

### What is 'mental health'?

Everyone has mental health, just like everyone has physical health.

Our mental health and mental well-being includes emotions, thoughts and feelings, and the ability to solve problems and overcome difficulties.

Mental health can also impact our social connections, and our understanding of the world around us.

Around 1 in 8 children have a diagnosable mental health condition, yet there is still a stigma surrounding this.

Mental health affects each person differently. Often the stigma around mental illness is caused by a lack of understanding, so sharing facts around mental health can be a key part in improving knowledge and reducing stigma.

### What are some symptoms of poor mental health?

It's important to remember that it is not always possible to reliably tell whether someone is developing a mental health problem; however, there are certain signs that may offer clues that a person could be struggling:

- Withdrawing from people or activities they would normally enjoy.
- Having emotional outbursts.
- Thinking of harming one's self or others.
- Persistent thoughts or memories that reappear regularly.
- Feeling as if nothing matters.

### Accessing help within college

Hugh Baird College has trained counsellors and professionals trained in mental health first aid who can help students in crisis.

Students can self-refer to a counsellor, or ask a tutor or member of staff to refer them.

We are based mainly in The POD in the Balliol building reception area, but we are also available across all College campuses.

We have lots of resources on student zone that explain lots of different mental health conditions to aim to reduce the stigma surrounding diagnosis.

### Where can help outside of College?

- [www.mind.org.uk](http://www.mind.org.uk)
- [www.themix.org.uk](http://www.themix.org.uk)
- [www.youngminds.org.uk](http://www.youngminds.org.uk)
- [www.rethink.org](http://www.rethink.org)
- NSPCC.org.uk: 0808 800 5000
- [www.time-to-change.org.uk](http://www.time-to-change.org.uk)
- [www.samaritans.org](http://www.samaritans.org)