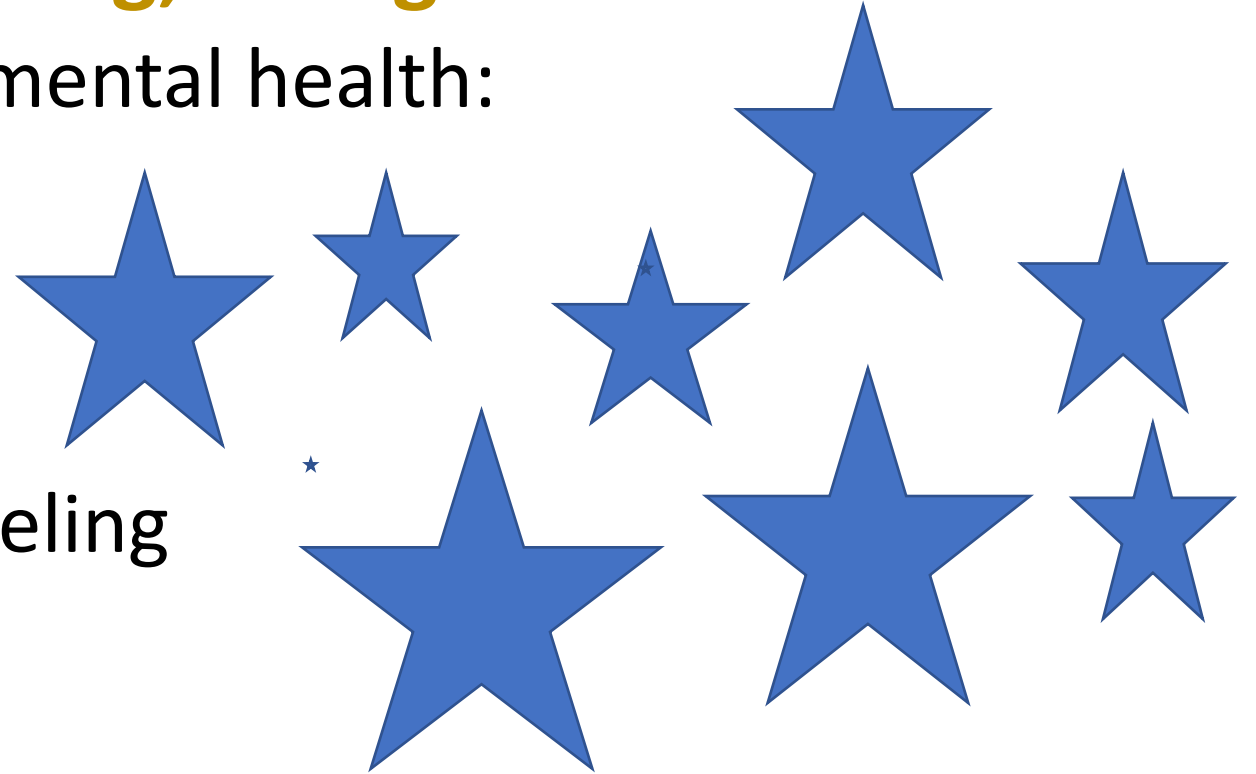


What is mental health?

Mental health is your feeling, thoughts and actions.

Things you can do to help your mental health:

- Yoga
- Well being
- Playing/colouring
- Telling people about your feeling
- Relaxing



Made by Lillie and Phoebe – Guardians of Safety