



## PROMOTING POSITIVE MENTAL HEALTH AMONGST YOUNG PEOPLE

### The Mind your Mind Kit: Promoting Positive Mental Health Amongst Young People

is a series of fact sheets aimed at building coping skills and raising awareness of mental health issues in young people. The fact sheets cover a number of issues relevant to young people and offer some suggestions for dealing with these issues. There are 12 fact sheets on:

#### 1. Promoting positive mental health amongst young people

Find out what positive mental health is all about.

#### 2. Stress and coping

Find out what stresses you out and learn relaxation and coping techniques.

#### 3. Pressures and expectations

Learn how to deal with the pressures and expectations of others, and how to talk to your parents about what you feel, think, want and need.

#### 4. Relationships

Understand the importance of having good relationships to help you through the stressful times.

#### 5. Positive image

Common myths about the 'ideal look' and ways of developing a positive image.

#### 6. Bullying and Harassment

Understand the effects of bullying at school and how to deal with it.

#### 7. Suicide

Warning signs that a friend or family member might not be coping and some common myths about suicide

#### 8. What to do if someone you know is having trouble coping

Useful information if you think a friend is having trouble coping.

#### 9. Loss and grief

Different types of loss and common reactions while grieving. Learn coping skills and how you can help others.

#### 10. About mental illness

Definitions of major mental illnesses and common myths about

#### 11. Info for parents and carers

Strategies on talking to young people and how to help a young person who is having trouble coping.

#### 12. Useful contact info

Contact information if you or someone you know is having trouble coping.



To download the factsheets visit [www.youth.nt.gov.au](http://www.youth.nt.gov.au) or call Office of Youth Affairs 1800 652 736.

Mind your Mind is a project between the Dept of the Chief Minister and Dept Health & Community Services.

