in some way. Some drugs wake you up and make you want to party (stimulants) and others relax you or make you forget things (depressants). This means that some people may use drugs for different reasons. For example, to feel relief from pain, to feel energetic or to feel relaxed and calm. Some people use drugs and alcohol to block out difficult emotions or to make themselves feel better.

By using drugs or alcohol to deal with difficulties, it's likely to become a problem that could seriously affect your life. If you're worried about your drug or alcohol use, talk to someone you trust about it.

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## WHERE TO GET HELP:

### In school:

SSC, Zone, tutor, House Support,  
Safeguarding Team, mental health first  
aiders and ambassadors, school nurse

### Outside school:

CAMHS  
With You  
Alateen  
Change, Grow, Live



# Eating Disorder

What it is and where to get help



# WHAT IS AN EATING DISORDER?

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Problems with eating can be complicated and there is no one single cause of eating disorders. Lots of people change their diet and worry about the way they look. This does not always mean that you have an eating disorder. Eating disorders are also not just about food – they can be a way of coping or feeling in control. Eating disorders are serious and everyone who has one deserves care and support. They can take over your life and the lives of your family and the people around you.

There are three main types of eating disorder:

- **Anorexia** – trying to control your weight by not eating enough, exercising too much or both.
- **Bulimia** – losing control over how much you eat and then taking drastic action to not put on weight, for example making yourself sick.
- **Binge Eating Disorder** – eating large portions of food until you feel uncomfortably full.

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## WHERE TO GET HELP:

### In school:

SSC, Zone, tutor, House Support,  
Safeguarding Team, mental health first  
aiders and ambassadors, school nurse

### Outside school:

CAMHS  
BEAT Eating Disorders  
NHS



# Exam Stress

What it is and where to get help



# WHAT IS EXAM STRESS?

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School life can be busy and confusing, causing you to feel stressed. Stress is when you feel overwhelmed by problems or pressure and start to find it hard to cope. Stress can trigger the 'fight or flight' response causing feelings of anxiety. Stress is common during exam time when you can feel lots of pressure to do well and get good marks. Some people might get stressed at other times too.

A little bit of stress can be helpful: it can improve your concentration and give you short term energy to achieve a goal e.g. studying hard the week before an exam, completing homework for a deadline. However, too much stress or feeling stress for weeks and months at a time can cause problems such as

- Difficulties sleeping
- Difficulties concentrating
- Feelings of anxiety
- Feeling angry or irritable

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## WHERE TO GET HELP:

### In school:

SSC, Zone, tutor, House Support,  
Safeguarding Team, mental health first  
aiders and ambassadors, school nurse

### Outside school:

CAMHS  
ELSA Support



# Family Separation

What it is and where to get help



# WHAT IS FAMILY SEPARATION?

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There are lots of reasons why some parents split up. Usually, it's because one (or both) of them is unhappy. They might think they need to be apart to make things better. Your parents may argue and shout, but remember it is not your fault that this is happening. When parents split up, they have to think about lots of different things, like where you will live and when you will see the parent that you don't live with. Sometimes parents find it difficult to agree on plans for their children so they might have to involve professionals like lawyers or judges. It might take some time for everyone to get used to new ways. But most children find that things get better over time.

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## WHERE TO GET HELP:

### In school:

SSC, Zone, tutor, House Support,  
Safeguarding Team, mental health first  
aiders and ambassadors, school nurse

### Outside school:

CAMHS  
Kooth  
Relate



# Gambling

What it is and where to get help





# WHAT IS GAMBLING?

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Gambling means risking the loss of money or something else of value when the outcome of an activity is uncertain – when there is no guarantee that you will win.

Casinos, scratch cards, bingo, fruit machines, sports betting, and the lottery are all kinds of gambling. By law, you have to be 18 or older to take part in these activities, but sometimes younger people do get drawn into gambling. Some activities in gaming – like loot boxes – can lead to harmful gambling too.

