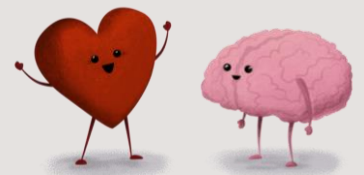


We all have
mental health



Anna Freud
National Centre for
Children and Families

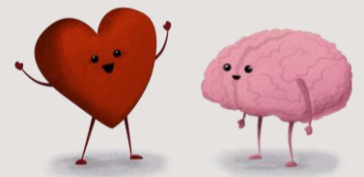
What is mental health?



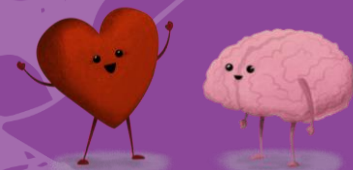
What is mental health?

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

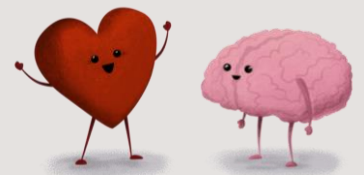
Looking after our mental health is just as important as looking after our physical health.



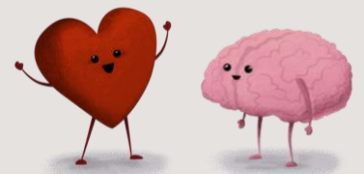
True or false?



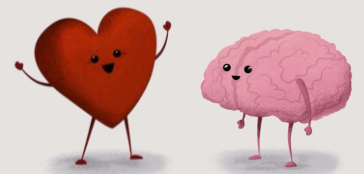
We all have mental health



We all have mental health
True

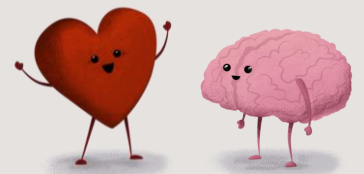


Our physical health is more important than our mental health

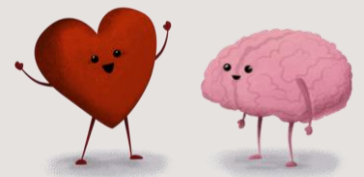


Our physical health is more important than our mental health

False

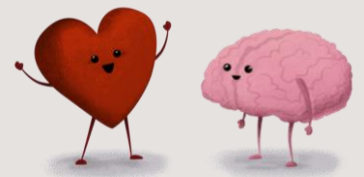


If I want to talk about my
mental health, I always have
to ask a doctor

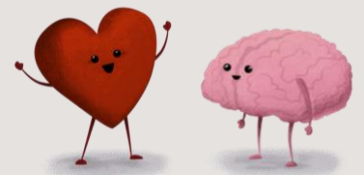


If I want to talk about my
mental health, I always have
to ask a doctor

False

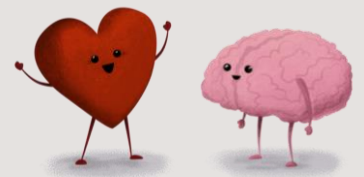


One way to manage our
mental health is to talk about
it with someone we trust



One way to manage our
mental health is to talk about
it with someone we trust

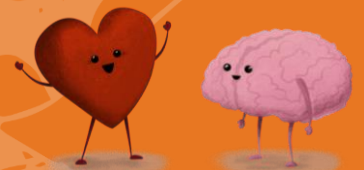
True



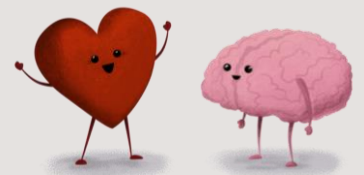
The 'We all have mental health' animation

Watch here

<https://youtu.be/DxIDKZHW3-E>

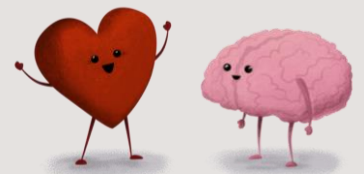


Discuss

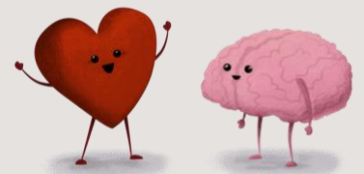


Discuss

What was going on for Sasha in the animation?

