



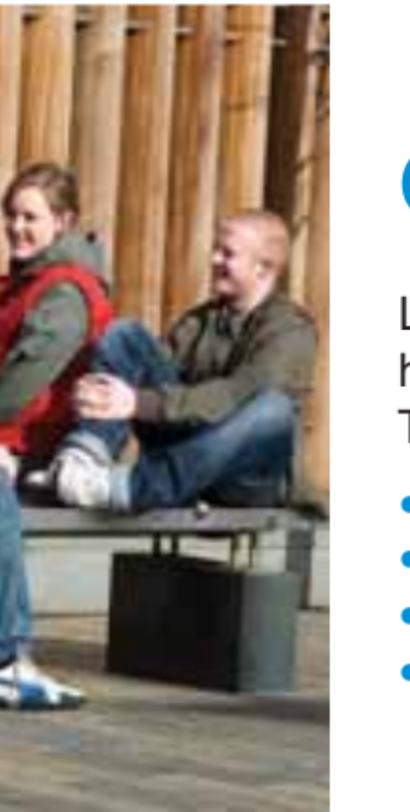
## Get chilled

Relax, watch TV, read a magazine or book, listen to some music, play a video game; whatever helps you switch off. Get a good night's sleep and make sure you eat healthily too.

Using alcohol or drugs to help you chill out won't make things better. They can bring their own problems.

## Get involved

Join a club, meet up with friends, do a course, learn something new. Don't spend long periods alone. Going out and mixing with other people will help you stop focusing on your worries and fears. After a while they'll not seem so overwhelming.



## Get wise

Learn to recognise the signs of poor mental health in yourself and in your friends and family. These signs include:

- changes in sleeping or eating patterns
- being angry for no reason
- feeling anxious, worried or overwhelmed by problems
- finding it hard to concentrate and make decisions.

## Get help

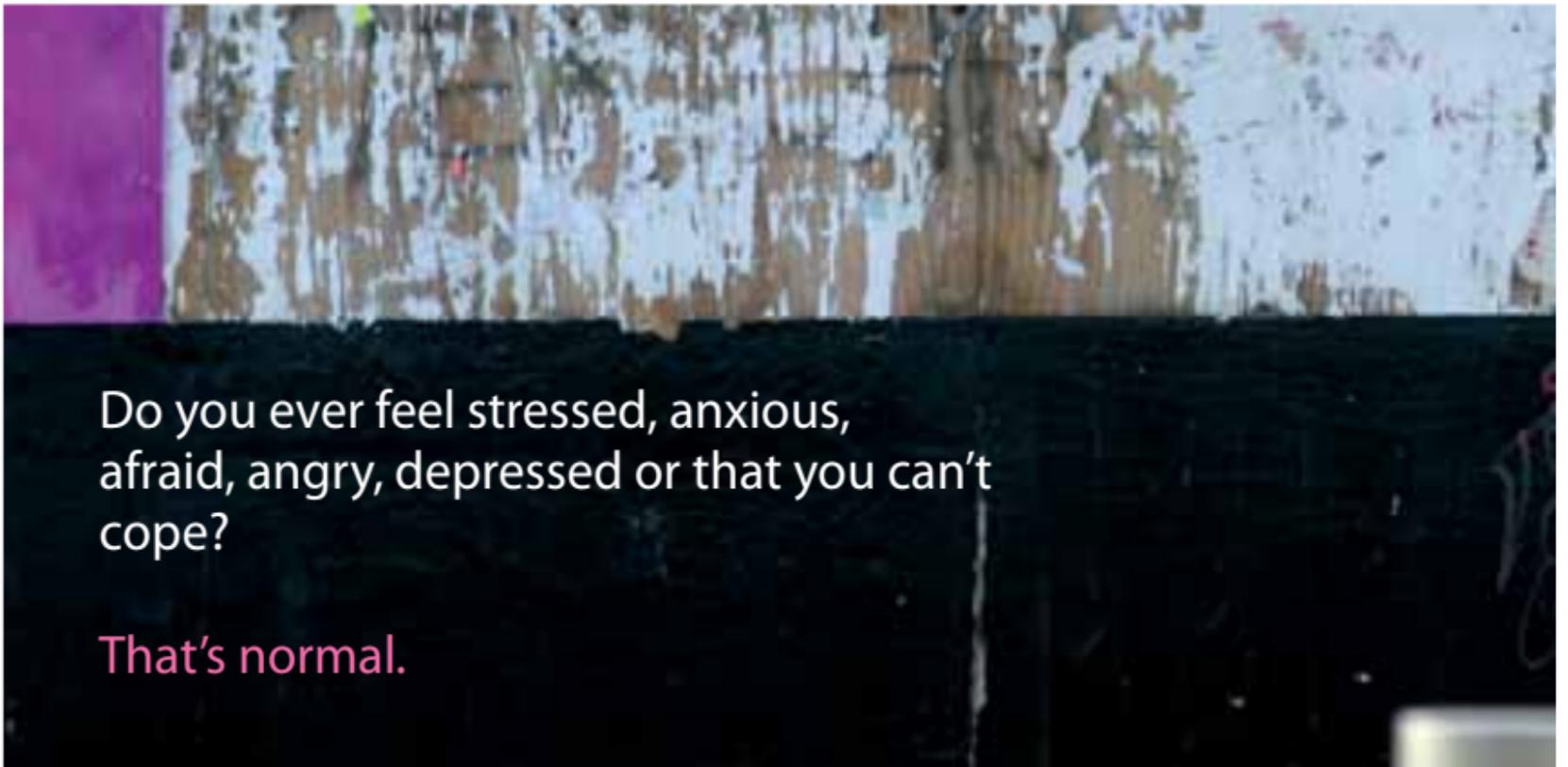
If you feel you can't work it out by yourself, ask for help. You can go to the doctor, or contact one of the many organisations that can help. For more information log on to [www.mindingyourhead.info](http://www.mindingyourhead.info)

**Anyone can experience poor mental health. It's nothing to be afraid of or embarrassed about.**



## The pocket guide to minding your head





Do you ever feel stressed, anxious, afraid, angry, depressed or that you can't cope?

That's normal.

But if you feel like that for long periods you may have a mental health problem. You're not alone; at least one in five adults suffers from mental health problems at some time.

The good news is there's a whole lot you can do for your mental health.

## Get talking

Talk about how you're feeling. It's not easy for young men to open up, especially to other young men. But if there is somebody you trust – a friend, family member or partner – go talk to them. It really will help.



## Get active

Regular physical activity can help you feel more positive. Find something you enjoy, whether it's football, cycling, the gym or even just going for a walk. It might be hard to make the effort, but if you do you'll feel better.

