

Mental health pain scale folded wallet card

Print out and cut around the black outline. Fold along the white line and stick the two sides together. Then, fold in half and keep in your wallet, purse or bag

Sometimes it can be hard to put our emotions into words.

The scale on the other side can help you to let others how you are feeling emotionally, and what your immediate needs are.

Use it to help you explain to your parents, professionals, and other people in your life.

NO LIMITS
Helping Young People Help Themselves

Immediate 24/7 support

If you are at immediate risk of harm, phone 999 and ask for an ambulance


SHOUT
Free text service for anyone in crisis
Text 'HANTS' to 85258


Papyrus
For anyone under 35 with thoughts of suicide
Phone 0800 068 4141


nolimitshelp.org.uk @nolimitshelp

Mental Health Pain Scale


MILD


1  Everything is just right! There's nothing wrong at all and you feel great!


2  You might be a bit frustrated or disappointed but it isn't going to ruin your day. You'll cheer up soon.

3  Something might be bothering you, like being overtired or hungry, but you're doing okay.


MODERATE


4  It's been a bad day or a bad few days. But you know you'll get through it. Take care of yourself.


5  Your mental health is starting to impact on your normal life. Easy things are getting harder. You should talk to someone.


6  You can't do things you'd usually do because of your mental health. You're getting impulsive and compulsive thoughts that are hard to get rid of.

SEVERE

7  You're avoiding doing things that might make you feel even worse, but this isn't good. You definitely need to talk to someone, it's getting serious.

8  You can't hide it any longer. You might have issues with things like eating, sleeping, school, having fun with friends and family. Your mental health is affecting almost every part of your life.

9  You're at a critical point. You aren't functioning properly anymore. Negative thoughts and feelings are constant and you don't know what to do. You may be at risk if you don't get support.

10  You're experiencing the worst emotional distress possible. Things can't get any worse and you can't see it getting better. You feel like this is it. You need to contact a crisis line immediately.

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giveusashout.org



Papyrus

A UK charity dedicated to the prevention of suicide.



0800 068 4141
Available 24/7



papyrus-uk.org



National Suicide Prevention Helpline

Offers a supportive listening service to anyone with thoughts of suicide.



0800 689 5652
6pm - midnight every day



spuk.org.uk



Want support from No Limits?

Find out more about our free, confidential mental health support for young people at:
nolimitshelp.org.uk/mental-health-and-wellbeing



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