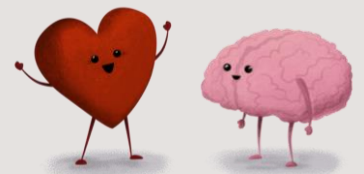


Discuss

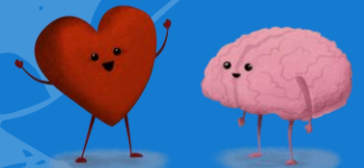


Discuss

What was going on for André in the animation?

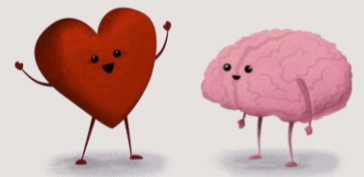


Everyday feelings & overwhelming feelings

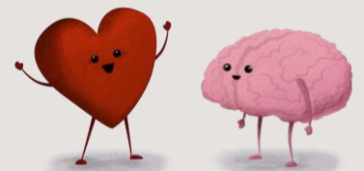
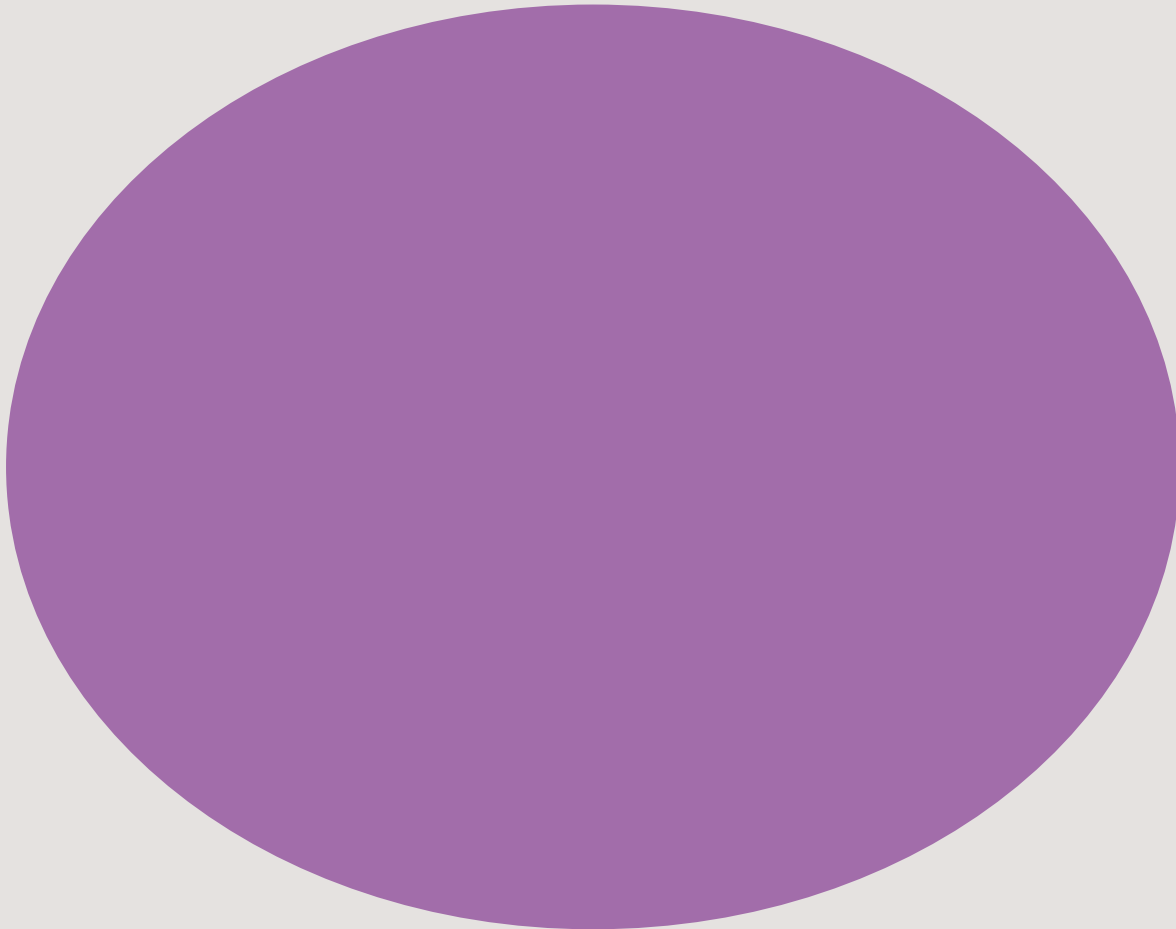