Gambling can harm your physical and mental health, your relationships with family and friends, how much money you have, your school/college work or your job. These are sometimes called gambling-related harms.

Harms can be experienced by the person that gambles, or by the family, friends, and colleagues of someone who gambles.

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## WHERE TO GET HELP:

### In school:

SSC, Zone, tutor, House Support,  
Safeguarding Team, mental health first  
aiders and ambassadors, school nurse

### Outside school:

CAMHS  
Kooth  
Big Deal Gambling Support



# Identity

What it is and where to get help



## WHAT IS IDENTITY?

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Your identity is the unique things about you that make you, you. Identity can mean different things to different people. It might be about your social circle, ethnicity, sexuality, gender, where you live, what music you listen to, religion or just feeling like you don't fit in. Simply put – your identity is 'who you are'. However, being 'who you are' can sometimes feel really confusing and this might cause you to feel lonely or isolated. It's easy to think that everyone else knows exactly who they are and feels like they fit in but even the most talented and successful people sometimes feel different and unsure. If you chat to your friends and family, you'll find that most people feel different in some way at some point in their lives, especially while growing up.

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## WHERE TO GET HELP:

### In school:

SSC, Zone, tutor, House Support, Safeguarding Team, mental health first aiders and ambassadors, school nurse

### Outside school:

Notts LGBT+ Network  
Ask Lion  
Relate  
Kooth



# Obsessive Thoughts

What they are and where to get help



# WHAT ARE OBSESSIVE THOUGHTS?

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**Obsessions** are specific thoughts that are intense and intrusive. It can feel like your thoughts are taking over and controlling your behaviour.

**Compulsions** are ritual behaviours that people use to try to reduce anxiety linked to intrusive thoughts.

We all experience obsessive and impulsive thoughts from time to time, especially when we are feeling anxious. Some people with additional needs such as autism, ADHD and attachment needs are more likely to experience obsessive and impulsive thoughts. In some cases, but not all, these thoughts can be symptoms of Obsessive Compulsive Disorder.

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## WHERE TO GET HELP:

### In school:

SSC, Zone, tutor, House Support,  
Safeguarding Team, mental health first  
aiders and ambassadors, school nurse

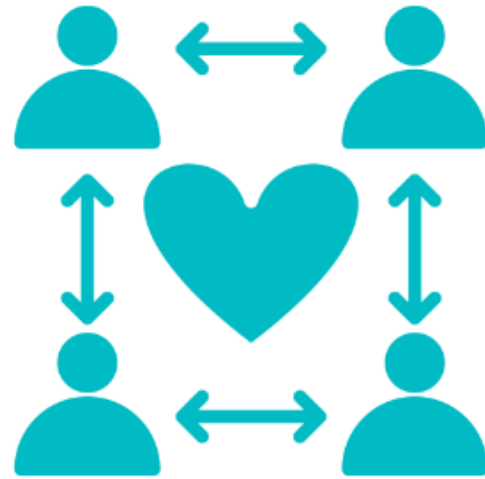
### Outside school:

CAMHS  
OCD UK  
OCD Youth  
NHS



# Relationships

What they are and where to get help



# WHAT ARE RELATIONSHIPS?

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Your relationships with other people are important to your mental health. Positive, healthy relationships with family and friends, can boost your mood and can support you during tough times. If you don't have many close relationships, or your relationships have broken down, this can make you feel lonely. If your relationships are negative, abusive or involve violence this can make you feel unsafe, scared and sad. If a relationship is healthy, the other person should never do things that make you feel bad about yourself.

