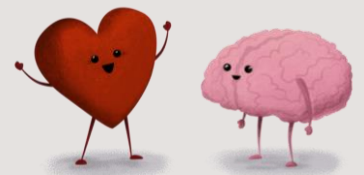


We all have
mental health



Anna Freud
National Centre for
Children and Families

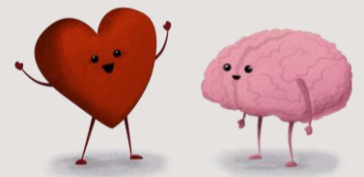
What is mental health?



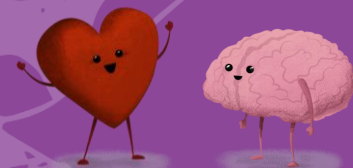
What is mental health?

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

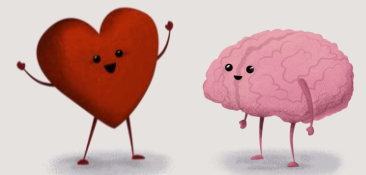
Looking after our mental health is just as important as looking after our physical health.



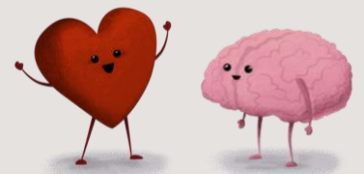
True or false?



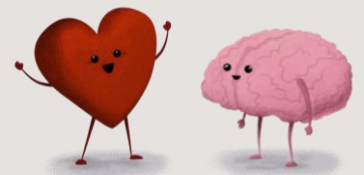
We all have mental health



We all have mental health
True

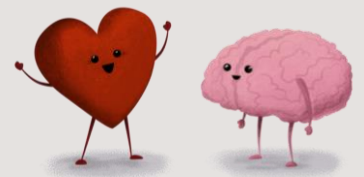


Our physical health is more
important than our mental
health

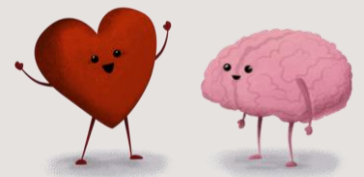


Our physical health is more important than our mental health

False

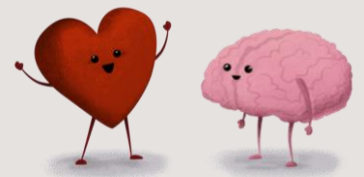


If I want to talk about my
mental health, I always have
to ask a doctor

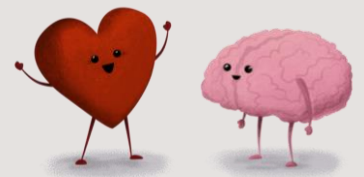


If I want to talk about my
mental health, I always have
to ask a doctor

False

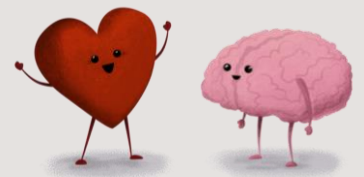


One way to manage our
mental health is to talk about
it with someone we trust



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

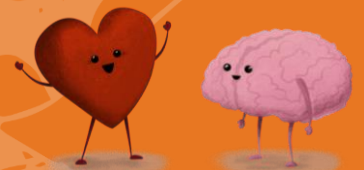
True



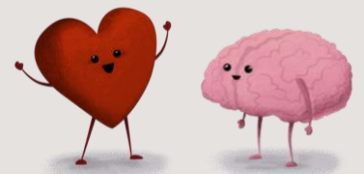
The 'We all have mental health' animation

Watch here

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

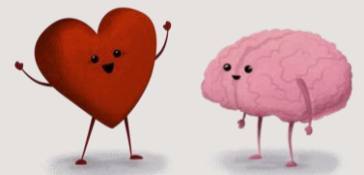


Discuss

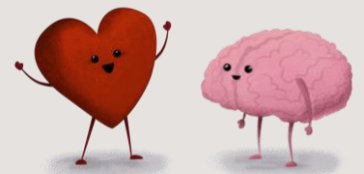


Discuss

What was going on for Sasha in the animation?



