

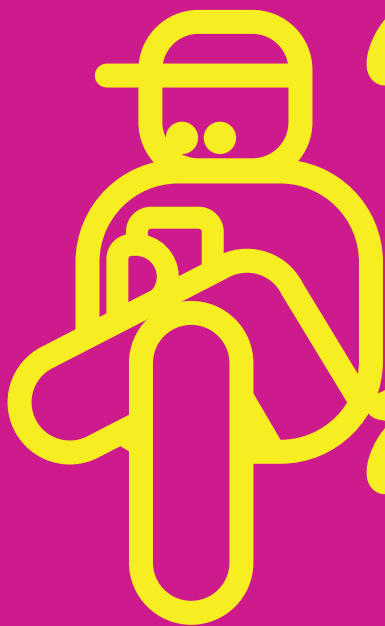


Western Health  
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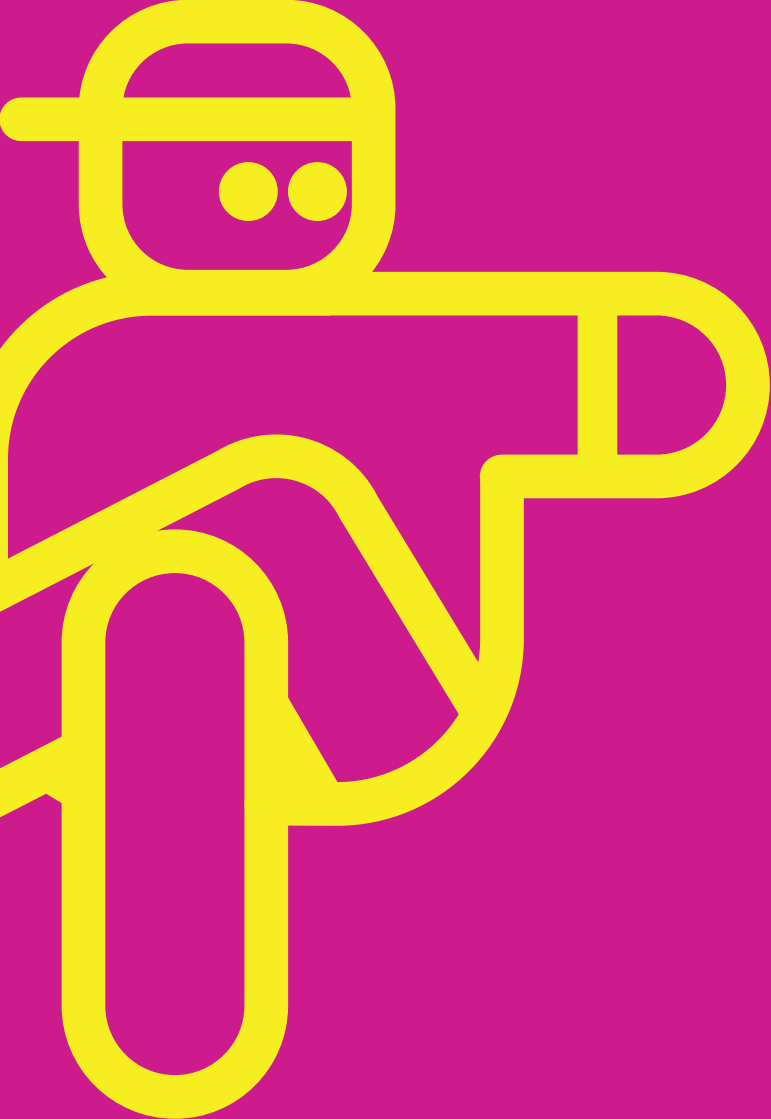
Public Health  
Agency

Project supported by the PHA



# THINK ABOUT THESE...

**A Resource for Young People and Their Parents in  
Preparation for Your CAMHS Appointment**



## **Child and Adolescent Mental Health Service**

The Child and Adolescent Mental Health Service (CAMHS) provides specialist therapeutic support around young people's mental and emotional wellbeing.

This resource may help support you in preparation for your CAMHS appointment.

Contents include:

- **Practical healthy lifestyle tips to support you**
- **Ways to manage your emotions**
- **Useful websites and apps**

## Supporting our Health Through Lifestyle Choices

The World Health Organization recognises that health is made up of physical, mental and social aspects and these factors are connected, if one is compromised this will affect the other areas.

