

What's the Upturn project?

If you're aged 14 to 18, the Upturn project can help you with your wellbeing and issues that are worrying you about how you're feeling.

You can talk to someone in a one-to-one session, or you can meet people in a small group.

Solent Mind, the local mental health charity, are running the project in Fareham and Gosport, and are also offering the service in local schools and colleges.

Speak to Emma to find out more

Emma Shaw, Upturn Project Coordinator

m: 07469 390 924

t: 01329 281445

e: eshaw@solentmind.org.uk

Fareham Wellbeing Centre,
126 West Street, Fareham, PO16 0EP.



Other places to find help

Young Minds Youngminds.org.uk

Tips for young people on looking after yourself and coping with what's worrying you.

Youthspace Youthspace.me

Lots of good ideas and information to help with your wellbeing.

BEAT b-eat.co.uk

For people with eating disorders, with a youth helpline and young peoples' message boards.

Childline 0800 1111

You can talk to Childline about anything, anytime day or night.

Samaritans samaritans.org.uk

Someone to talk to any time you like, about whatever's getting to you.

Solent Mind

We're Solent Mind, we're here to make sure anyone with a mental health problem has somewhere to turn for advice and support.

Solent Mind, 15-16 The Avenue
Southampton, SO17 1XF

t: 023 8202 7810

e: info@solentmind.org.uk

w: www.solentmind.org.uk



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Upturn



Support for young people



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What's worrying you...?

Low Self Esteem

Self-esteem is how a person feels about themselves and what they do.

Someone with low self-esteem might think they aren't good at things, don't deserve love or support and that situations will work out badly for them.

If you have low self-esteem you may find it very hard to cope with pressures from school, friends and day to day life.

Low self-esteem will often make everyday things seem more difficult and can sometimes lead to depression and anxiety.

Depression

Most people experience ups and downs during their teenage years, and sometimes you might feel upset by things going on in your life. But when you are feeling sad, down, anxious or stressed for longer periods of time, it can affect your everyday life and stop you from doing things you would normally do. This is known as depression.

Depression can be caused by a reaction to something in your life such as abuse, family breakdown or bullying. Depression may run in your family or it may be that you are under a lot of stress and feel you have a lack of support.

Anxiety

Anxiety is the feeling of fear or panic. Most people feel anxious, panicky or fearful about situations in life, but often once the difficult situation is over, you feel better and calm. Yet sometimes the anxiety can continue and can affect you doing everyday things.

You may feel frightened, nervous or panicky all the time. You may also feel down, or have difficulties sleeping and eating. You might have a racing heart, dry mouth, trembling, faintness and you may experience stomach cramps or diarrhoea.

Self-harm

When a person chooses to inflict pain on themselves in some way, it's called self-harm.

You may be cutting or burning yourself, biting your nails excessively, or developing an eating disorder. It can also include taking drugs or excessive amounts of alcohol.

You may self-harm if you are feeling anxious, depressed or stressed, or if you are being bullied and feel that you do not have a support network or way to deal with your problems. You may self-harm to relieve tension, to try and gain control of the issues that may be concerning you or to punish yourself.



"Thanks for your support over the last few months and for teaching me skills to help me deal with my anxiety and depression. I'm now looking forward to going to University in September which is something I never thought I would achieve."

We're here to help... please get in touch **01329 281445**