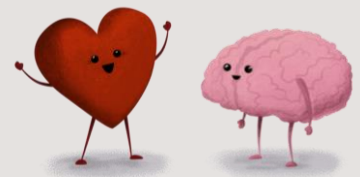
Sasha



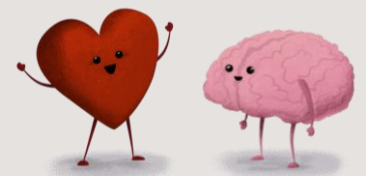
Sasha



- Worried about doing well at school
- Sasha spoke to her mum about how she was feeling
- Sasha was able to help herself by taking some time out
- Sasha's feelings went away after a little while
- Sasha's feelings are everyday feelings that come and go

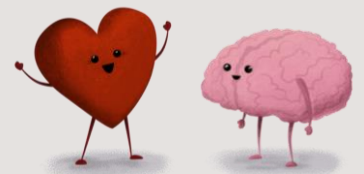


André

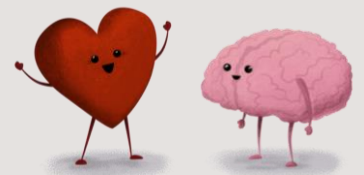


André

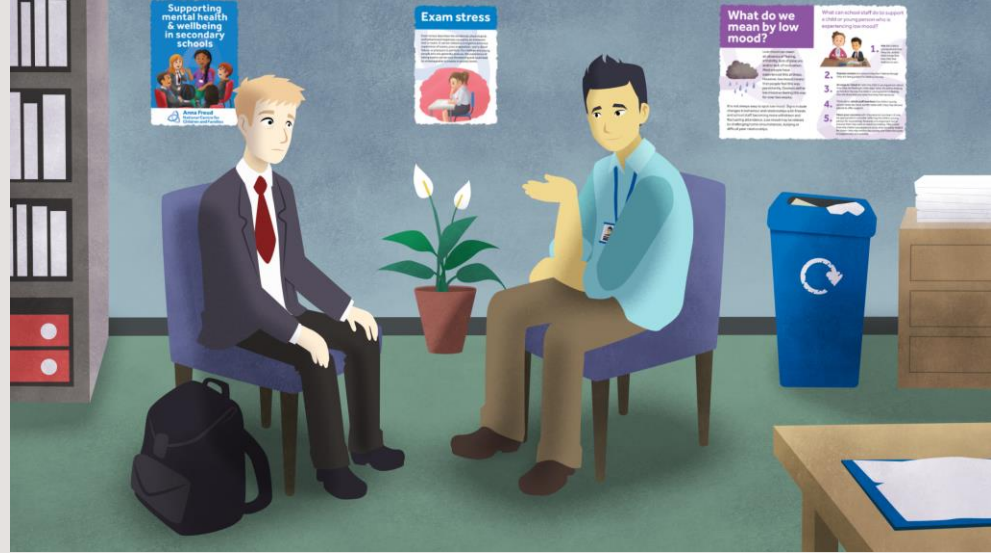
What was going on for André in the animation?



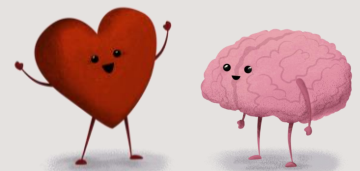
Discuss



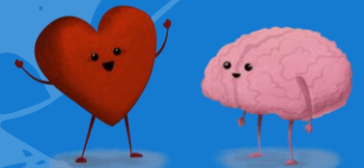
Discuss



- André's feelings were long lasting and stopped him from doing what he enjoys
- Taking some time out did not help in the way that it did for Sasha
- Talking to someone and joining a club helped André to manage his overwhelming feelings