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## WHERE TO GET HELP:

### In school:

SSC, Zone, tutor, House Support, Safeguarding Team, mental health first aiders and ambassadors, school nurse

### Outside school:

Nott Alone  
YMCA  
CAMHS  
Relate



# Self Harm

What it is and where to get help





# WHAT IS SELF HARM?

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**Self-harm is when you hurt yourself intentionally. The reasons why people do this will be different for different people. Some people self-harm as a way of dealing with difficult emotions or to suppress upsetting experiences which may be happening now or have happened in the past.**

The way in which people self-harm can be different too, it can look like:

- Cutting yourself
  - Burning yourself
  - Biting yourself
  - Scratching yourself
  - Swallowing harmful substances
  - Using drugs or alcohol
  - Picking at wounds or scabs to delay wound healing
  - Not eating or overeating
  - Forcing yourself to throw up
  - Spending all your time on addictive behaviours like gambling, gaming or social media
  - Engaging in risky behaviours including fights or risky sexual behaviour
  - Engaging in self-sabotaging behaviours that harm your emotional or physical wellbeing.
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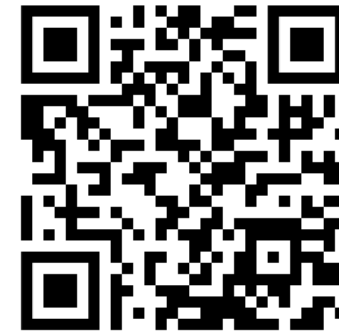
## WHERE TO GET HELP:

### In school:

**SSC, Zone, tutor, House Support,  
Safeguarding Team, mental health first  
aiders and ambassadors, school nurse**

### Outside school:

**B U Notts  
Shout  
Young Minds  
Harmless  
Kooth**



# Online Safety

What it is and where to get help



# WHAT IS ONLINE SAFETY?

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The internet and the 'online world' offer so many positive and new opportunities – it can be fun, educational, and exciting. However, sometimes things can go wrong and something which happens whilst we are online can make us feel upset, worried, scared or perhaps a little overwhelmed or anxious.

We all need to know how to stay safe online, and be prepared so that we know what to do if we see, hear or experience something which has made us feel upset or uncomfortable –we all deserve support and help, even if we've behaved in a way we shouldn't have, or if we've made a wrong choice. We should also know how to help and support our friends; in case they tell us about something which is happening online that they'd like some help with or in case we think they're behaving in a way that's going to make it more likely that they'll experience harm or become injured.

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## WHERE TO GET HELP:

### In school:

SSC, Zone, tutor, House Support,  
Safeguarding Team, mental health first  
aiders and ambassadors, school nurse

### Outside school:

Childline  
Childnet  
CEOP



# Suicidal Thoughts

What they are and where to get help



# WHAT ARE SUICIDAL THOUGHTS?

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If you need immediate help because you are hurt or have taken an overdose phone 999. You can also phone 0808 196 3779, the Nottinghamshire Mental Health Crisis Line, 24/7. SHOUT is a free, confidential, anonymous text support service for anyone struggling to cope, available 24/7. Text NOTTS to 85258.

If you are having thoughts about killing yourself and feel like there is no way out, please remember there is help there for you. Lots of people have felt like this and have been able to access help and support, there are people and organisations out there who can listen and support you to feel better again.

It's important you talk to someone as soon as possible to explore how you are feeling. It can sometimes feel hard to talk to someone you know but there are lots of helplines you can phone or text.

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## WHERE TO GET HELP:

### In school:

SSC, Zone, tutor, House Support, Safeguarding Team, mental health first aiders and ambassadors, school nurse

### Outside school:

NHS  
CAMHS crisis  
Young Minds  
Shout  
Samaritans  
CALM



# Young Carers

What they are and where to get help



## WHAT IS A YOUNG CARER?

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Looking after someone, such as a family member, who is ill or helping them by looking after someone else while they can't, can be very rewarding. However, it is likely to mean more chores and responsibilities as well as normal schoolwork and family life. Sometimes friends and family don't understand your responsibilities and why you have less free time than others.

You have the right to be looked after too and there are lots of places and people you can go to get help.

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## WHERE TO GET HELP:

### In school:

SSC, Zone, tutor, House Support, Safeguarding Team, mental health first aiders and ambassadors, school nurse

### Outside school:

Young Carers Notts  
Carers UK

