

## **Self-care is about the things we can do to look after our own mental health**

Self-care are the things that young people can do by themselves to support their well-being and mental health.

So, the Anna Freud Centre have drawn up a list of strategies young people can try to help manage their well-being.

It's up to each person to decide what helps. If it works, keep doing it. If it doesn't, stop and try something else.

These activities are *not* a substitute for seeing a mental health professional. Sometimes we need outside help and advice. Getting help is good. No-one should feel bad about it. That's what this site is about.

**Link to self-care strategies: -**

<https://www.annafreud.org/selfcare/>

**Source: Anna Freud Centre April 2020**