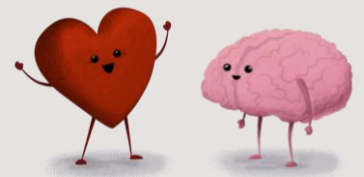


Everyday feelings & overwhelming feelings

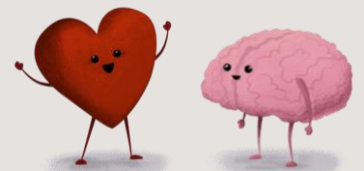
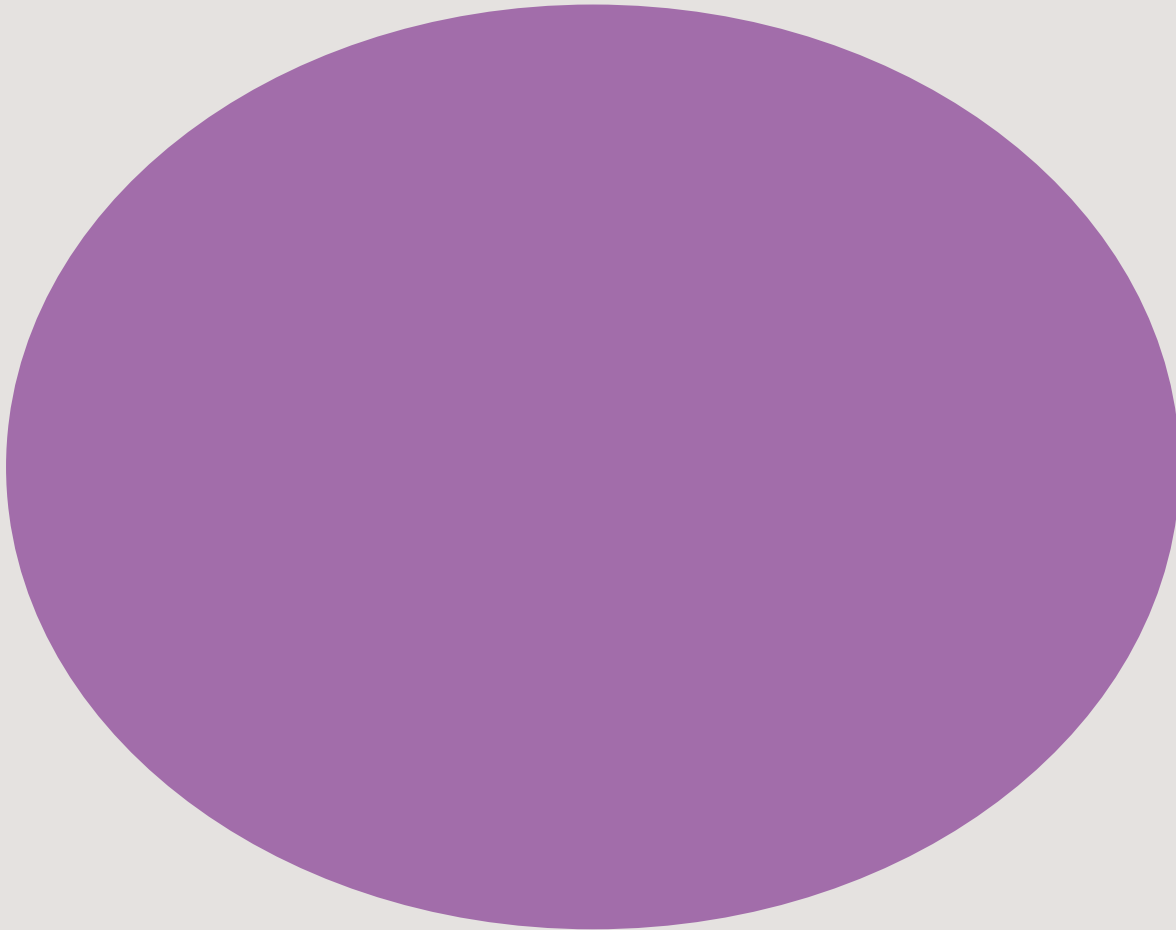


Everyday feelings come and go and are a normal reaction to what is happening in our lives. They are always changing and don't usually hang around for too long.

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.

