

# LOXWOOD MEDICAL PRACTICE

*Your partner for a healthier future*

Young  
adults newsletter  
**Mental Health**  
August 2019

Soccer  
practice  
at  
7:00

College  
Applications

CLEAN  
ROOM.

TEST  
TOMORROW!

# Are you okay?

Contact us at:

☎ 01403 752246    🌐 [www.loxwoodmedicalpractice.co.uk](http://www.loxwoodmedicalpractice.co.uk)    ✉ [loxwood.txt@nhs.net](mailto:loxwood.txt@nhs.net)

# LOXWOOD MEDICAL PRACTICE

*Your partner for a healthier future*

*Mental health problems are very common; especially during times of stress. Loxwood Medical Practice is here to help if you feel things are becoming too much.*

*Help is also available through school and college support services and YouthHub@Horsham. The professionals here at your GP surgery may be able to refer you to Youth Emotional Support (YES). This is an excellent service forming part of the West Sussex Child and Adolescent Mental Health Service (CAMHS).*

**Lets talk about mental health.**

**What is it? Why does it occur? And how can we cope with it?**

Mental health makes up our psychological, emotional and social well being. This means that it can have drastic effects on our mood, our thoughts and behaviour. This also leads to how we can handle stress, make choices and be empathetic towards others.

Mental health can be caused by multiple different factors:

- ◆ Biological factors, this includes a imbalance of chemicals such as serotonin (the chemical that creates the feeling of happiness).
- ◆ Life experiences, this includes post traumatic stress disorder caused by abuse or trauma.
- ◆ And a family history of mental health issues.

**Coping with mental health issues may seem hopeless; however all is not lost.**

**There are many natural methods to cope with mental health issues.**

**Here are some of the mot popular ones:**

- ◆ **Get plenty of sleep** - this allows our brains to reset causing the chemicals in our heads to balance out.
- ◆ **Avoid alcohol and other drugs** - drugs have come down and withdrawal effects which mess with the brains natural state causing it to function differently.
- ◆ **Get some exercise** - exercising gives you a sense of accomplishment and boosts dopamine production in your brain, dopamine is the chemical in your brain that makes you feel good.
- ◆ **Eat properly** - Your body is a machine and you need high quality fuel to keep it running at 100%
- ◆ **Talk to someone you trust** - talking to someone you trust can help you cope with whatever you're facing. Doing this will boost your self-esteem and help you understand what you are going though. This could be your parents, a teacher a counsellor or a good friend.

**You can talk to us in the strictest of confidence; A doctor or nurse is happy to speak to you on the telephone, you can give us your own mobile number, call reception and request a telephone consultation at a convenient time for you. If you find it difficult to talk about, you could put your thoughts in writing and send us an email. You can of course book a routine appointment.**