**MENTAL HEALTH**

*What is mental health?*

Mental health takes account of emotional, psychological, and social well-being. It impacts how an individual thinks, feels and acts. It also helps regulate how an individual handles stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through to adulthood.

Mental health problems are common and help is available. These may include:

* Depression
* Anxiety
* Stress
* OCD
* Panic Attacks Psychosis
* Schizophrenia
* Suicidal Feelings
* Self-harm

Anyone with mental health problems can get better and make a recovery.

*How to get help*

Speak to any member of College staff or speak to the College Safeguarding Team on 01226 216 142 or via email at safeguarding@barnsley.ac.uk

*Other support*

[MIND](http://www.mind.org.uk) – 0300 123 3393

[Young Minds](www.youngminds.org.uk)

[Samaritans](http://www.samaritans.org) - 116 123

<nspcc.org.uk> – 0808 800 5000

Childline – 0800 1111 (24 hours)