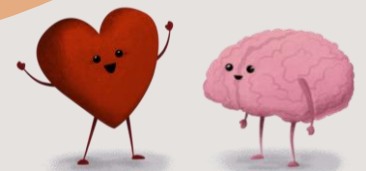
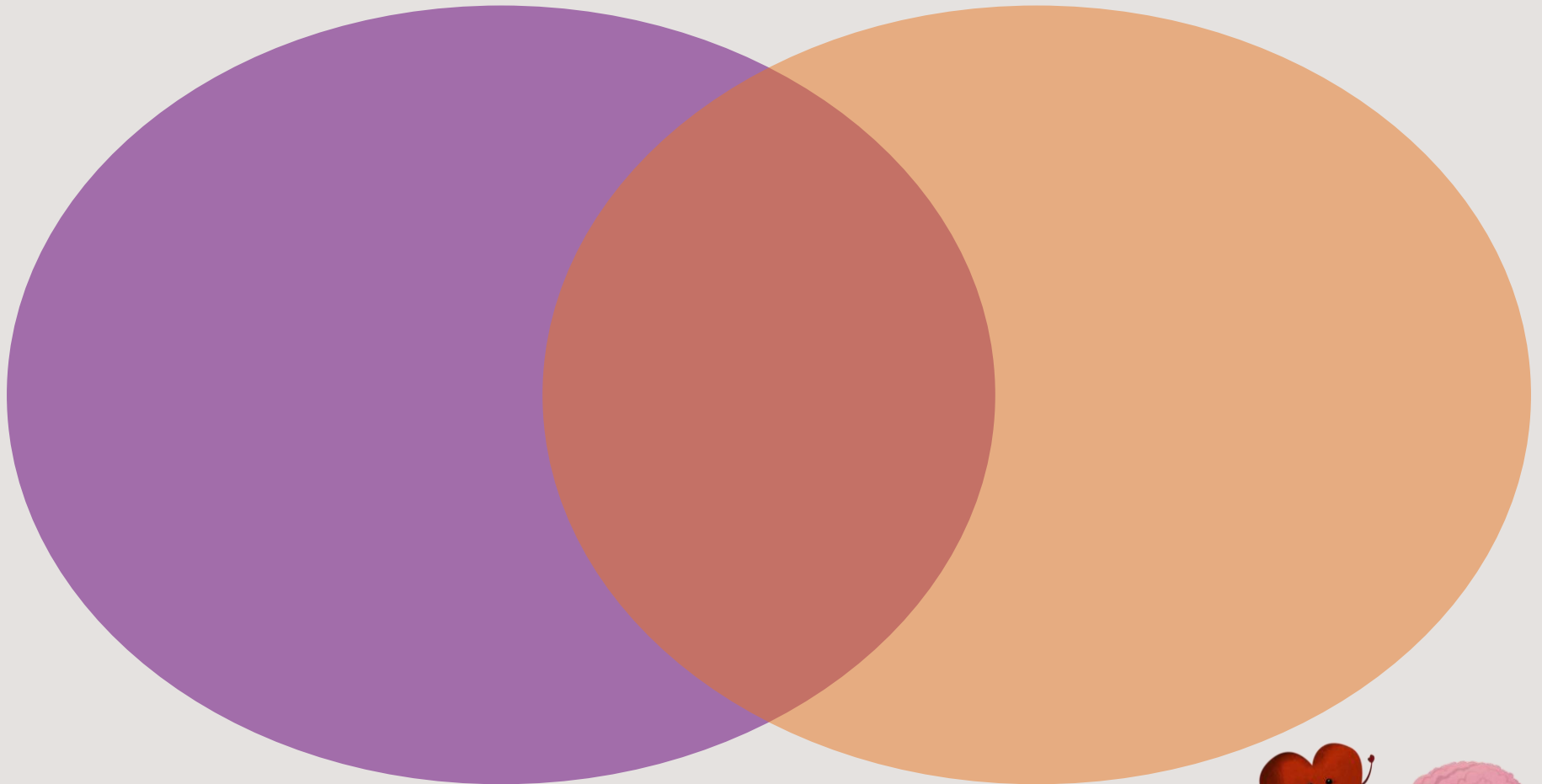


