

# TALKING MENTAL HEALTH



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We all have **mental health**.



Mental health is about our **feelings**,  
our **thinking**, our **emotions** and our  
**moods**.

Everybody knows how to look after  
**physical health...**



**...looking after our mental health is  
just as important.**



# 1. MENTAL HEALTH



We all have feelings that come and go everyday. These are **small feelings**.

grumpy



nervous

happy

sad



**Big feelings** are feelings that go on for a very long time and stop us doing what we want in life.



They can affect our **mental health**.

# Who can help us?

**teacher**

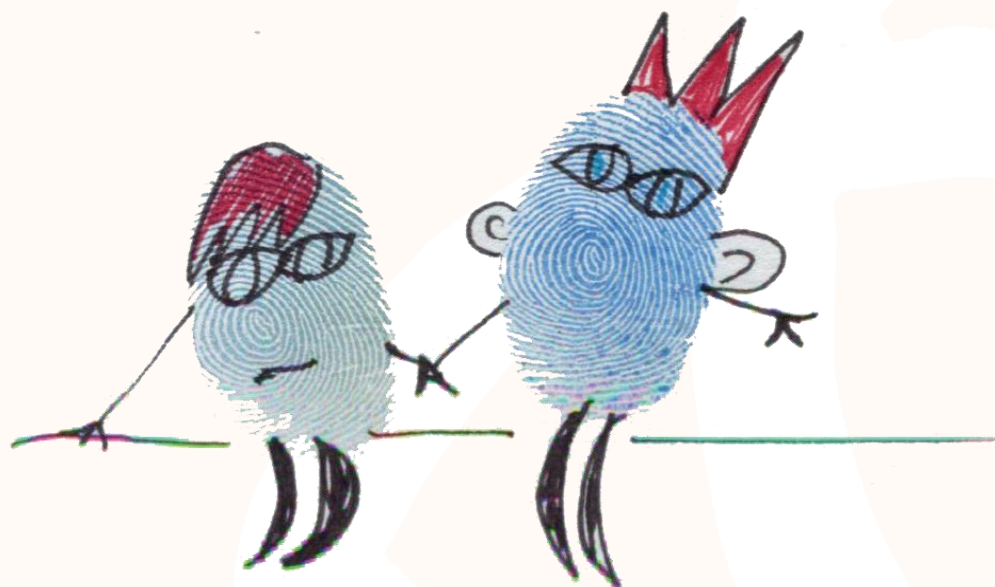


**parents**

**friend**



# 2 TALKING



# How do you share your feelings?

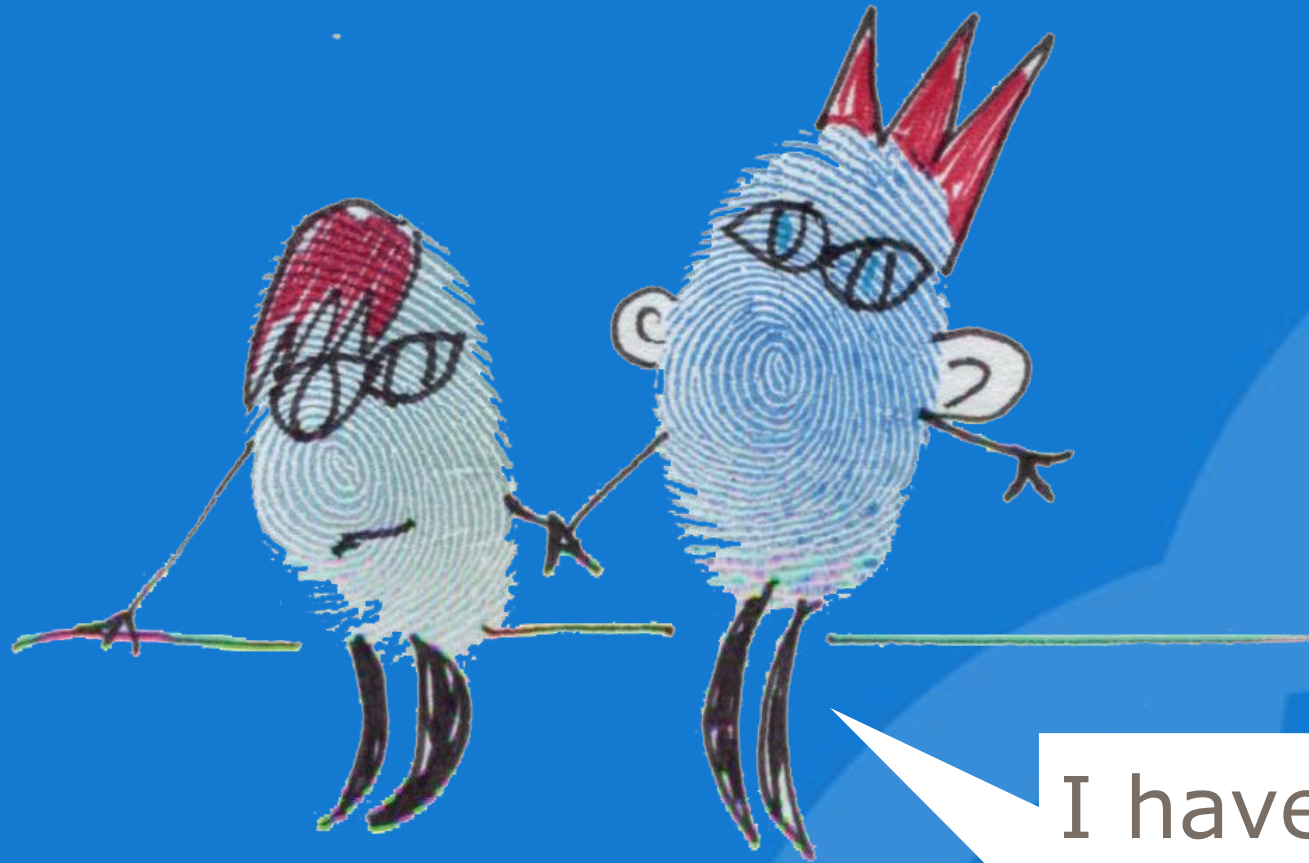
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I've got  
something  
to say

