

If you're struggling with how you are feeling, you are not alone. There are lots of people and resources available to help you. The following links will help you learn more about mental health, wellbeing and types of mental health problems.

[Your feelings](#)

Information for when you're struggling with your feelings and want to understand why.

[Your mental health](#)

A guide to understanding mental health and mental health problems, with answers to common questions

[Your wellbeing](#)

Information on understanding mental wellbeing, and how to look after it.

[Mental health problems](#)

Information about some of the different type of mental health problems and symptoms

[Understanding a diagnosis](#)

A guide to understanding a mental health diagnosis and how it may affect you

[Useful contacts](#)

If you need more support, there are a number of organisations you can contact.