Everyday feelings



Everyday feelings

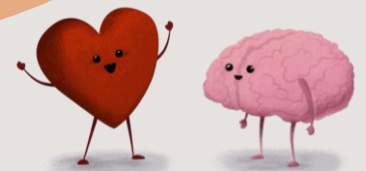
Overwhelming feelings



Everyday feelings

Overwhelming feelings

Sasha



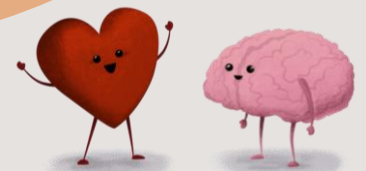
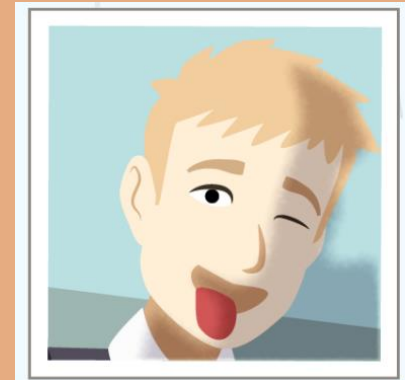
Everyday feelings

Overwhelming feelings

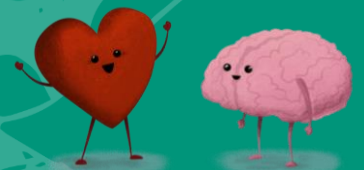
Sasha



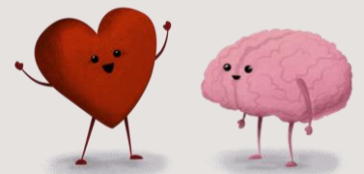
André



How can we look after our own mental health?

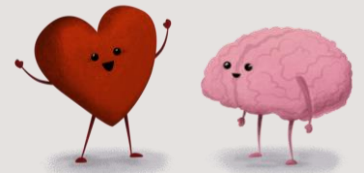


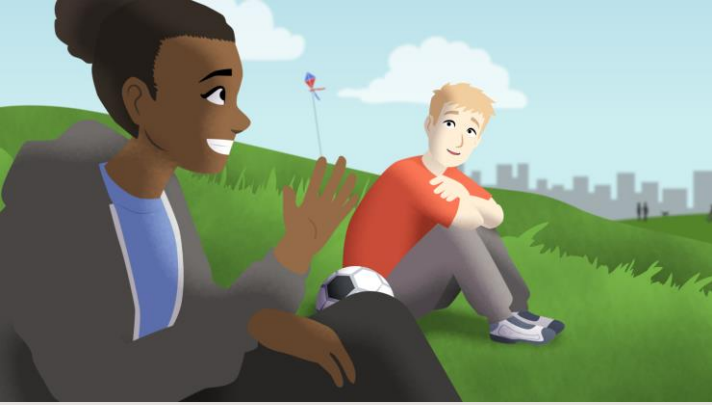
Discuss



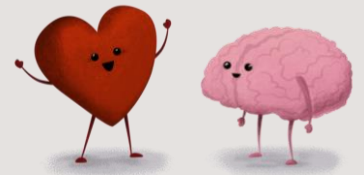
Discuss

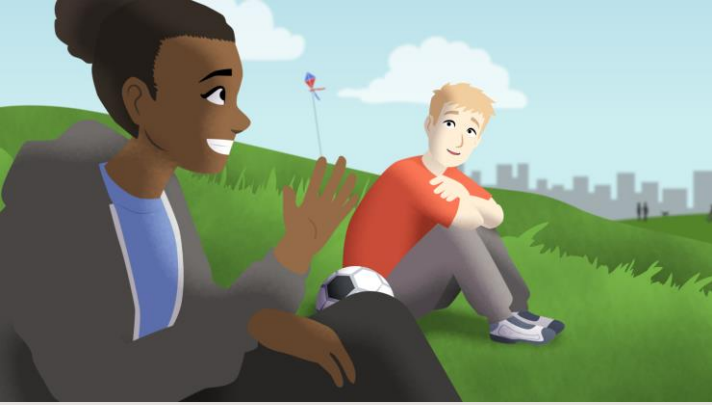
How did Sasha and André look after their mental health?