For example, when you experience anxiety:

**Physically**, you may experience more aches and pains, changes to your appetite or heart palpitations.

**Emotionally**, you may notice changes to mood, for example you may feel sad and tearful and experience increased feelings of panic, or feel overwhelmed.

**Socially**, you may not want to go out, interact or socialise with others and this in turn can make you feel lonely and disconnected from others.





## **Eat Well, Keep Well**

What we eat and drink each day has a big impact on our health. Be mindful of the foods and drinks you consume because what you eat and drink affects your mood, energy levels, skin and quality of sleep.

A healthy diet doesn't have to be boring or restrictive as you can still eat a wide range of delicious food while keeping an eye on your intake of sugar, fat and salt.

Use the Eatwell Guide to help you find a balance of healthier food and drinks. The guide opposite shows how much of what you eat should come from each food group.

# Eatwell Guide

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturated	Sugars	Salt
1046kJ 250kcal	3.0g	1.3g	34g	0.9g
	LOW	LOW	HIGH	MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.



Water, lower fat milk, sugar-free drinks including tea and coffee all count.  
Limit fruit juice and/or smoothies to a total of 150ml a day.

Eat at least 5 portions of a variety of fruit and vegetables every day



Choose wholegrain or higher fibre versions with less added fat, salt and sugar



Beans, pulses, fish, eggs, meat and other proteins  
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat



Dairy and alternatives  
Choose lower fat and lower sugar options



Choose unsaturated oils and use in small amounts



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS



## Personal Reflection • Eat Well

What do I notice about my eating habits?

What drinks am I consuming and how do they make me feel?

What small changes can I make to improve my diet?

## Sleep

Sleeping is one of the pillars for maintaining good physical and mental health. Adequate sleep i.e. waking up feeling refreshed is directly linked to supporting health and wellbeing. Sleeping allows your body to rest and repair and to prepare for the next day ahead.

Aim to get a good night's sleep.

Plan a routine around 1-2 hours before your bedtime to help relax your body and mind and let yourself wind down.

Keep the bedroom cool and dark.

Go to bed when you feel sleepy, even if it's before your normal bedtime e.g. 9.30pm rather than 10.30pm.

Try to get up around the same time each morning, including weekends.

Create a gadget free bedroom; turn off all phones, tablets, TVs etc.

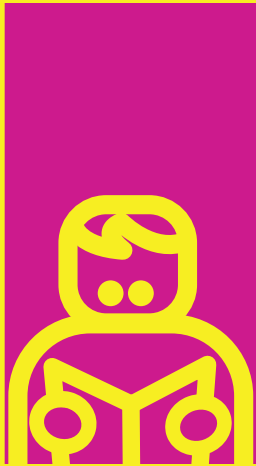
If your clock emits light turn it away from your bed side table.

Be active everyday but avoid strenuous exertion 2 hours before your bedtime.



