



**Health**  
Promotion  
Agency

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



Department of  
**Health, Social Services  
and Public Safety**  
[www.dhsspsni.gov.uk](http://www.dhsspsni.gov.uk)

03/07

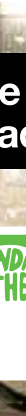
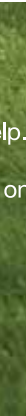
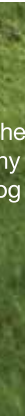
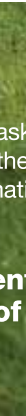
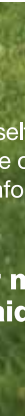
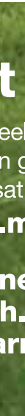
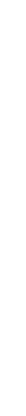
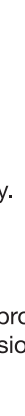
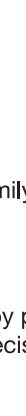
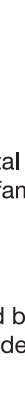
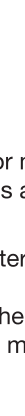
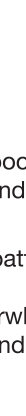
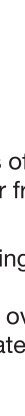
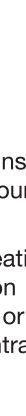
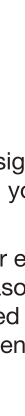
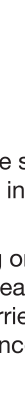
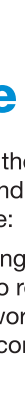
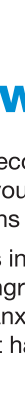
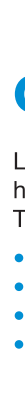
## Get chilled

Relax, watch TV, read a magazine or book, listen to some music, have a long bath, 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

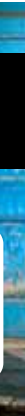
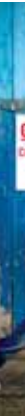
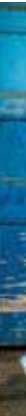
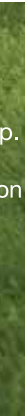
Learn to recognise the signs of poor mental health in yourself and in your friends and family. These signs include:

- 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

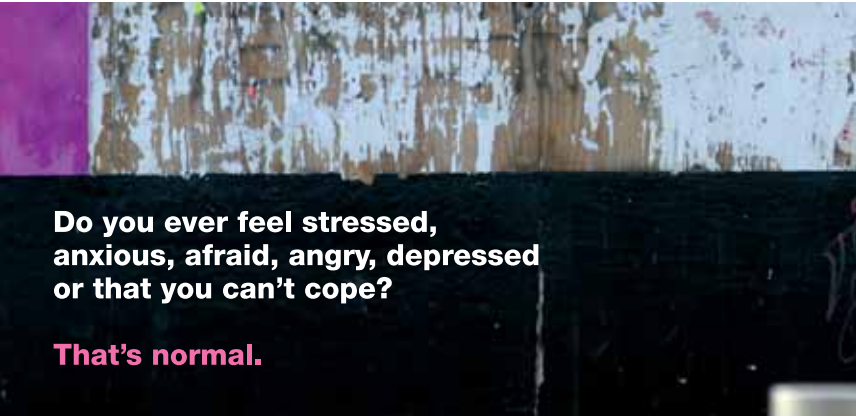
If you feel you can't work it out by yourself, ask for help. You can go to the doctor, or contact one of the many organisations that can help. For more information log on to **[www.mindingyourhead.info](http://www.mindingyourhead.info)**

**Anyone can suffer from 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 exercise 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.

