

HEALTHY FAMILIES

- Loving family relationships can help build a **strong foundation** for mental health.
- We all need someone who listens to us **and believes in us**. Someone who is there to celebrate our successes and to comfort and encourage us when things go wrong.



- But **no family is perfect**. Money problems, family arguments, or our parent's expectations can leave us feeling stressed out and isolated.
- Adolescence is also a time when we are exploring our identity and seeking more independence which can lead to **misunderstandings and conflict** in the family.
- If you are having problems at home, you don't have to figure it out on your own. Know that it's ok to reach out and talk about it to others whom you trust.

CARING SCHOOLS

Schools can play a powerful role in supporting our mental health. They should:

- Be safe and free from all forms of violence
- Teach important life skills – like how to manage stress and conflict
- Say NO to discrimination so that all children feel welcome and valued
- Provide care and support if you are struggling and help you access services and support.

But we know that sometimes schools are not as safe or caring as they should be.



What can I do?

- Ask your life orientation teacher for more information about mental health.
- Share what you learn with friends and family and ask for input.
- You could even start a support group, or a **safe space** where people can get together and talk about how they're feeling.
- If you're worried about problems like discrimination and school safety raise this with your class rep or prefects.
- Speak out and work together to create a more caring school community.

Money matters

- Many people are stressing about money at the moment and this puts extra strain on our mental health.
- **Did you know:** that families who are struggling can apply for the child support grant?
- The extra money helps, but it's not enough money to feed and clothe a child.
- So we would like to see government do more to support families, create jobs and find ways to end poverty and inequality.



Violence hurts

Too many young people experience violence in their homes, schools and relationships.

- If this happens to you, know that **it's not your fault**.
- You need help – to make it stop – and to help you heal.
- So, tell someone you trust, get adult help, or **call Childline on 116**.
- Keep on telling until someone listens and you get help.



Violence can be prevented

Did you know that people across South Africa are working together to create safer homes, schools and communities? You can also be part of the solution. So think about:

What can I do to make it stop?

- I know what violence is
- I choose not use violence
- I ask for help
- I speak out to stop bullying
- I am there to help my friends



Suicide and self-harm

If you or someone you know is hurting themselves or thinking of ending their life, you need to **get help immediately**.

You cannot keep this information to yourself or try to be your friend's therapist. Know that you're not alone and that

there is help

Tell an adult you trust and call the **suicide helpline on 0800 567 567**

The team is there to help you any time of day or night.



Let's celebrate our differences

- Everyone has the right to be treated with care, dignity and respect.
- Sometimes people are cruel and hurt each other because of differences in age, race, class, ability, gender identity or sexual orientation.
- We need to stand together and **speak out against discrimination** so we can create schools and communities where all young people feel welcome and valued.



Social media smarts



Instagram, FaceBook, TikTok and YouTube are great ways to connect with friends and family, but social media can also be harmful for our mental health. How do we get the balance right?

1. Think before you click

Words, photos and videos can spread like wildfire so think carefully about what you view and share online. It helps to be kind and share positive energy.

2. Protect yourself and others online

If you are being bullied or see things online that worry or upset you, talk to someone you trust or call Childline. Learn how to block an account or report it by visiting hashplay.co.za.



3. Be mindful

Look for apps that help you do things like meditate, find who people inspire you, and organisations who can teach you how to take care of your mental health online like sadag.org.za.

4. Fear of missing out

Not everything you see online is real, and those beautiful photos on Instagram tell only part of the story. If scrolling leaves you feeling jealous or stressed out, then it's time to take a break and mute accounts that make you feel bad.

5. Take time out

Being online also drains our energy and get in the way of real life – so remember to take time out. Go for a walk, spend time talking with friends or family and doing the things you love.

we need youth friendly

Mental health services

- **Did you know:** only 1 in 10 children with a mental health problem are able to access care?
- That's because there are not enough mental health services for young people in South Africa.
- This treatment gap violates our rights to health care. So we are calling on government to strengthen mental health services so that all young people can access care and support.



In an ideal world

- There are child and adolescent mental health teams in every area.
- Every health worker knows how to care for your mental health
- Teachers and youth leaders get training in basic counselling skills
- We know how to care for our mental health and when to seek help.



KNOW YOUR RIGHTS!



We have the right to:

- mental health services
- a safe healthy environment
- care and protection
- equality, dignity and respect
- the right to information, and
- to have a say in decisions that affect us.

How can we make these rights a reality?

SPEAK OUT FOR MENTAL HEALTH

Young people need to be part of the solution. We can use our voices to stand up for our rights – and we can speak out against violence, discrimination and climate change.

By working together and supporting each other we can build a safer, more equal and caring society.

