

# RECIPES 4 WELLBEING

## A PARENT/CARER'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.

OPEN THE CAMERA APP ON YOUR SMART PHONE AND SCAN THE QR CODE TO ACCESS OUR RESOURCES.



IT'S OK NOT TO BE OK



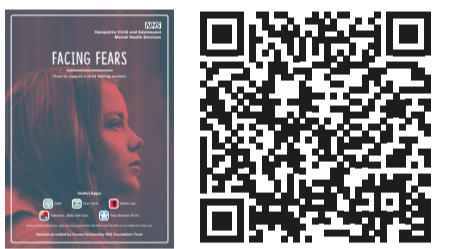
FRIENDS, ENEMIES OR FRENEMIES?



HE/SHE/THEY



FACING FEARS



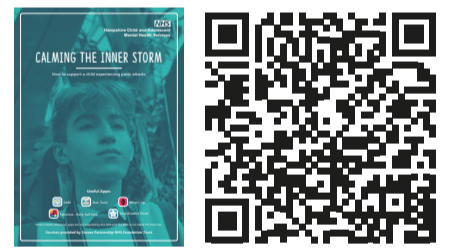
SWEET DREAMS



GAME OVER



CALMING THE INNER STORM



SOS AND TLC



TEST TROUBLES



LOVE IS LOVE



LOOKING GOOD, FEELING FINE



THE INSIDE SCOOP



BREAK UPS AND GOODBYES



GROWING UP



PROUD TO BE ME

