

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.**

- [Talking mental health: animation & teacher toolkit | Anna Freud](#)

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

grumpy

happy

nervous

sad



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**.

Who can help us?

7

teacher

parents

friend



Anybody else?

How do you share your feelings?

9



I've got
something
to say

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?

NEED TO TALK?

I'm worried.

I need to talk to someone.

tootoot
make a noise

You can do this in an ipad, mobile phone or computer.

Just Google 'tootoot' and search for your school, type in your username and password and tell us about your worries.

ChildLine
0800 1111

Childline can help you if you're feeling sad, angry, scared or with any problem you may have at school or home. You can call them free.

No problem is too big or small.

In an Emergency:
999

When someone has a life-threatening emergency, call 999 for urgent help from the police, fire service or call for an ambulance.

Remember to tell them:

- Where you are;
- The phone number you are calling from; and
- What has happened.

Don't forget you can always ask for help from any member of staff at Reddal Hill Primary School.

IT'S OK, NOT TO BE OK!

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