

# Middlesbrough Youth Council

## Who We Are!



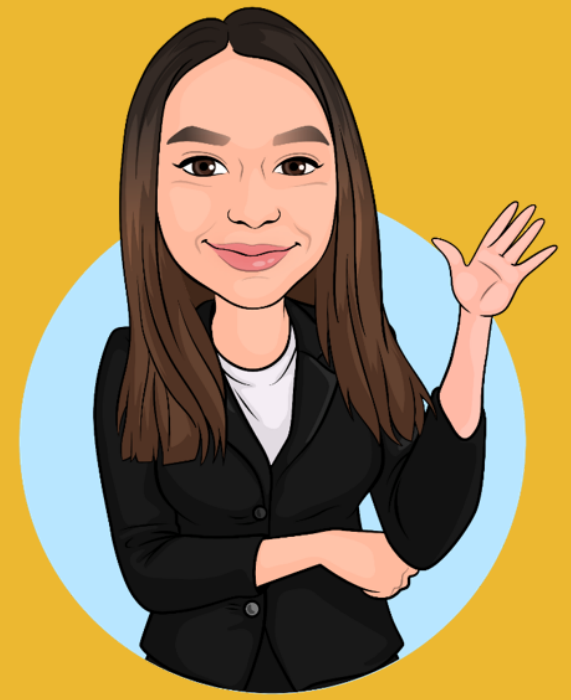
Batool, Deputy Member of Youth Parliament for Middlesbrough

To put it simply, we are a group of young people from Middlesbrough that want to make a difference to our community!

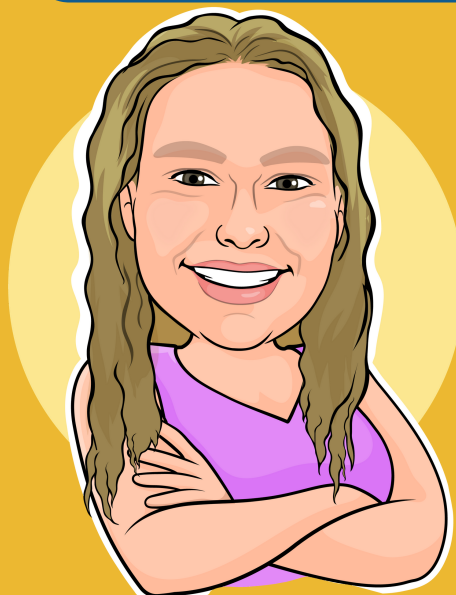
We are aged from 11-18 and welcome everyone who wants to be involved.

The Youth Council is run by both Muskaan and Batool (and our Support Officer, Laurie).

Mental Health is something that is extremely important to all of us, and we have come up with our Top Tips to help other young people when they are feeling low.



Muskaan, Member of Youth Parliament for Middlesbrough



Laurie, Support Officer

# Middlesbrough Youth Council's

## Mental Health Top Tips

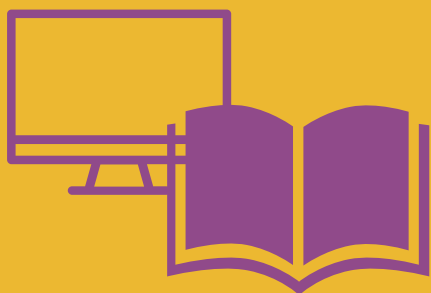


Speak with friends and family about your worries/feelings.



Eat some food that you really enjoy!

Listen to songs you like.



Get lost in a good TV series or book!

Go and take a walk in nature or just be in nature in general!



# Mental Health

## Contact List



**Mental Health UK** have a group of founding charities that can help you, or someone you know coping with mental health issues. You can find them [here](#).

**Young Minds UK** are a charity that specialise in the mental health of children and young people. You can find support [here](#).

You can also visit the **NHS website** about children and young people's mental health. You can find help and advice [here](#).

If you are in a crisis, and feel you may harm yourself or others, please call the **NHS crisis line at 0800 051 6171**.