We are always here for you!

Got a worry on your mind?

Sharing big feelings makes them lighter! Speak to a trusted adult, or find Mrs B or Miss Yiu in school—we are always here for a chat.





Remember, **you are not alone!**

If you have worries or concerns, please talk to us!

Mental health is all about how we think, feel, and behave. Just like our bodies can get sick or feel tired, our minds and feelings can have good days and tough days too.

Looking after your mind is just as important as looking after your physical health!

It is completely normal to experience lots of different emotions every day.

Remember: There are no "bad" feelings.

Everyone feels worried, sad, or angry sometimes.

Ways To Look After Your Mind Every Day

TALK ABOUT OUR FEELINGS



BE KIND TO OURSELVES



STAY ACTIVE



SLEEP WELL



EAT HEALTHY FOOD



TAKE BRAIN BREAKS

