



MIND

TALK

Feeling Low



**Hello!**

**Hope everyone's doing great.**



# What is the mindtalk programme?

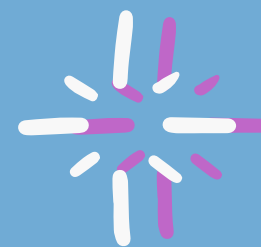
The purpose of mindtalk is to break down the stigma of mental illness and to usualise conversations about our mental health in every day dialogue. Each session has a specific focus with some helpful talking points to help kickstart conversations.

Teachers: read this blog post for more details on the delivery of these sessions.



# Before we start, this is a safe space:

The mindtalk programme is all about giving you and your peers opportunities to discuss mental health topics. We all have mental health, just as we encourage you to be aware of physical health, we should do the same for our mental health.





# Feeling Low

"It was realising that I shouldn't be ashamed of feeling these things, and that I wasn't alone — learning that everyone goes through similar things... That being vulnerable is actually a strength not a weakness, and showing your emotion and being honest about it [is good.]"

Cara Delevingne

[Click the pic to watch a useful vid](#)



# Big Question

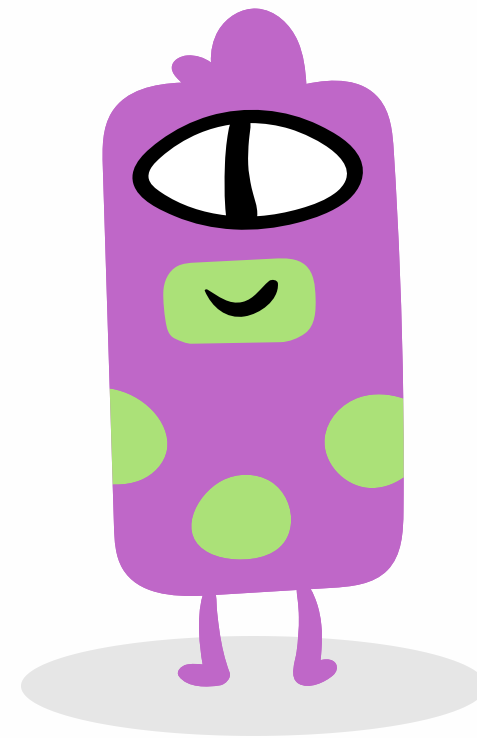
Why is FEELING LOW closely linked to mental health?



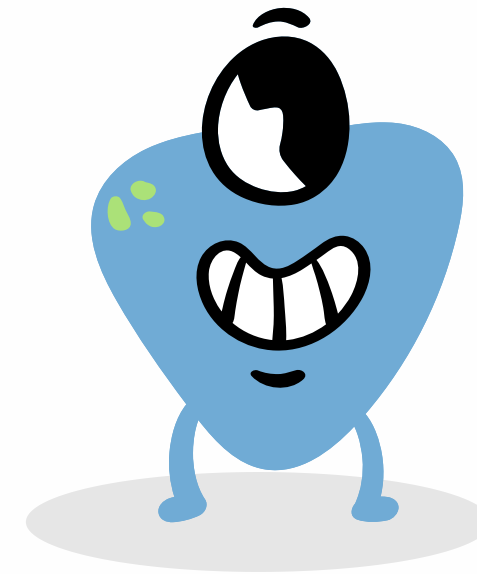
# Talking points



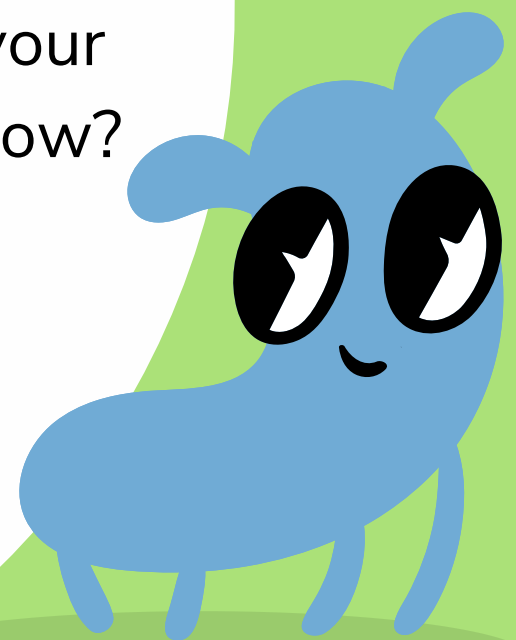
How are feeling low and being depressed different?



Can feeling low be a good thing sometimes?



How can you improve your mood if you are feeling low?





# shout



## here for you 24/7

## Where do we go from here?

5 things to remember about depression and feeling sad:

- Having depression or feeling down happens to lots of people
- Anyone could be affected, whether you're young or old
- Feeling sad can come on at any time
- There's lots of things you can do to help you feel better
- You never have to face things alone. You can always talk when you feel down.

It's normal to feel down sometimes. But if sad thoughts are stopping you from enjoying life, or if you feel like life isn't worth living, then it can help to talk to someone. Shout is the UK's first free, confidential, 24/7 text support service. It's a place to go if you're struggling to cope and need mental health support.



# REMEMBER

It's okay not to be okay  
Help is always there  
If you would like to speak to somebody in  
confidence - call Childline on 0800 1111



## In school support:

When you are in school, you can go to your form tutor/head of year if you need extra support, or even if you just need to talk.

