

What can help with our mental health?

There are lots of things we can do to support us with our mental health. We can...



talk about our feelings



eat nice food



keep busy



make a plan



go on holiday



let our feelings out



look after our pets



have hobbies



have a good night's sleep



enjoy nature



relax in front of the TV



spend time with people that we care about

Things that are important to us and that support us to have good mental health...



Being listened to



Knowing that we're not alone



Feeling safe where we live



Feeling that we have control of our lives



Having the confidence to share how we're feeling and asking others for help