

Let's talk:

A common language for Emotional Wellbeing and Mental Health




Helpful and unhelpful language



Essex County Council

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“Mental health is just as important as our physical health”

“Without looking after our own mental health, none of us would be in any fit state to look after those around us either – we have to help ourselves in order to help others.”

Young Person, Essex

Let's
talk:

Emotional Wellbeing and Mental Health

“Mental health is defined as a state of wellbeing in which every individual realises his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.”

Young Minds, 2017

Emotional wellbeing and mental health mean different things to different people. **We all have mental health and we must look after it, getting the right support at the right time.**

Helpful and unhelpful language

What we hear shapes how we understand, see the world and what we think about ourselves. This includes how we talk about emotional wellbeing and mental health.

Language shapes how we understand things about ourselves and others. Children, young people and families have shared that they hear unhelpful words and phrases which can make them feel judged. This has got to change.



Helpful and unhelpful language

Why?

We need to use helpful language to make sure that everyone feels understood and empowered through their experiences. It is vital that this begins with changes in language.



“ How people speak to you, like being more aware of tone of voice and way something is said, is important. Rather than talking down to you, speak about it like it’s normal so people don’t feel ashamed or scared to open up.”

Young Person, Essex

Unhelpful language

Children, young people and families have told us they hear unhelpful words and phrases which can make them feel judged.

Some of these include:

Over sensitive

Hormonal

Odd

Manipulative

Unstable

Nutter

Attention seeking

Weird

Crazy

Over-reacting

Kicking off

It’s not that serious

Stop the stigma!

Helpful language

“ Even though we are all **unique**, everyone has **mental health** and we all feel stress sometimes. Sometimes we can feel **overwhelmed** and become **distressed**. This is normal, especially when we are growing up. Sometimes taking **control helps us to feel safe**, or maybe we need to **seek a connection** from someone else. Either way, it is important that we **regulate** our **emotions** and remember that our feelings are **valid and understandable**. ”

**It's not just what we say,
it's how we say it.**

We all deserve: compassion,
kindness, hope, connection
and belonging.

Being able to talk about and understand your emotions non-judgmentally is really important. Being a friend that can listen and support others is just as important.



Signposting

There is help and support available to you. Here are some that young people have told us they find most useful:

Kooth

www.kooth.com

A free, confidential, safe and anonymous way for young people aged 11-24 to ask for help from a team of highly qualified and experienced counsellors and support workers.

Childline

www.childline.org.uk

Call **0800 1111**. A free, private and confidential service where you can talk about anything.

Papyrus

www.papyrus-uk.org

Call: **0800 068 4141** | Text: **07860 039967** | Email: pat@papyrus-uk.org

National charity dedicated to the prevention of young suicide.

If you are having thoughts of suicide or are concerned for a young person who might be you can contact HOPELINEUK for confidential support and practical advice.

Samaritans

www.samaritans.org

Opening hours: 9am – midnight every day of the year (Weekends and Bank Holidays included).

Free crisis helpline 24/7, 365 days a year, for anyone who is experiencing mental health difficulties. Call **116 123**. They also have a Samaritans self-help app.

ChatHealth

www.essexfamilywellbeing.co.uk/chat-health

Essex School Nurse's anonymous text service for all health matters
9am–5pm Monday to Friday.

Togetherall

www.togetherall.com/en-gb

Get support. Take control. Feel better.

A safe community to support your mental health, accessible 24/7.

Beat Eating Disorders

www.beateatingdisorders.org.uk

UK's eating disorder charity

Helpline: **0808 801 0677** | Studentline: **0808 801 0811**

Youthline: **0808 801 0711**

Helplines open 365 days a year from 9am–8pm during the week, and 4pm–8pm on weekends and bank holidays.

They also have a 1:1 Web chat.

Anna Freud

www.annafreud.org/on-my-mind

On My Mind website aims to empower young people to make informed choices about their mental health and wellbeing.

24/7 Free crisis anonymous text line. Text **AFC** to **85258**

Essex Emotional Wellbeing & Mental Health (EWMHS)

Instagram account **@EWMHS_NHS**

Supporting children and young people's mental health and wellbeing in Essex. Co-produced with Children & Young People in Essex.

NHS

www.nhs.uk/apps-library/category/mental-health

NHS recommended mental health apps.

Shout

www.giveusashout.org

Text **SHOUT** to **85258**. Free 24/7 text service. Your messages with us are confidential and anonymous. You can text us any time, day or night.

Covid-19

www.essex-gethelp.uk

Find support groups, local services and resources to help you cope during the coronavirus (Covid-19) pandemic.

Every Family Matters

Essex County Council's Every Family Matters campaign signposts to resources and advice on mental health and wellbeing, keeping children safe and social distancing to support families through the Covid-19 pandemic.

For more information visit: www.essex.gov.uk/staying-well

Who we are:

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