




**LET'S TALK ABOUT IT**  
[www.mentalhealth.org.uk/wmhd](http://www.mentalhealth.org.uk/wmhd)

# World Mental Health Day 2024: Mental health at work

Work can have a huge impact on our mental health. It can be good for our mental health, giving us a sense of purpose, boosting our self-worth, and providing opportunities to connect with others. But it can also be a source of stress and anxiety and contribute to developing or worsening mental health problems.



**15%**

of UK workers are estimated to have an existing mental health condition [1]



**875,000**

workers suffering from work-related stress, depression and anxiety in 2022/23 [2]



**5th**

most common reason for sickness absence in 2022 was mental health. [3]

Who is St John's the workplace for?

Let's talk celebrate and appreciate who supports us...

On a post-it. Choose a member of staff to celebrate.

Write their name and give them a special shoutout message.

Emotional Support for  
Children and Young  
People in Bury



Bury Youth Cabinet

# The Thriving in Bury resources for children and young people and this presentation have been developed by Thriving in Bury in partnership with Bury Youth Cabinet



Are you feeling.....

Stressed?

Upset?

Worried?

**Hey,  
how are you feeling?**

I just feel so alone.

I really need some support now.

**We care,  
and we are listening...**

If you're feeling sad,  
worried, lonely or upset


Scan the QR code above or visit the website below for confidential help, advice and support.  
**WE ARE HERE FOR YOU.**  
<https://padlet.com/ThriveinBury/YoungPeople>

Scared?

Sad?

Lonely

Anxious

The background features a light gray silhouette of two people in profile, facing each other as if in conversation. Above each person's head is a large, empty thought bubble, also in light gray. The text is centered over the middle of the image.

Get confidential advice and support from people who care and can help you with your mental health.

**SCAN ME!**





ThriveinBury · 1d

# Thriving in Bury for Children and Young People

Resources for children and young people living in Bury who need support with their emotional health and well being

## I Need Information

### Young Minds



[youngminds.org.uk](http://youngminds.org.uk)

Young Minds provides mental health help and advice to children and young people



Add comment

Mental health advice and support for students and young people with mental health problems.



[nhs.uk](http://nhs.uk)



Add comment

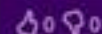
## I Need Someone to Talk to

### Getting Help Line



[earlybreak.co.uk](http://earlybreak.co.uk)

Free confidential helpline for people in Bury of all ages who are experiencing difficulties with their mental well-being



Add comment

### Kooth



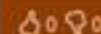
## I Need More Help

### Child and Adolescent Mental Health Service CAMHS



[penninecare.nhs.uk](http://penninecare.nhs.uk)

Specialist Mental Health Service for Children and Young People



Add comment

### Bury Community Mental Health Service



[penninecare.nhs.uk](http://penninecare.nhs.uk)

We provide support for people aged 16 to 65, with severe and

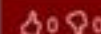
## I Need Urgent Help

### Pennine Care 24/7 Crisis Mental Health Helpline



[penninecare.nhs.uk](http://penninecare.nhs.uk)

0800 014 9995 24/7 all age urgent mental health support



Add comment

### Shining A Light On Suicide



[shiningalightonsuicide.org.uk](http://shiningalightonsuicide.org.uk)

Advice and support for anyone feeling suicidal or concerned someone else is

## LGBTQI+ Support

### FROGS - Finally Realising Ourselves Growing Stronger



[theproudsttrust.org](http://theproudsttrust.org)

A weekly group for LGBT+ young people and those questioning their gender or sexuality aged 13-19 (and up to 25 with additional needs) who live or spend time in Bury.



Add comment

### The Proud Trust



[theproudsttrust.org](http://theproudsttrust.org)

Support for LGBT+ youth (Lesbian, Gay, Bisexual, Trans and other

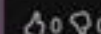
## BAME Support

### Black, Asian and Minority Ethnic students' mental health support



[mind.org.uk](http://mind.org.uk)

Find information on some of the experiences that may impact the mental health of people from Black, Asian and Minority Ethnic (BAME) communities.



Add comment

### Keren Girls





# What's on the website/app?

## Some of the emotional problems we can help you with:

Loneliness

Anxiety

Bullying

Friendship and relationship difficulties

Exam and school work worries

Family problems

Bereavement

Health problems

Feeling down

Someone to talk to

Online advice and videos

Helplines

Youth groups

Emotional wellbeing activities

Digital Support

## EMOTION SCALE



“  
I NEED  
INFORMATION  
”



“  
I NEED TO TALK  
TO SOMEONE  
”



“  
I NEED MORE  
HELP  
”



“  
I NEED URGENT  
HELP  
”

Use our emotion scale to help you rate how you are feeling and find the right support to help you.



QR code

## Web links:

### **Thriving in Bury for Children and Young People:**

<https://padlet.com/ThriveinBury/YoungPeople>

### **Thriving in Bury for Parent and Carers:**

<https://padlet.com/ThriveinBury/ParentandCarers>

### **Thriving in Bury for Education:**

<https://padlet.com/ThriveinBury/Education>