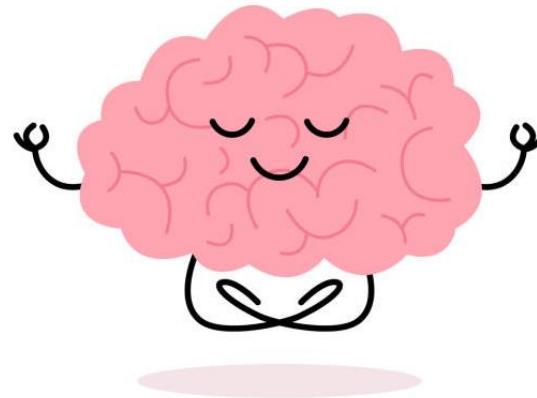


WORLD MENTAL HEALTH DAY!



#HelloYellow

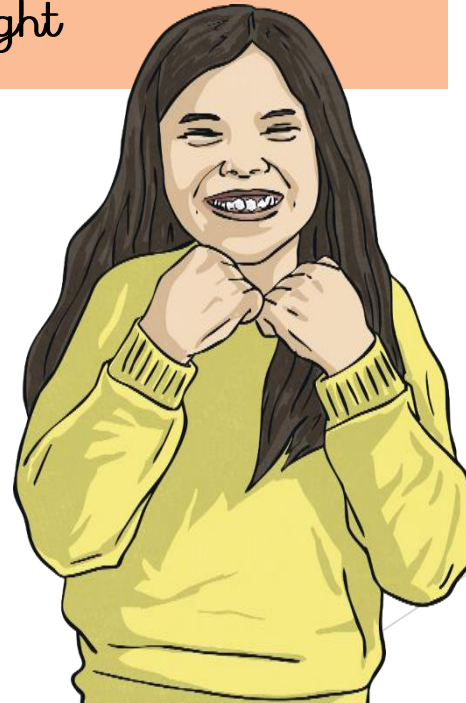


When is World Mental Health Day?

World Mental Health Day is run by the World Federation for Mental Health and takes place on 10th October every year.



This year the theme is:
Mental Health is a Universal
Human Right



Why do we celebrate WMHD?

The overall aims of World Mental Health Day are to raise awareness of mental health issues around the world and highlight the work that is being done in support of mental health.

The day provides an opportunity for all of the different organisations working on mental health issues to talk about their work, and what more needs to be done to make mental health care a reality for people worldwide.

