



Just Talk Campaign Week 2022
21-27 November

Look Beneath the Surface





What is it?

Positive mental health and wellbeing campaign: Coordinated by Public Health, with **35 partners** including NHS, Education, Voluntary Community and Social Enterprise organisations. Steered by young people, including our ever-growing number of **Just Talk Ambassadors**

Who is it for?

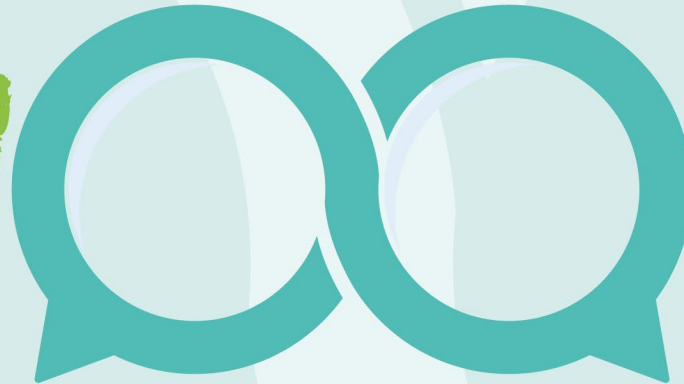


There is information for **children**, young people, **parents/carers**, and **professionals**

What kind of resources do we offer?



Leaflets, toolkits, posters, **e-learning**, **webinars**, short films, **journal** – always adding more resources based on feedback.



JUST TALK

How are messages shared?



Get involved check out our website www.justtalkherts.org or drop us an email justtalk@hertfordshire.gov.uk

FOLLOW US AT



Instagram: @JustTalkHerts



Twitter: @JustTalkHerts



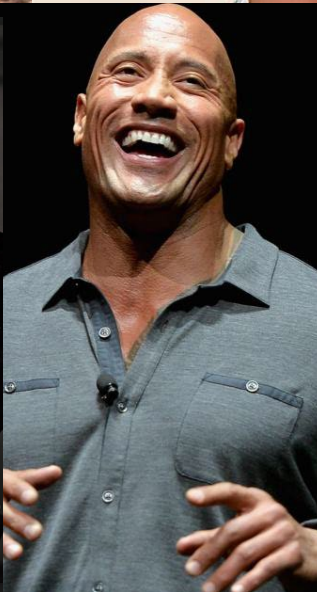
Facebook: JustTalk Herts



Vision:

To make Hertfordshire a county in which **all young people** recognise that **it's ok to not be ok**, feel **comfortable** and **confident** in talking about **mental health**, have **tools** for looking after their **wellbeing**, and know how to **access support** when it's needed.





We ALL have mental health



We all have a head and all have a brain, so we all have mental health.

Some days we feel happy but other days we can feel low or worried.

Life can be difficult sometimes. It shows strength to talk to someone when you're feeling stressed, anxious or low

If you keep things locked up inside they can sometimes come out in other ways and upset others – have you ever shouted or snapped at someone because you were feeling upset or worried about something else?





Try to Be Patient

Sometimes worries, fear, frustration or sadness can lead us to act in certain ways – for example, we can find ourselves being aggressive, quiet, grumpy or temperamental.

It's important to understand that if you see a friend, family member or someone you know acting unusually, they may be having a bad day or a difficult time – try to be patient with them.

Let's explore this further....



What's Beneath The Surface?

What we see
'above the surface'



Other feelings we may be experiencing
'beneath the surface'

What we may see above the surface:

Shappi is being really quiet and not really talking to her friends

What might be going on beneath the surface:

- Shappi may be worried about something
- Shappi may be feeling sad
- Shappi may not be feeling well
- Shappi may have had a bad night's sleep



Worries, anxiety and stress

Thursday, 17 November 2022

What are the most
common worries?

Environment

Physical Health

How I look
Mental Health

Friends

Family Covid-19

Tests

Schoolwork

Feeling Lonely



What can we do to support someone who may be going through a difficult time?



