

Mental Health and Sleep

How you can
take care of
your emotional
wellbeing



**Take care of your
mental health.**

**We all have stress sometimes.
We can deal with it.**

**Sometimes
stress and worries
become too much.**

**This is bad for our well-being.
We may feel sad or anxious, and we may
find it difficult to do normal things.**



**If your stress and worries
stop you from being able to
do normal activities, or if you
feel like hurting yourself,
talk to people you trust
or your GP.**

**That's
me!**



**Sleep is very important.
During sleep, your body
repairs and builds itself,
emotionally and physically.**



**Drugs or alcohol are very bad for your health.
Eating, drinking tea, coffee or energy drinks or
watching screens before bed keep you awake.**



**Young people need about
8 hours of sleep per day.
A routine helps
you sleep better.**

For more information visit:

www.nhs.uk/conditions/stress-anxiety-depression/

www.mind.org.uk/

www.childline.org.uk/

www.doctorsoftheworld.org.uk



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