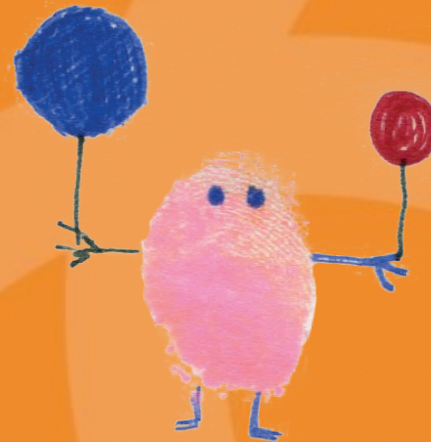


TALKING MENTAL HEALTH



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...



**...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?

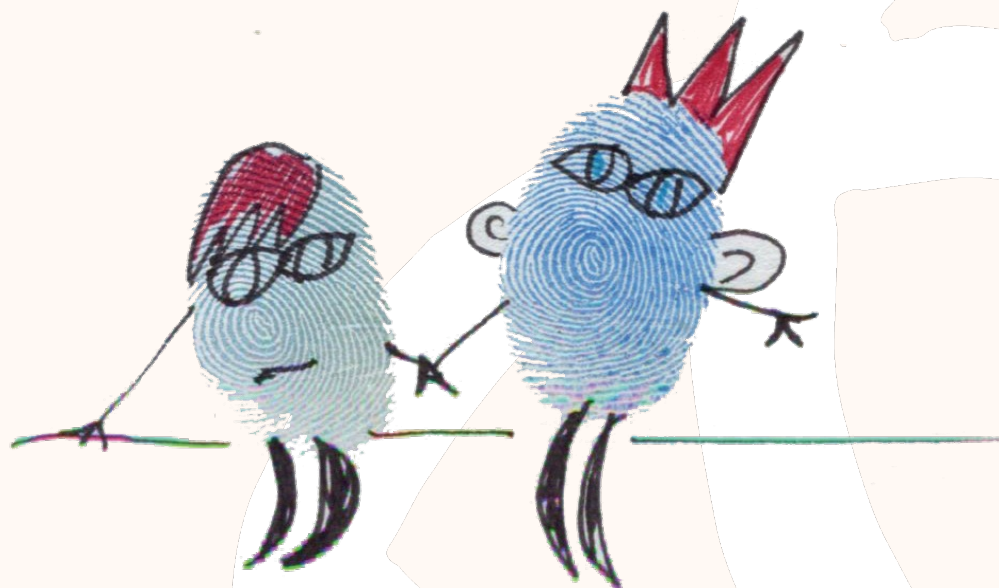
teacher



parents

friend

2 TALKING



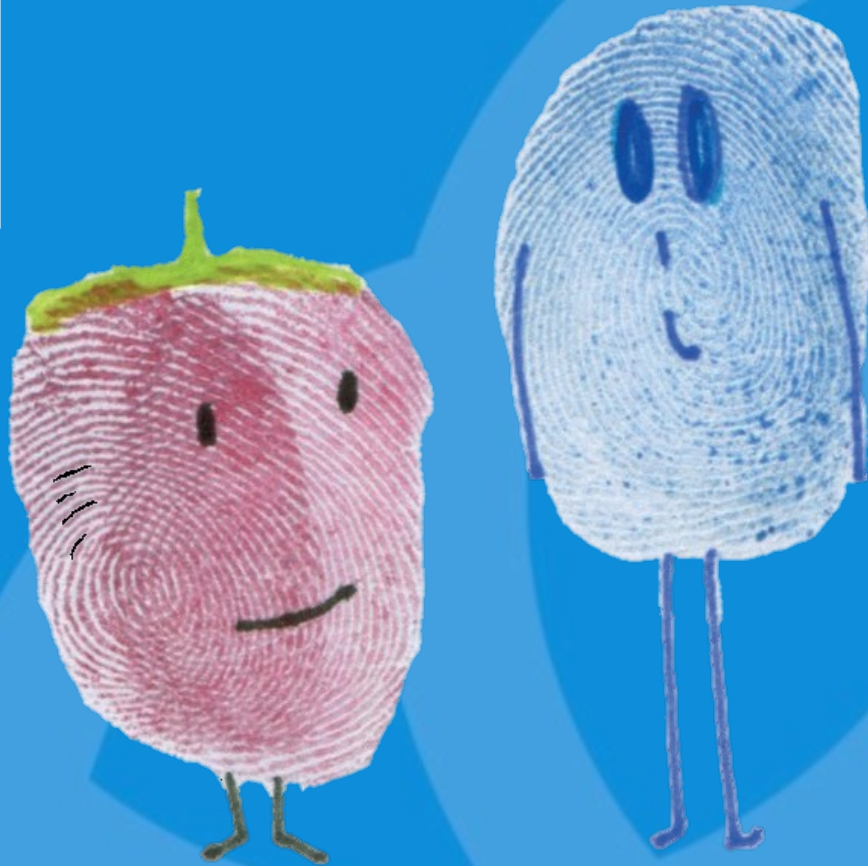
How do you share your feelings?