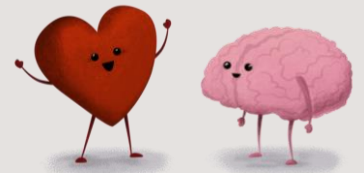


- Sasha spoke to her mum about how she was feeling and took some time away from everything by making herself a hot chocolate and watching a film

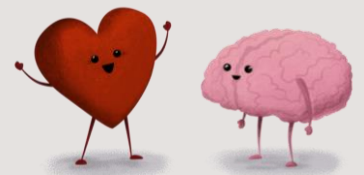




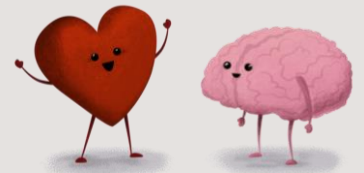
- Sasha spoke to her mum about how she was feeling and took some time away from everything by making herself a hot chocolate and watching a film
- André spoke to Sasha and his head of year, and signed up to the football club



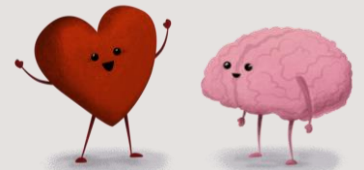
How can we look after our mental health?



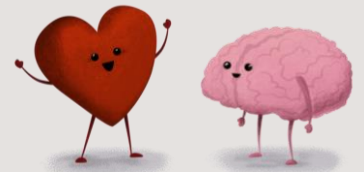
How can we look after our mental health?



How can we look after our mental health?



How can we look after our mental health?



How can we look after our mental health?



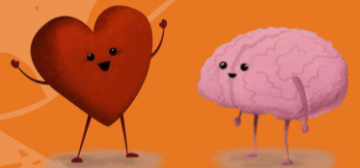
How can we look after our mental health?



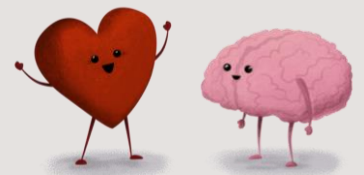
How can we look after our mental health?



Where can I find support?



In our school, you can talk to...



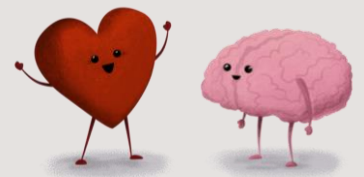
Other places

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

Youth Wellbeing Directory: www.youthwellbeing.co.uk

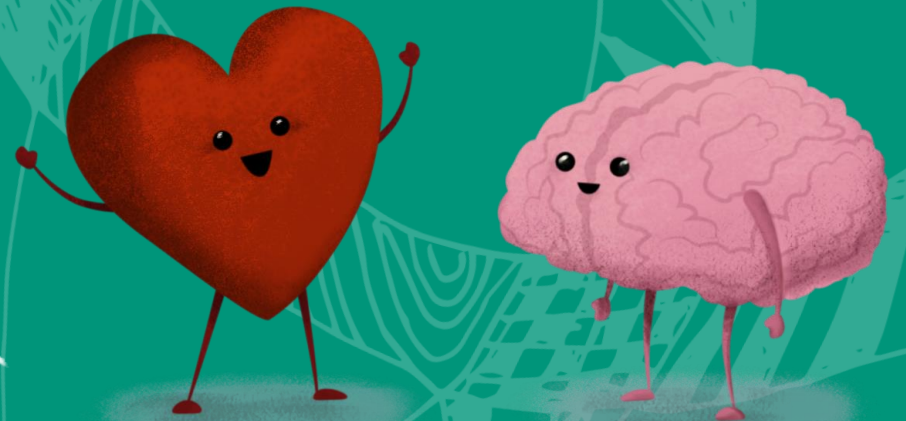
Anna Freud National Centre: www.annafreud.org

The Mix: www.themix.org.uk



Remember...

We all have
mental health



Anna Freud
National Centre for
Children and Families

Our Patron: Her Royal Highness The Duchess of Cambridge

Anna Freud National Centre for Children and Families is a company limited by guarantee, company number 03819888, and a registered charity, number 1077106.