Do you have  
time to  
speak about  
something?





I have something important I would like to talk to you about...

# 3. LISTENING





sit side by  
side

make them feel  
comfortable



always listen  
carefully

help them  
find an adult  
if necessary



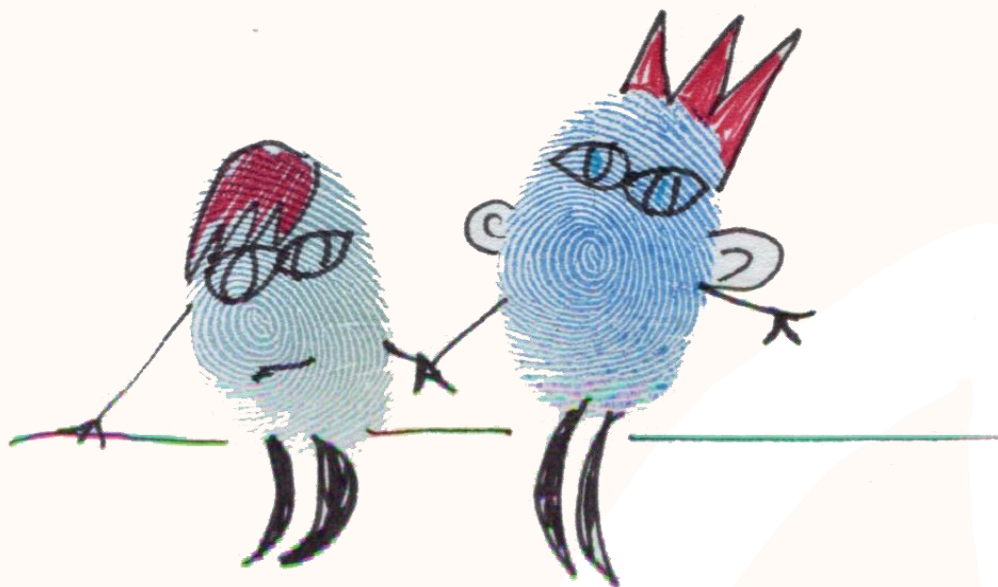
**Remember** if your feelings are getting too big to cope with on your own and you feel you want to change things...



**...talking to someone you trust might really help.**

# TALKING

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Why do you think it's important to talk about our mental health?

It's really important to talk about our feelings. Sometimes we might be able to identify why we are feeling this way, sometimes we won't. That is okay. Here are some sentence starts we could use when talking to someone.

Please help me, I'm really struggling

I have something important I want to speak to you about

I've been having a really hard time lately

I've got something to say

Do you have time to speak about something?

# My Circle of Support

Who can I talk to about my feelings and mental health?

Draw or write the names of your support network.

Put the people you would talk to first closest to you.

