

www.childline.org.uk
Call: 0800 1111

CHILDLINE

www.safespot.org.uk

SAFESPOT

www.nhsinform.co.uk
Call: 0800 224488

NHS INFORM

www.selfharm.co.uk
Email: info@selfharm.co.uk

**YOUNG PEOPLE AND
SELF HARM**

www.youngminds.org.uk
Email: ymenquiries@youngminds.org.uk

YOUNG MIND

www.mind.org.uk
Email: contact@mind.org.uk

MIND



Black Dog Depression

We are happy to consider requests for
this publication in other languages
or formats such as large print
call: **01324 590886** (24 hrs)

fax **01324 590867** or
email: **disability.department@nhs.net**

Produced in collaboration with pupils from

**Braes High School and
Graeme High School**



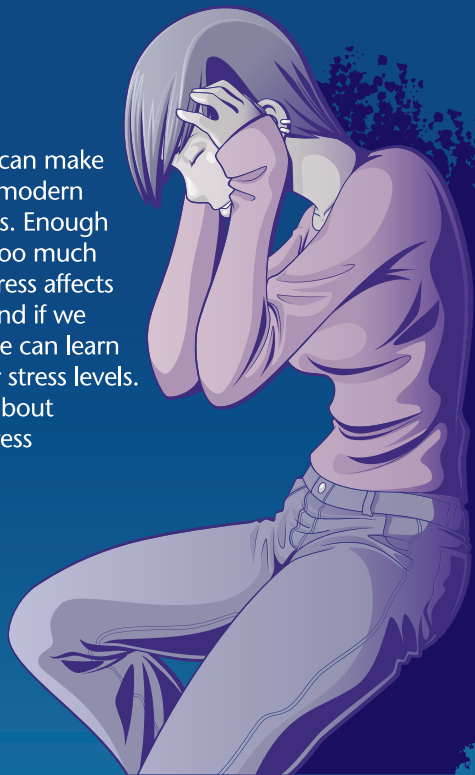
What is stress?

Stress is normal but if we experience too much stress it can make life very difficult. Stress is invisible but in our fast paced modern world it is increasingly common to have too much stress. Enough stress helps us cope with the demands of our lives but too much stress can overwhelm us in a range of different ways. Stress affects our body, our mind, our emotions and our behaviour and if we study our own personal responses to too much stress we can learn to recognise when we need to do something about our stress levels. It can be really useful to ask those who know you best about your responses to too much stress. It is easier to spot stress in those around us than in ourselves.

Can we learn to control our levels of stress?

Absolutely.

Too much stress can lead to anxiety or depression or a combination of both so spotting stress early lets us act before it gets a grip.



Stress Control Courses

- Free 6 weeks course held in your community
- Bring a friend or relative if you wish

**TO FIND OUT MORE OR
BOOK A PLACE**

Falkirk

call: **07769 918 681**

email: FV-UHB.stresscontrol@nhs.net

Clackmannanshire and Stirling

call: **01259 215 048**

email: integratedmentalhealth@dacks.gov.uk