

1

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.

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Everybody knows how to look after
physical health...



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

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1. MENTAL HEALTH



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



grumpy

happy

nervous

sad

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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**.

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Who can help us?



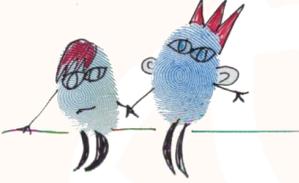
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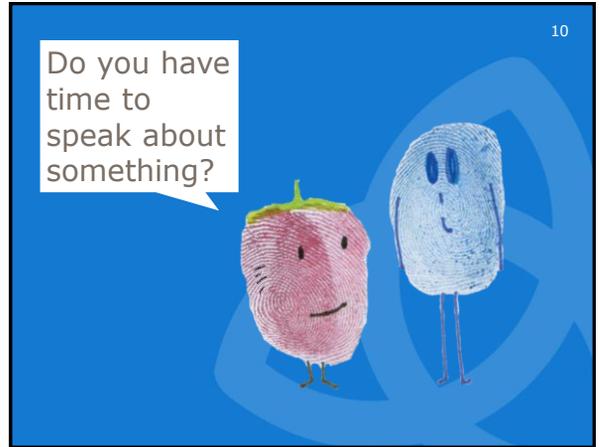
parents

friend

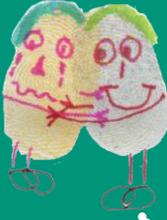
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2 TALKING





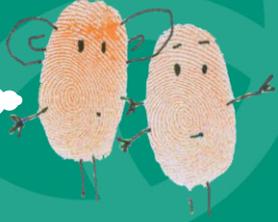
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make them feel comfortable

sit side by side

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always listen carefully

help them find an adult if necessary

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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.