- Ask them if they're OK
- If they say "I'm fine" we can ask again, just to check.
- We can listen if they want to talk
- We can make sure they're included in group activities so they don't feel alone
- We can let them know about the Five Ways to Wellbeing, and that they can find support if they need it from their school or from the organisations listed on www.justtalkherts.org
- Want to do even more? You could become a Just Talk Ambassador – email justtalk@hertfordshire.gov.uk to find out more



Five Ways to Wellbeing

LEARN

NOTICE

CONNECT

GIVE

BE ACTIVE



Thursday, 17 November 2022

Five Ways to Wellbeing: Learn

LEARN



Five Ways to Wellbeing: Notice

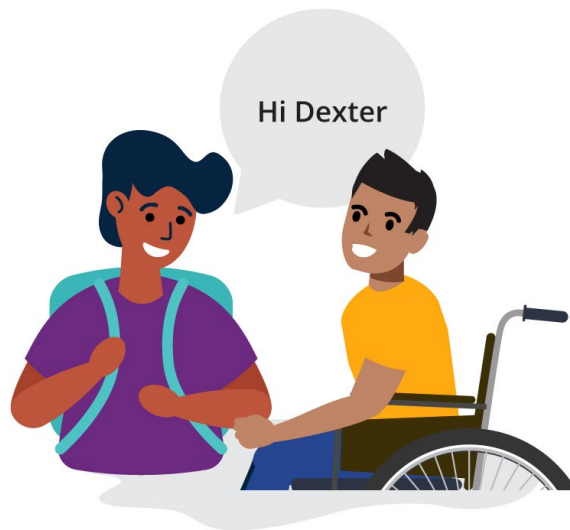
NOTICE



Thursday, 17 November 2022

Five Ways to Wellbeing: Connect

CONNECT



Thursday, 17 November 2022

Five Ways to Wellbeing: Give

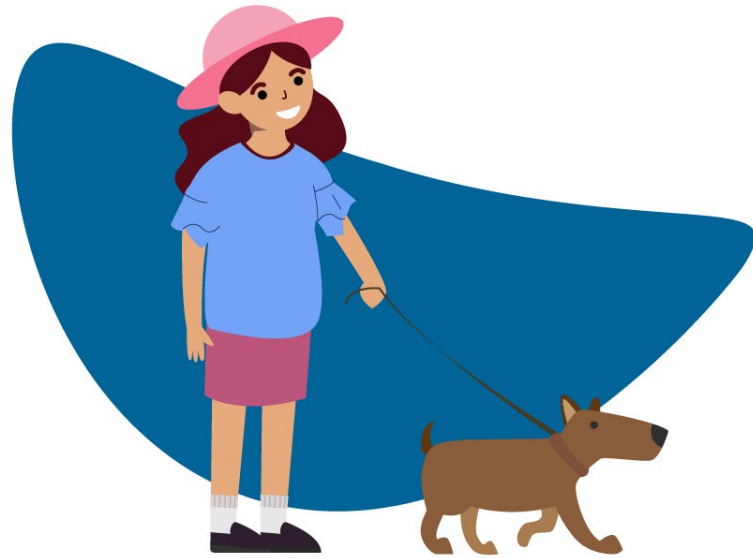
GIVE



Thursday, 17 November 2022

Five Ways to Wellbeing: Be Active

BE ACTIVE



Thanks for listening!

Don't forget, it's important to be kind and patient with others, because you never know what kind of day they're having.

FOR INFORMATION

Health for Teens is a website by the School Nurse Service for young people wanting information on a range of health topics: www.healthforteens.co.uk

Services for Young People provides a website that brings together lots of information and advice for young people, as well as opportunities to get involved with local projects: www.servicesforyoungpeople.org

YoungMinds: The UK's leading charity committed to improving the emotional wellbeing and mental health of children and young people: www.youngminds.org.uk

Student Space provides emotional wellbeing articles, blogs, tips and advice for uni students whatever their circumstances: www.studentspace.or.uk

FOR SUPPORT

Kooth: Online confidential counselling service for young people. No personal details or real names. All the counsellors are trained: www.kooth.com

Chat Health: You can text your health questions to a Hertfordshire based school health nurse: **07480 635050** (Monday to Friday, 9am to 5pm).

ChildLine: Offers free confidential counselling **0800 1111** (24 hours) or you can chat with a counsellor online

The Mix: The Mix is a UK based charity that provides free, confidential support for young people under 25 via online, social and mobile www.themix.org.uk

With YOUTH: Digital Wellbeing Service which provides emotional support, advice and information for young people ages 5-18 or their parents/caregivers at 0208 189 8400 or at www.withyouth.org

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For more information visit:
www.justtalkherts.org



#JUSTTALKHERTS

