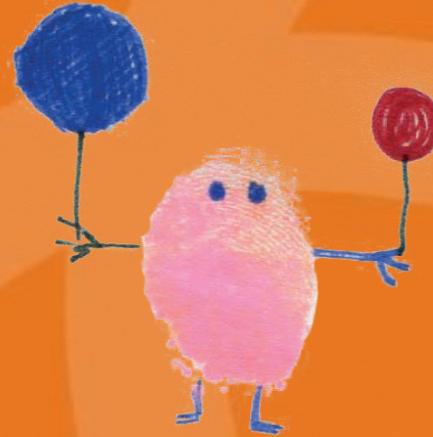


Anna Freud
National Centre for
Children and Families

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...



...but **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 can change how we behave, how we see the world and how we get on with other people.



They can affect our **mental health**.

Who can help us?

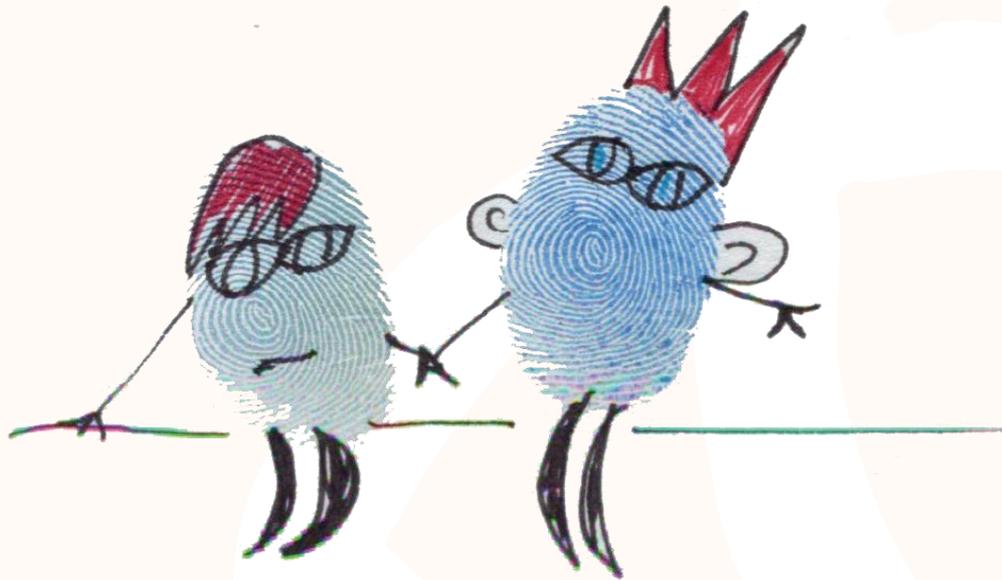
teacher



parents

friend

2 TALKING



How do you share your feelings?

