## World Mental Health Day

Tuesday 10th October 2023

The aim of the day is to raise awareness of mental health and to drive positive change for everyone's wellbeing.

The theme for this year's day is:

## 'Mental Health is a universal human right'

## What is mental health?

We all have mental health.

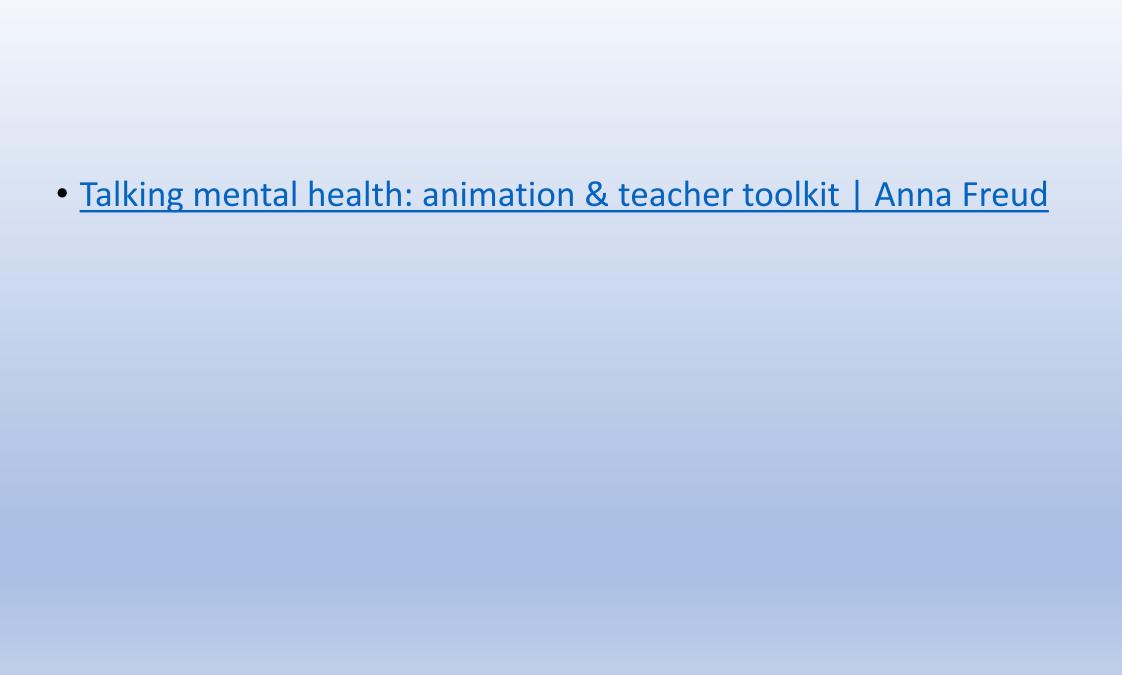


Mental health is about our **feelings**, our **thinking**, our **emotions** and our **moods**.

Everybody knows how to look after physical health...



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



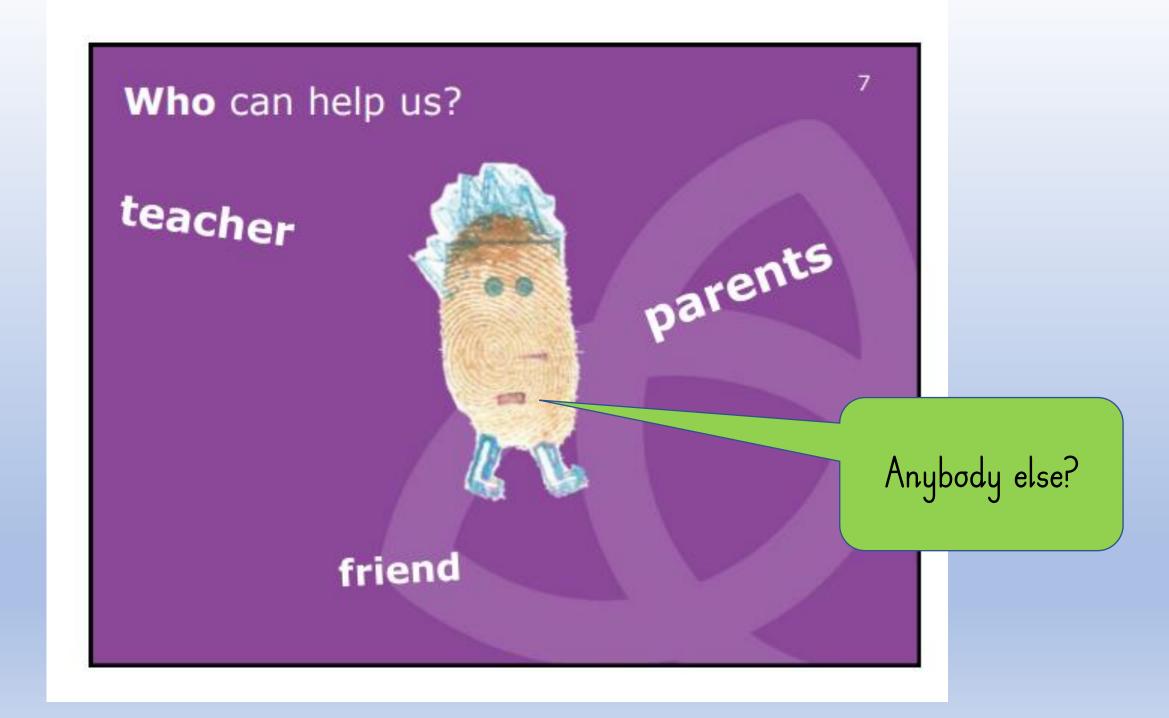
We all have feelings that come and go everyday. These are **small feelings**.

