



YOUR MENTAL HEALTH!

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What is anxiety?

a feeling of worry, nervousness, or unease about something with an uncertain outcome.

What is an eating disorder?

any of a range of psychological disorders characterized by abnormal eating habits (such as anorexia nervosa).



When to seek help?

If you notice any symptoms of anxiety or depression for longer than 2-3 weeks – seek help from your GP.

What is Depression?

depression is a common and serious medical illness that negatively affects how you feel, the way you think and how you act.

More information educate.worldyo.org



The key to a healthy mental health

- ✓ Healthy balanced diet
- ✓ Exercise
- ✓ Hanging out with friends
- ✓ Communication with parents



Talk to someone?

Samaritans
116 123 (UK)
116 123 (ROI)



Useful websites

- mind.org.uk
- b-eat.co.uk
- youngminds.org.uk
- samaritans.org/