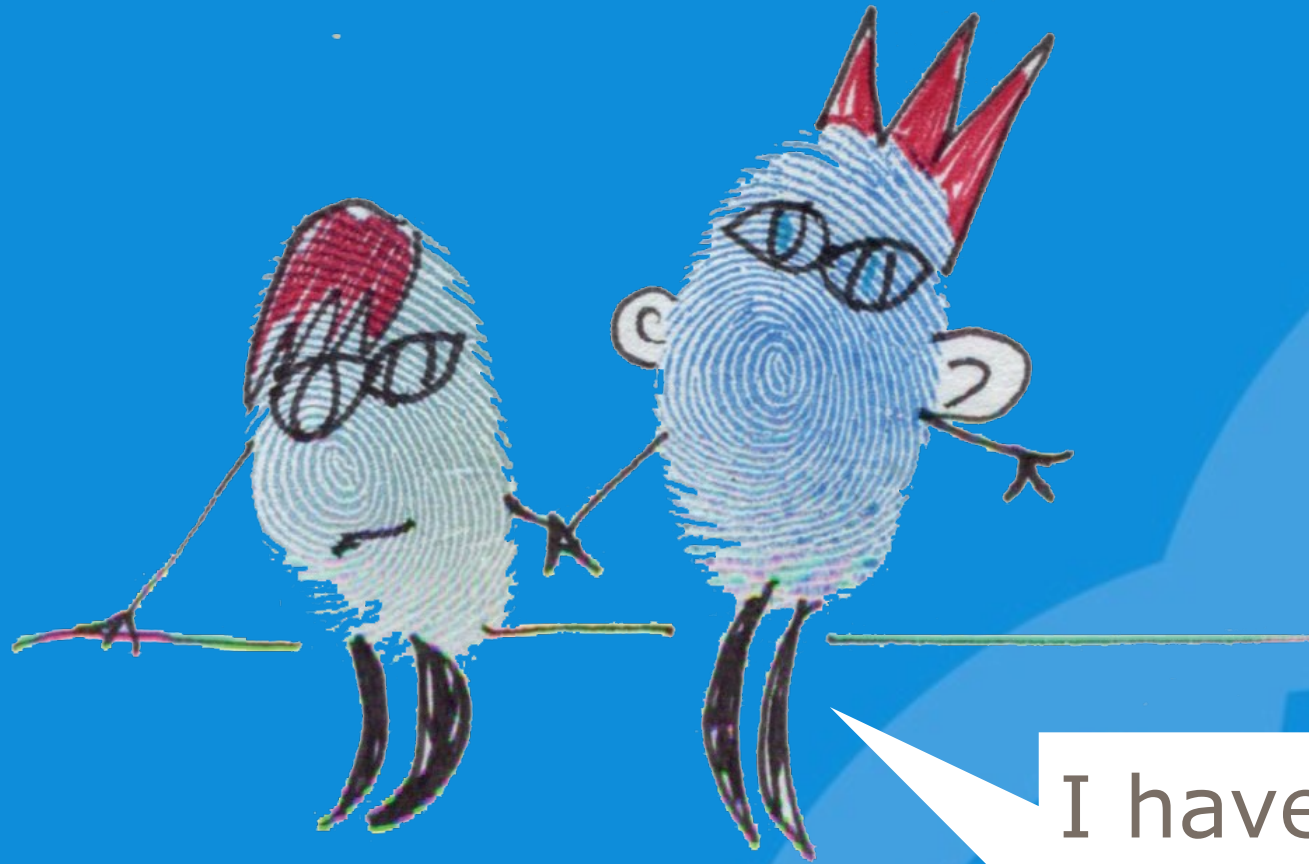
9



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.