

What is mental health?

We all have mental health. It affects how we think, feel and behave, and determines how we handle stress, relate to others and make choices. Our mental health can change over time. Some people call mental health 'emotional health' or 'wellbeing'. In the same way that sometimes we get physically sick with a cold, flu or heart disease, sometimes we get mentally ill too.

What are mental health problems?

Mental health problems are when we experience changes or problems with our mental health. Changes in mental health are very common, for example the stresses and strains of life. But if these changes don't go away and start to affect our everyday life, this can lead to problems with our mental health and can lead to mental illness.

Over the course of your life, if you have mental health problems, your thinking, mood, and behaviour could be affected. Many factors contribute to mental health problems, including: Biological factors such as genes, life experiences, such as trauma or abuse and family history of mental health problems.

What is mental illness?

The term mental illness is used to describe diagnosable mental health problems. This is when you experience problems with your mental health that interfere with your life and meet criteria set out by health professionals. Getting a diagnosis for a mental health problem can be helpful, as this can enable you to access the right treatment.

Mental health problems are common but help is available. People with mental health problems can get better and many recover completely.

YMCA

For further information:

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We believe that every young person should have someone they can trust and talk to.



Need to Talk?

Confidential 1-2-1 Counselling

Counselling sessions for young people up to the age of 25 in local venues across Cambridgeshire and Peterborough including communities and schools.

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