



Mental Health
Foundation



HEALTHY

RELATIONSHIPS

**Top tips for building
and maintaining
healthy relationships.**

**Written with care, for
you, by young people.**



fastn
thriving families for all

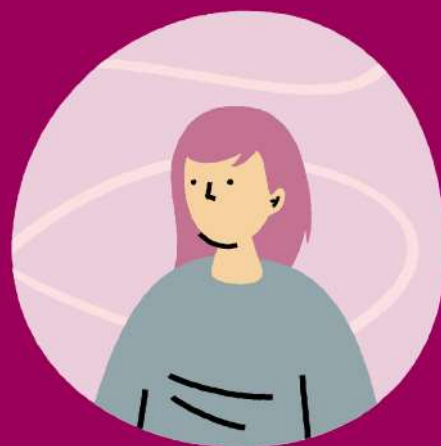
**LEADERS
UNLOCKED**

Did you know that being socially connected to family, friends, or our local community can help us to feel happy, physically healthier and improve our wellbeing?¹



But it's not just having any social connections that's important, it's about the quality of these relationships.

Having strong, stable and fulfilling relationships help tackle feelings of loneliness, isolation and improve our mental health.



1. <https://www.mentalhealth.org.uk/sites/default/files/guide-investing-relationships-may-2016.pdf>

So, we partnered with Fastn and Leaders Unlocked to talk to young people about healthy relationships – and to bring their advice to you.

They told us about what is important to them, how they recognise, build and maintain healthy relationships and how these relationships can impact their mental health.

We hope their tips help you to nurture both the relationships you have with yourself and others.



HEALTHY

RELATIONSHIPS

Tip 1:
Get to know yourself.

Take the time to appreciate yourself and get in touch with your emotions to be able to express yourself clearly and more effectively.

Not knowing how to regulate your emotions and express them healthily can negatively affect your mental wellbeing.

Tip 2:
Put in the work

Healthy relationships are not found, but built.

A healthy relationship needs commitment and willingness to be accommodating to each other's needs.



HEALTHY

RELATIONSHIPS

Tip 3: Set and respect boundaries

Setting boundaries is not only about what you don't want or like in your relationships, but also about letting the people around you know what you appreciate.

Think about, and let others know where your boundaries are, e.g. respecting your time alone.

Doing this can take the pressure off your relationship to commit to anything unrealistic.

Tip 4: Talk and listen

All relationships have disagreements and that's ok. what matters is how you talk and listen to one another.

Don't be afraid to express your emotions or vulnerabilities with people you trust.

Listen to understand, rather than listening to respond.



HEALTHY

RELATIONSHIPS

Tip 5: Let go of control

A lot of life is about how we react to our experiences and encounters. Knowing that you can only really control what you do and not what anyone else does will save you time and stress.



Tip 6: Reflect and learn

If you have a healthy way of expressing your feelings, you're able to react to other people's in a healthy way. Being angry with someone, often comes from a place of feeling hurt and upset. If you can recognise that, you can communicate it, and build better relationships with others.



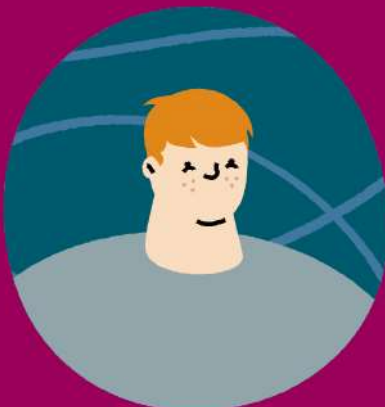
Reflect on the relationships that work best in your life, what qualities do these relationships have, and how can you bring these qualities into other relationships?





**By taking the time to read our tips you
have taken the first step to nurturing the
relationship with yourself and others.
Thank you for showing up today.**

**All our care,
the MHF Young Leaders**



Further resources

[Mental Health Foundation: Podcast episode about friendships and mental health](#)

[Young Minds: Tips and advice about friendships and mental health](#)

[Young Minds: Tips and advice about family and mental health](#)

[The Mix: Blogs, tips and advice on sex and relationships](#)

Helplines

[The Mix: 0808 808 4994 \(UK\). They also have a crisis messenger service.](#)

[Young Minds: Crisis messenger. Text YM to 85258 \(UK\).](#)

[Samaritans: Call 24/7 for free on 116 123 \(UK\).](#)

Thank you to each and every young person who took the time to share their thoughts, tips and kindness in this guide.

This was created in partnership between the Mental Health Foundation, Fastn and Leaders Unlocked.