

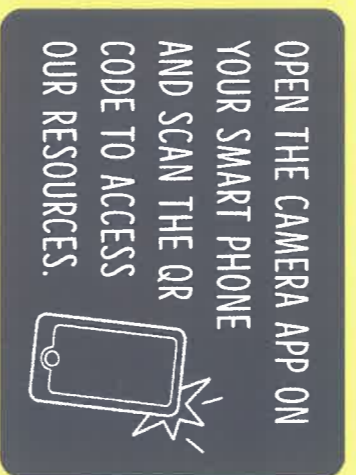
# RECIPES 4 WELLBEING

## A PARENT/CAREER'S GUIDE

Here we have put together some useful 'Recipes 4 Wellbeing' cards that might help you support a young person experiencing difficulties with their mental wellbeing.

These easy-to-read guides provide help and advice, what to look out for and when you should be concerned.

Many people experience poor mental health at some stage in their life and this can cause difficulties for both the young person and their wider family. With the correct support most people recover fully and are able to better manage their mental health.



FACING FEARS



SOS AND TLC



SWEET DREAMS



TEST TROUBLES



GAME OVER



LOVE IS LOVE



CALMING THE INNER STORM



LOOKING GOOD, FEELING FINE



IT'S OK NOT TO BE OK



FRIENDS, ENEMIES OR FRENEMIES?



HE/SHE/THEY



THE INSIDE SCOOP



BREAK UPS AND GOODBYES



GROWING UP



PROUD TO BE ME



Hampshire Child and Adolescent Mental Health Services

Services provided by  
Sussex Partnership NHS Foundation Trust