Everyday feelings come and go and are a normal reaction to what is happening in our lives. They are always changing and don't usually hang around for too long.

Overwhelming feelings hang around for a long time, change the way we feel and behave and may stop us from doing what we want to in life. You might have heard people call them a mental health problem, mental illness or mental disorder.

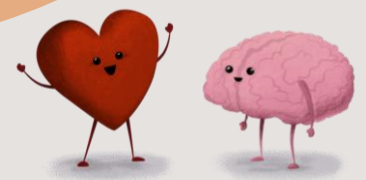
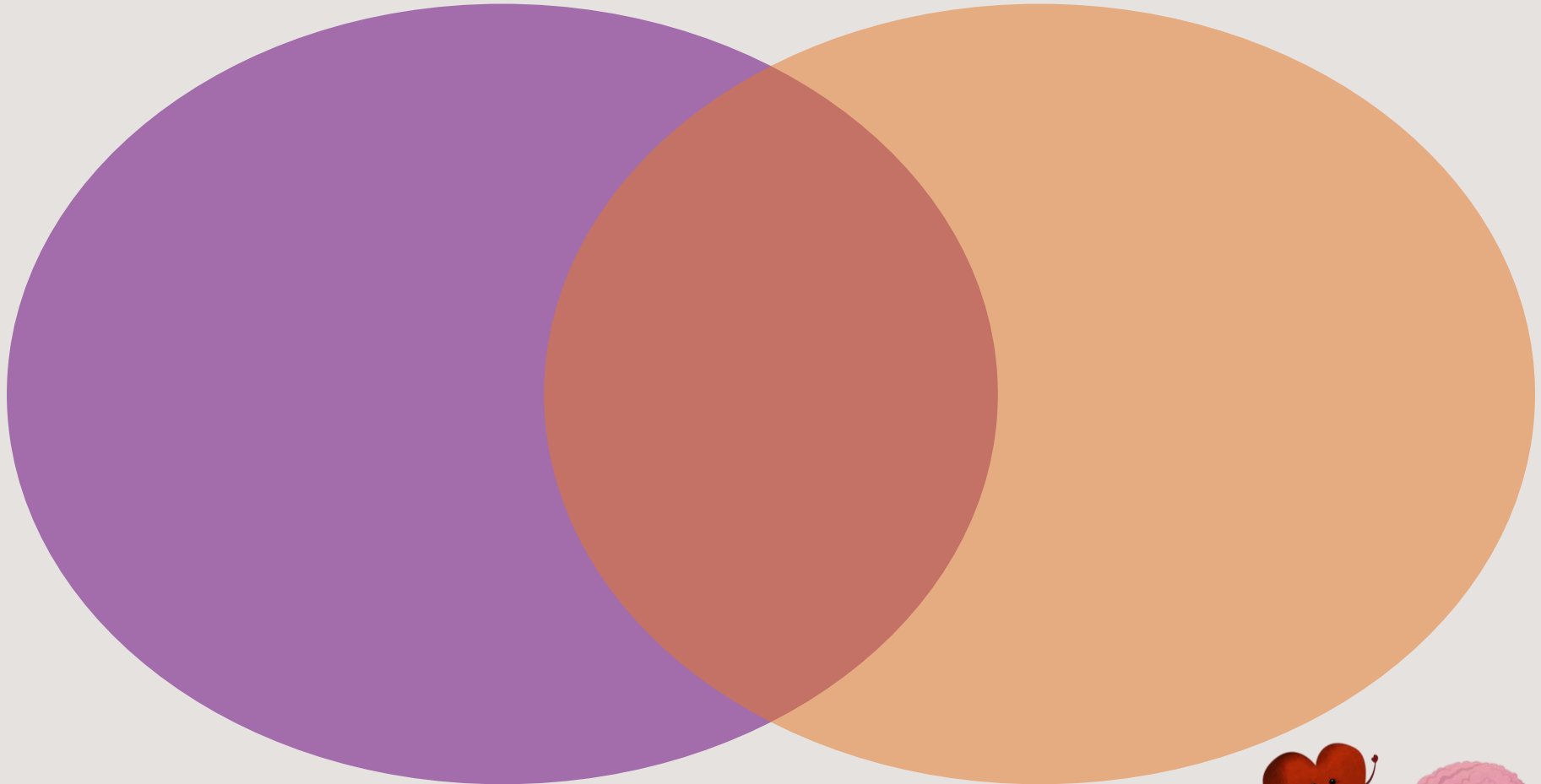