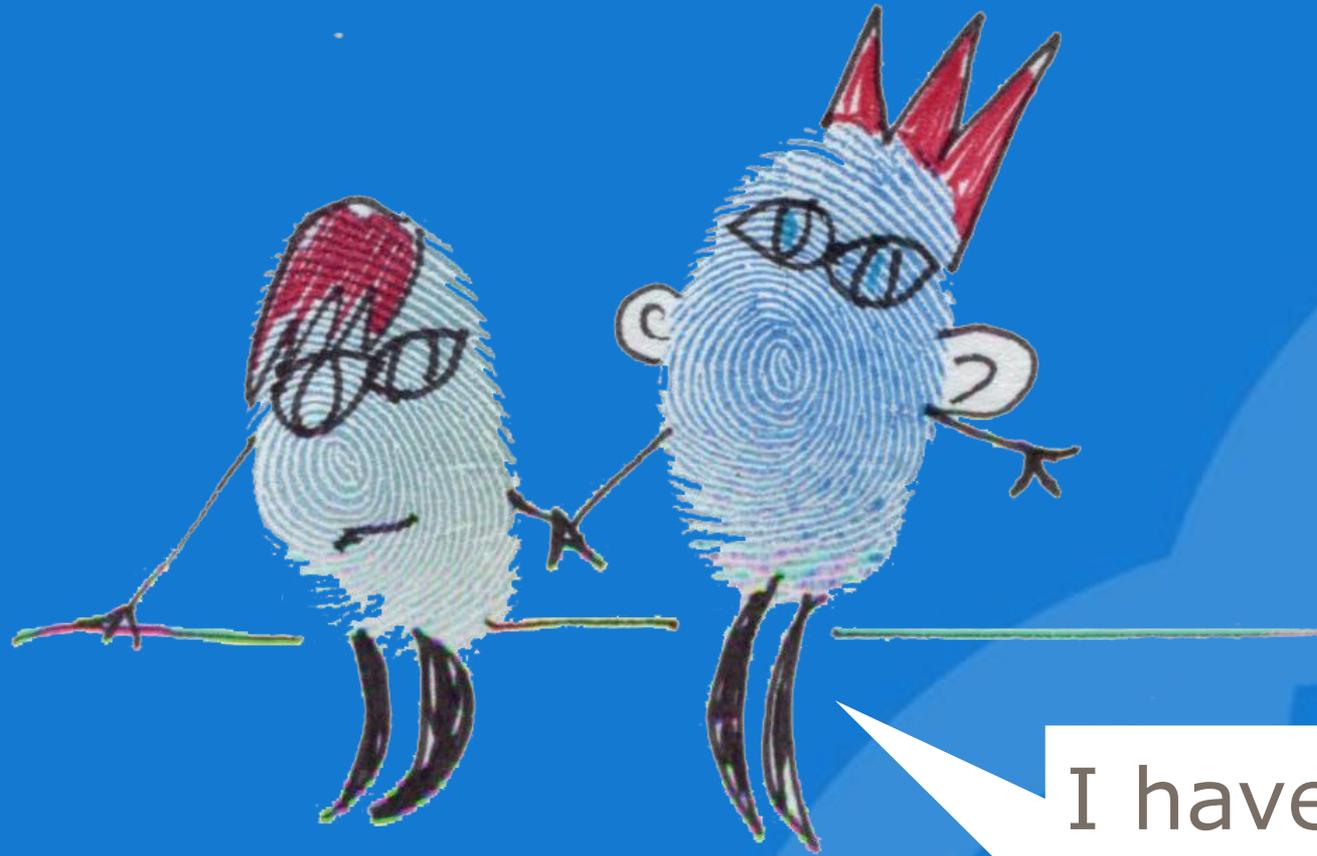
9



I've got
something
to say

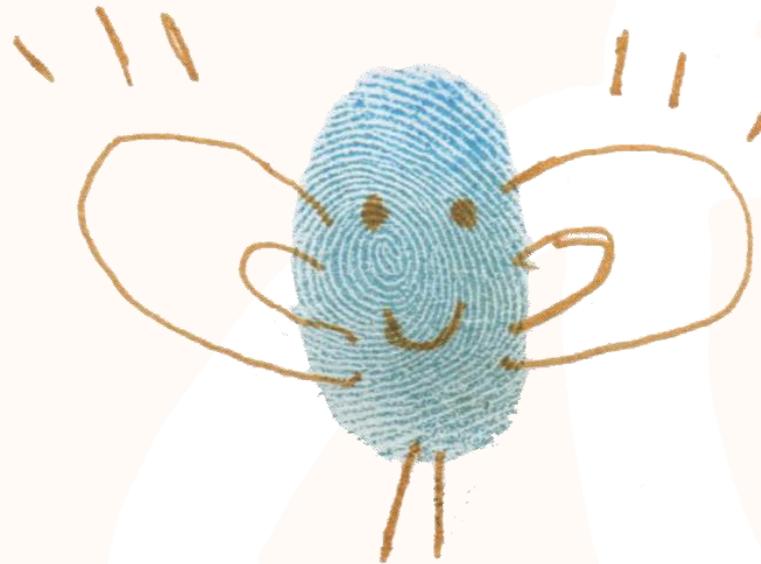
Do you have
time to
speak about
something?





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

3. LISTENING





sit side by
side

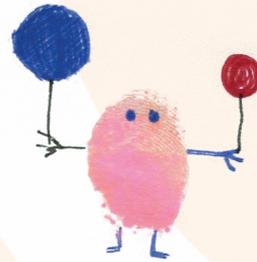
make them feel
comfortable

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.