# How Much Sleep do you Need?

**9-11 Hours**



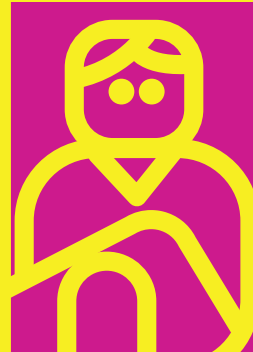
**School Age**  
**6-13 years**

**8-10 Hours**



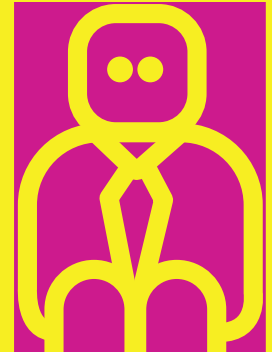
**Teen**  
**14-17 years**

**7-9 Hours**



**Young Adult**  
**18-25 years**

**7-9 Hours**



**Adult**  
**26-64 years**



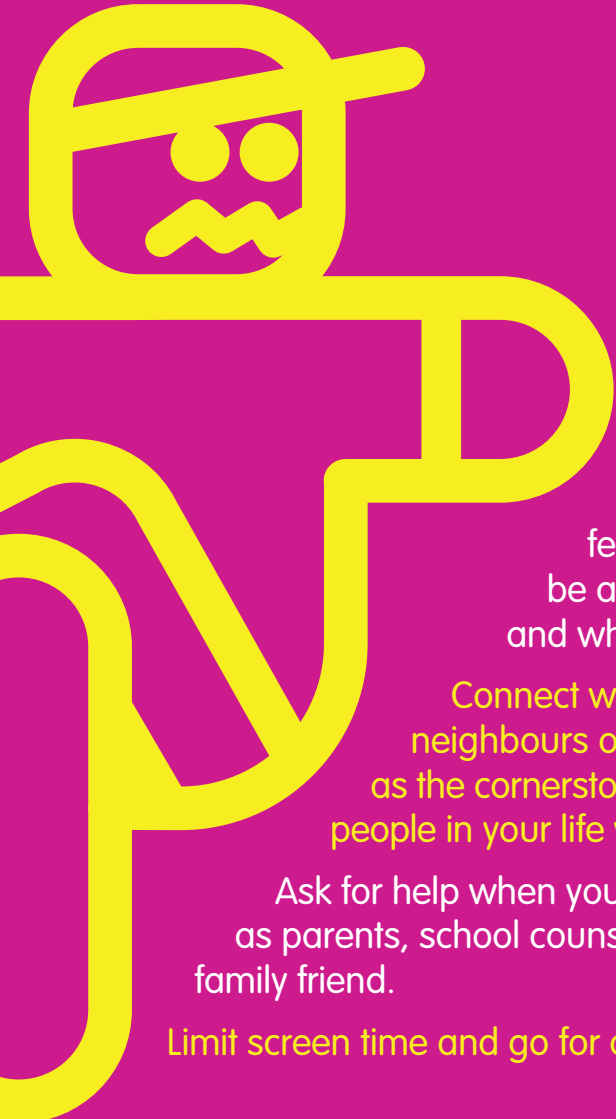
## Personal Reflection • Sleep

How much sleep do I get each night?

What small changes can I make to improve my sleep?

Additional comments





## Stress

During difficult or testing times consider how you relax, recharge and recover? We charge our mobile phones every day. How often do you recharge your own battery? Self-care is an important way of keep yourself feeling good. Here are some ways you can look after yourself during stressful times.

**Listen to your favourite music to help you connect and feel the emotions as they arise.**

Writing or drawing can help you clarify your thoughts and feelings. Take note, write or draw what is going on that might be affecting you now and do a check on what/who is helping and what is not.

**Connect with the people around you: family, friends in school and neighbours or others in your local community. Think of these relationships as the cornerstones of your life and spend time developing them as positive people in your life will support and enrich you every day.**

Ask for help when you find yourself struggling, have a list of 'go to' people such as parents, school counsellor, form teacher, best friend, family doctor, or trusted family friend.

**Limit screen time and go for a walk instead.**

## Personal Reflection • Stress

Who are my main connections of support

How do I relax and recharge each day

Additional comments





**Sit  
Less  
Move  
More**

## **Be Active**

Regular physical activity is associated with a greater sense of wellbeing and lower rates of depression and anxiety. Physical activity causes chemical changes in the brain, which can help to positively change our mood.

**Discover a physical activity that you enjoy**

Set achievable goals to be more active every day

**Sit less, move more often!**

Join a sports club in school or in your community

Go for a walk, run or cycle with friends or family

## Personal Reflection • Be Active

How active  
am I  
each day

Are there any  
minor adjustments  
I can make in my  
life to help me be  
more active

Additional  
comments





## Thoughts and Feelings

Our thoughts have a big impact on the way we feel. Everyone experiences feelings and emotions such as anxiety, sadness or anger. During difficult times these feelings can be heightened.

Changing unhelpful thoughts to realistic or helpful ones can help us feel better by reframing how we feel. This makes it easier to see how our thoughts are connected and how they affect us. How we think about a problem can affect how we feel physically and emotionally. It can also alter our behaviours and what we do about it.

Acknowledge as time passes things change and how you feel will change. A feeling in this moment is not permanent and there is always hope for things to be different.

Try to strike a more balanced way of thinking or looking at yourself and others without being overly judgemental or harsh.

Begin to create a space to challenge some of your thoughts so you can make room for an alternative view.

## Examples of Unhelpful or Unrealistic Thoughts

I always mess things up, I'm such a loser. What's wrong with me?

I can't do it. I feel way too anxious. Why can't I control my anxiety?

## Examples of More Realistic or Balanced Thoughts

Everyone makes mistakes, including me - I'm only human. All I can do now is try my best to fix the situation and learn from this experience.

It's OK and normal to feel anxious. It's not dangerous, and it doesn't have to stop me. I can feel anxious and still go to the party.

**"If you change the way you look at things, the things you look at change"**

Your sessions at CAMHS will support you and your family through this process of change to help improve your situation.