Everyday feelings



Everyday feelings

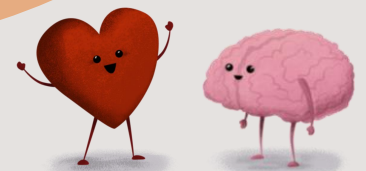
Overwhelming feelings



Everyday feelings

Overwhelming feelings

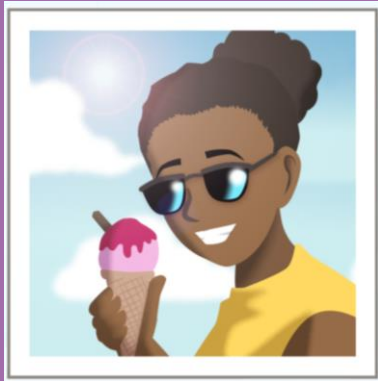
Sasha



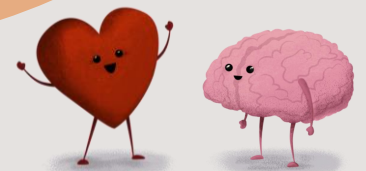
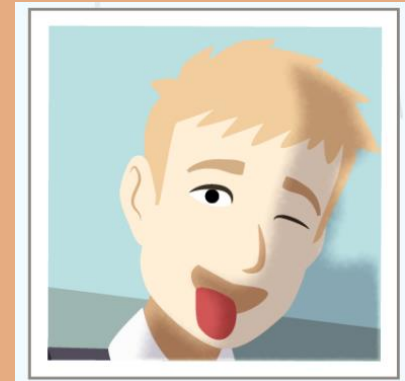
Everyday feelings

Overwhelming feelings

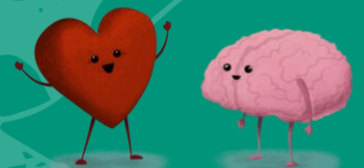
Sasha



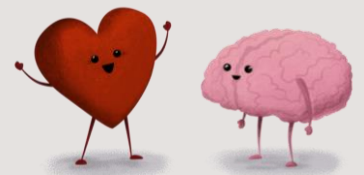
André



How can we look after our own mental health?

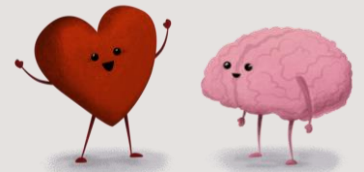


Discuss

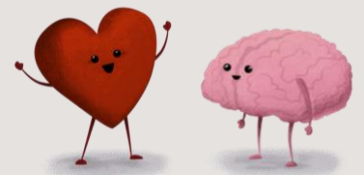


Discuss

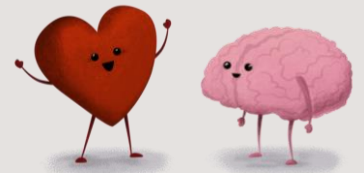
How did Sasha and André look after their mental health?