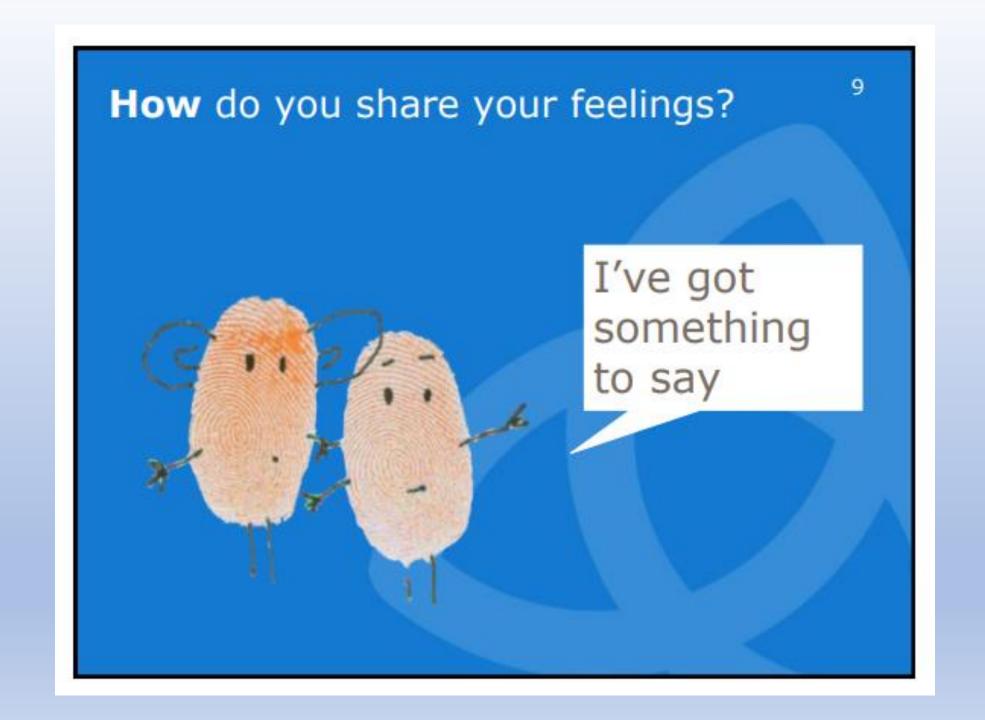


**Big feelings** are feelings that go on for a very long time and stop us doing what we want in life.



They can affect our **mental health**.





Remember if your feelings are getting too big to cope with on your own and you feel you want to change things...



...talking to someone you trust might really help.

Over the next few weeks, you will be completing a task, in class, to help you reflect on positive mental health.

Your task will involve creating a poster to identify how people can get help when their feelings get too big.

You may refer to the contact number poster that you have in your classroom or you may simply list strategies that you use to help you calm down. You may choose to do something different.

The posters will be displayed in your classroom but some of the best ones will be displayed on the school website.

Will yours be the chosen one for the website?

## Here is the contact number poster. Can you spot this back in class?



Dear God,

Help us to look after our body.

Help us to look after our own mental health.

Help us to talk to others when our feelings get too big.

Help us to listen to those around us, when they need to talk about their worries.

Amen