

How Are You Feeling?



What Is Mental Health?

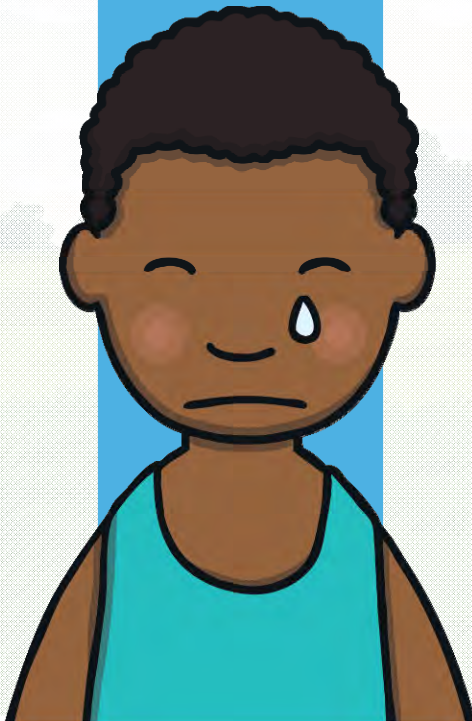
Mental health is about how you feel, think and sometimes behave. Lots of children have mental health issues and it means they can feel sad, angry or anxious.



Can You Think of any Mental Health Issues?

These are some of the ways that you can feel if you have a mental health issues.

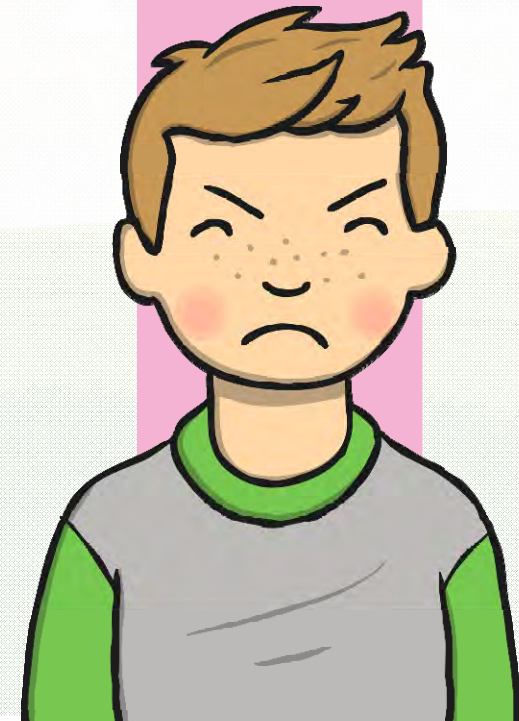
sad



anxious



angry



I Feel Sad



I sometimes feel
like crying, being
on my own or
not wanting to
come to school.



I Feel Anxious



When you feel
anxious your
heart beats fast
and you might
feel sweaty
and sick.



I Feel Angry



It's normal to sometimes feel angry but sometimes it becomes too much and you feel angry all the time.



Where can I get help?

There are lots of people to help you if you feel sad, angry or anxious. Here are some of them:



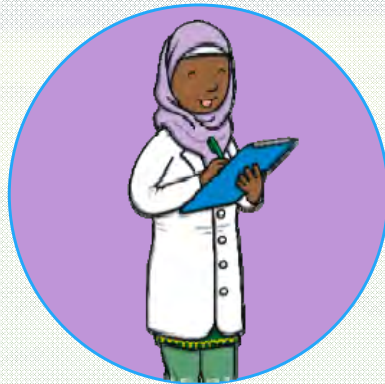
family



teacher



friends



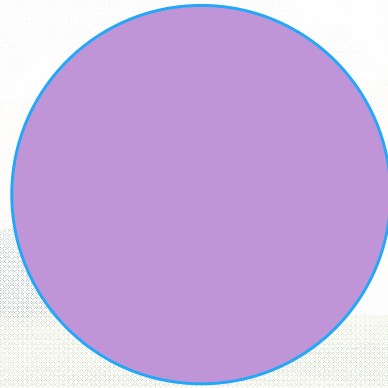
doctor



phone a friend/family member

Where can I get help?

ELSA



Mrs
Powers

Where can I get help?

SENCO – Mrs Corp



Mrs Corp

Where can I get help?

Playground Buddies



Where can I get help?

Health School Reps
School Council Reps



Where can I get help?

Child Line





twinkl