## Personal Reflection

How might a parent, close friend or sibling view this situation?

What would you say to a friend if they were thinking in the same manner?

Additional comments



# How Parents/Carers can Help

We all know the challenges family life can bring. Here are some tips that might make the job a little bit easier.

Remember you are doing your best with your knowledge, skills and experiences.

Work on creating a loving and supportive home.

Create ways to make memories by spending quality time together and individually.

See your child beyond their academic abilities; they have other talents and strengths that can sometimes be overlooked.

Be a great role model to your child, as children learn from what they see and hear.

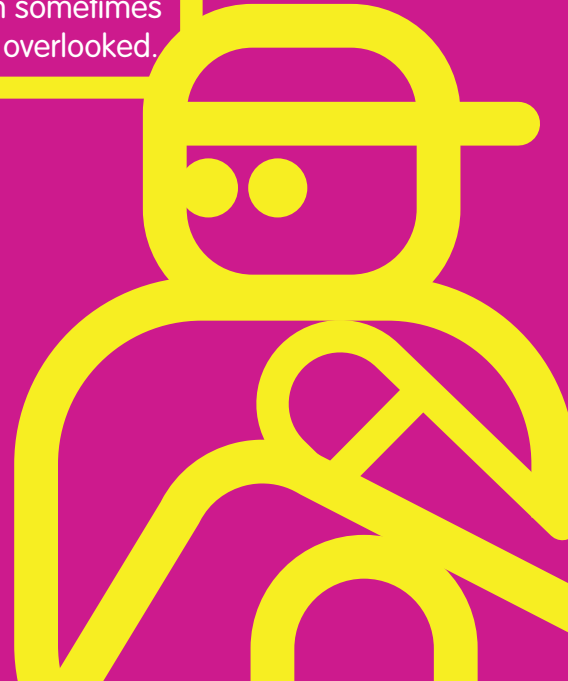
Dine together, get rid of the gadgets from time to time; turn off the Wi-Fi!

Make time to talk and listen to your child and encourage them to express their feelings.

Teach your children ways to relax and self sooth as they learn to manage their different emotions.

Encourage your children to not focus on failure, instead allow them to see it as a learning opportunity.

Remember when you experience challenging times with your child never take it personally





## Some Extras

- Communicate that you are ok for them to talk about their distress in an non-judgemental way
- Look out for a window of opportunity to check in on them without being overbearing. Have a conversation with your child to agree the rules together so your child can understand them as a way to keep them safe and to show them that you care, for example – ‘how will you keep yourself safe and how will I know?’
- Be aware of the needs of other family members and keep connected
- If you are concerned about your child it is OK for you to contact your GP and let them know your concerns, in the case of an emergency take your child/young person straight to your local Emergency Department

## **Self-care for the Parent/Caregiver**

- Remember it is important for you to nurture your resilience and look after your own emotional and mental wellbeing
- Your inner strength will be reflected back and felt by your family. How are you feeling? Share your thoughts with your partner, close friends or another family member. Supportive relationships are important to maintain your wellbeing.

## **And finally ...**

CAMHS look forward to meeting you.



## Websites for Young People

[www.youngminds.org.uk](http://www.youngminds.org.uk)

[www.mycamhschoices.org](http://www.mycamhschoices.org)

[www.moodjuice.scot.nhs.uk](http://www.moodjuice.scot.nhs.uk)

[www.kidscape.org.uk](http://www.kidscape.org.uk)

[www.rethink.org](http://www.rethink.org)

[www.talktofrank.com](http://www.talktofrank.com)

## Apps for Young People

There are a wide range of informative apps on the market. Most are free but some you pay for. Below you will find a selection of the useful apps.

The Worry Box

Booster Buddy

Mindful Gnats

Headspace

Positive Penguins

Chill Panda

## Resources for Parents

[www.youngminds.org.uk](http://www.youngminds.org.uk)

[www.minded.org.uk](http://www.minded.org.uk)

[www.rcpsych.ac.uk](http://www.rcpsych.ac.uk)

[www.nhs.uk](http://www.nhs.uk)

[www.mycamhschoices.org](http://www.mycamhschoices.org)

If your situation becomes more difficult or unmanageable please contact your GP in the first instance. Other sources of support include:

[www.childline.org.uk/0800 1111](http://www.childline.org.uk/0800 1111)

Lifeline 0800 808 8000

[jo@samaritans.org](mailto:jo@samaritans.org)

08457 090909