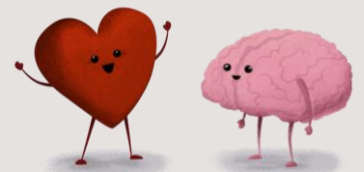
How can we look after our own mental health?



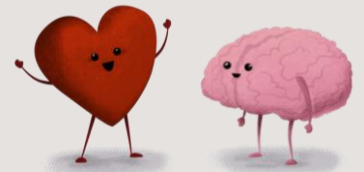
How can we look after our own mental health?



How can we look after our own mental health?



How can we look after our own mental health?



How can we look after our own mental health?



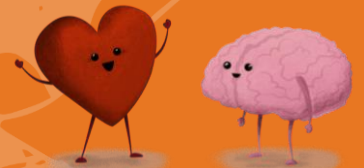
How can we look after our own mental health?



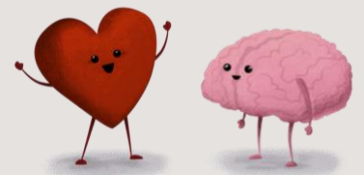
How can we look after our own mental health?



Where can I find support?



In our school, you can talk to...



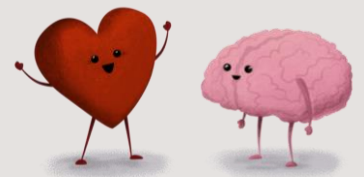
Other places

ChildLine: www.childline.org.uk Tel. 0800 1111

Youth Wellbeing Directory: www.youthwellbeing.co.uk

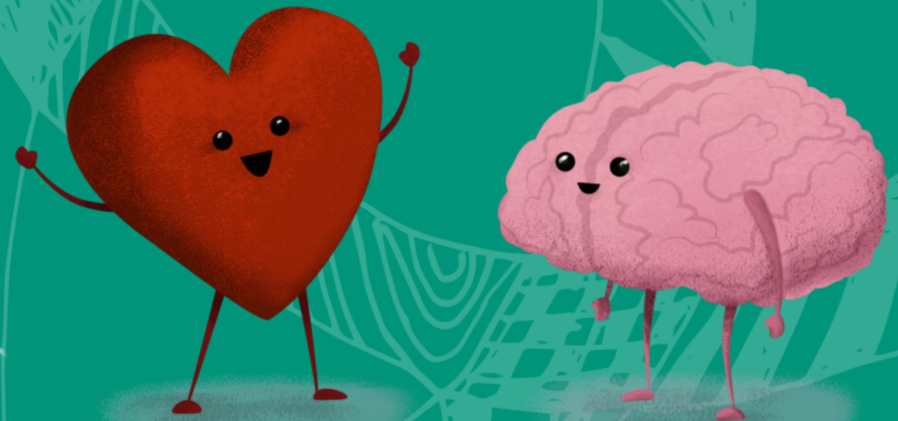
Anna Freud National Centre: www.annafreud.org

The Mix: www.themix.org.uk



Remember...

'We all have
mental health

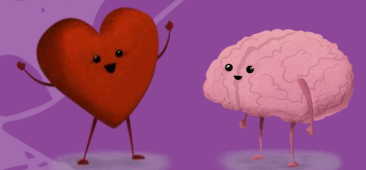


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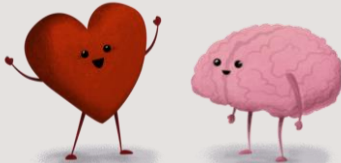
Our Patron: Her Royal Highness The Duchess of Cambridge

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Slides for additional activities

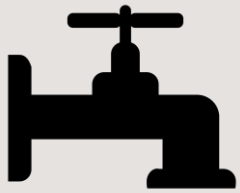


Stress Bucket



Stress Bucket

Things that make me feel stressed are...



Some ways to help my stresses go away are...

