

LET'S CONNECT



What is mental health?

Mental health is made up of our thoughts, feelings, mood and behaviour.

We all have mental health, just like we all have physical health.





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What does connecting with
others mean to you?





Who have you already
connected with today?

How did you connect?

Together by Matt Goodfellow

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Watch this video:

<https://youtu.be/bOsbofgusak>.

Poet Matt Goodfellow reads his poem 'Together' as part of Children's Mental Health Week 2023. This poem is taken from the book 'The Same Inside', published by Macmillan.

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Malala
Yousafzai



Anne
Frank



Greta
Thunberg



Louis
Braille



Jazz
Jennings

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