

# Positive Minds; Online Week 3 – Coping Strategies and Building Positive Relationships

## What is a Support Network?

A support network is a group of people that provide emotional and practical support to someone who is struggling both physically and mentally. Trusted people that can offer support can be included in your support network. These people can help you achieve your personal and professional goals, support your wellbeing and are open and comfortable to communicate with.

There are many ways to develop a support network. A good first step is to recognize the supports that are already present in your life, eg. friends, family members, neighbours, coaches, teachers and more.

Everyone will have a different support network, your support network will be unique to you.

## How Can I Support Others?



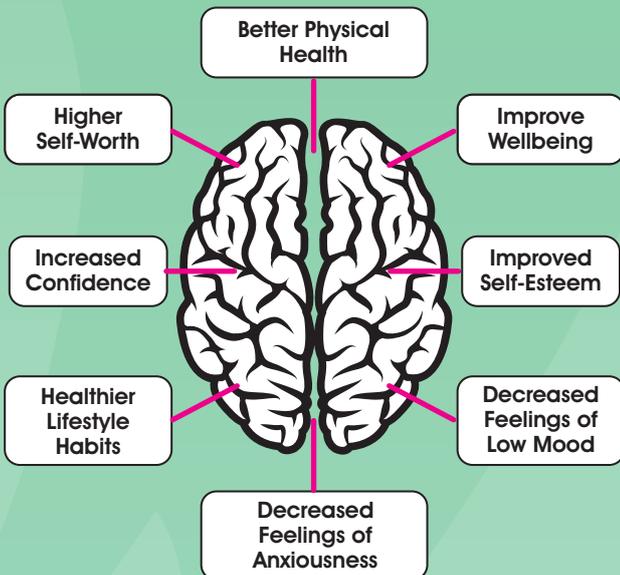
## Why are Support Networks important?

Support networks are extremely important. This is because they are people that we rely on, no matter what the problem or emergency is.

These are people that we trust and are happy to talk to and if they ever need our help, we are happy to help them out.



## How do Positive Relationships affect our Mental Health?



## Other Help...

[www.beateatingdisorders.org.uk](http://www.beateatingdisorders.org.uk)

Beat is the UK's eating disorder charity. They are a champion, guide and friend to anyone affected by eating disorders personally or have a member close to them.



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

YoungMinds are leading the fight for a future where all young minds are supported and empowered, whatever the challenges. They're here to make sure you get the best possible mental health support and have the resilience to overcome life's difficulties.



[www.themix.org.uk](http://www.themix.org.uk)

The Mix is the UK's leading support service for young people. They are here to help you take on any challenge you're facing - from mental health to money, from homelessness to finding a job, from break-ups to drugs.



[www.healthyyoungmindsinherts.org.uk](http://www.healthyyoungmindsinherts.org.uk)

Information about emotional wellbeing and the mental health support available to young people in Hertfordshire.



[www.justtalkherts.org](http://www.justtalkherts.org)

Just Talk is a Hertfordshire campaign led by young people themselves and agencies across Hertfordshire. 'Just Talk' aims to make sure every single young person in Hertfordshire knows that it's OK to not be OK.



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

Hertfordshire Partnership University NHS Foundation Trust (HPFT) provides mental health and social care services for over 400,000 people in Hertfordshire and neighbouring areas.

