

“
GROW A PAIR!
MAN UP!
BOYS DON'T CRY!
”

Sound familiar?

Mental health affects us all.
If you're a young person and
in need of resources,
information or support
then visit us at:

onmymind.info

It's okay
to be **me.**

On My Mind is a new website which aims empower young people to make informed choices about the mental health support they want, the treatments they receive and the outcomes they desire.

Co-produced with young people, the site consists of 8 free digital resources aimed at those aged up to 25:

Youth Wellbeing Directory: Find free mental health support from services local to you

Jargon Buster: Understand what medical terms and phrases mean with definitions written by other young people

Receiving Support: Videos and Q&A's to help you know what to expect from working with a service

Understanding Referrals: Know what the referral process is, how to get one and what to do if you're waiting to be seen

Understanding Treatments: Find out what your treatment options are and what the evidence says about each treatment

Helping Someone Else: Top tips from young people about how to help a friend or relative with their mental health

Know Your Rights: Understand what your rights are when working with a service

Self-care: Discover activities which may help you manage your mental health if you're feeling low or anxious

www.onmymind.info