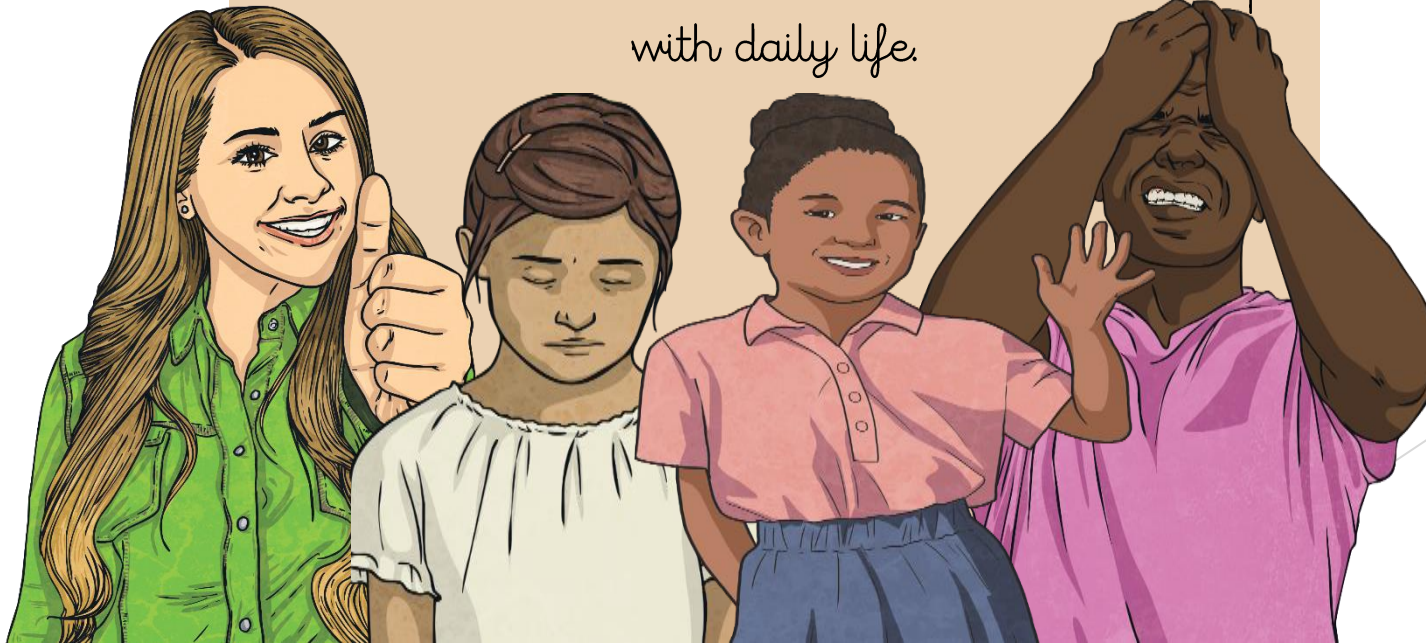


Making something a priority means making it very important.

What is Mental Health?

Talk to the person next to you about your understanding of what mental health is.

Mental health is all about how we are feeling and the thoughts we are having. It is about how this affects the choices we make and how we behave. Our mental health is also how able we are to cope with daily life.



What Is Mental Health?

To make mental health and wellbeing a priority for everyone we can:

understand different feelings and develop our vocabulary we can use to discuss these;

think about what might stop people getting the support they need;

think about what helps support positive mental health for ourselves and others;

explore how we can share the message and make mental health a priority.

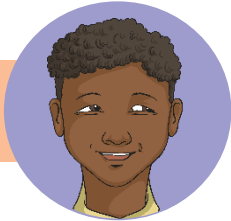


Feelings and Emotions

How do you feel?

There are so many different feelings and emotions we can experience. Every one of them is OK.

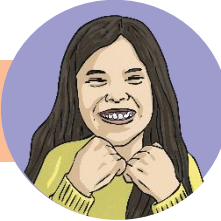
happy



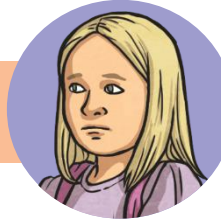
lonely



excited



worried



calm



anxious



loved



angry



relaxed



sad



Every feeling is OK. Some may feel comfortable while others may feel uncomfortable. If we feel uncomfortable emotions too often or for a long time, it is important we speak to a trusted adult.

Feelings and Emotions

We can all feel different emotions in response to situations because we are all unique.

Let's look at what this might mean:

Jose is sitting alone in the playground.

Jose may be feeling lonely because his friends are playing on the apparatus and he hasn't been invited to join in.

Jose may be feeling calm and relaxed because he is enjoying a quiet activity by himself.



Barriers to Getting Help

Because we all may feel differently about different situations, it is important to show respect for the feelings of others.

If people are worried that their feelings won't be respected, or that they may be judged or treated unfairly, they may not feel comfortable discussing their mental health. This is because of fear of stigma or discrimination. Stigma or discrimination are not OK.

Everyone deserves to feel safe, healthy and happy.

At NJS, we are creating a safe place where you can feel confident discussing your feelings and emotions. By using kind words and encouraging open discussion about mental health we can help this happen.

Stigma means a set of negative or unfair opinions that people may have about someone or something.

Discrimination means when someone is treated unfairly because of a certain characteristic.

If we, or someone close to us, needs support with their mental health it is important to access support. There are lots of ways we can get this support. We could:

speak to a trusted adult;

speak to a doctor or nurse;

speak to a therapist or counsellor;

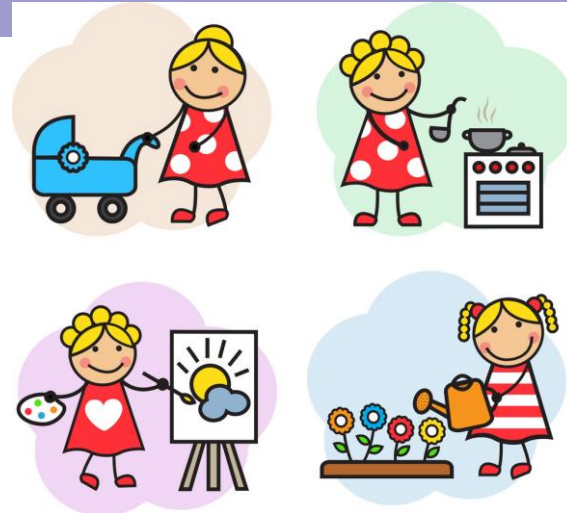
call Childline on 0800 11 11.



Are you OK? Would you like to talk about how you feel? I'm here for you.



How can we look after our Mental Health?



The biggest thing you can do...



Always remember...

IT IS OK TO...

BE YOURSELF

NOT KNOW EVERYTHING

SAY NO

ASK FOR HELP

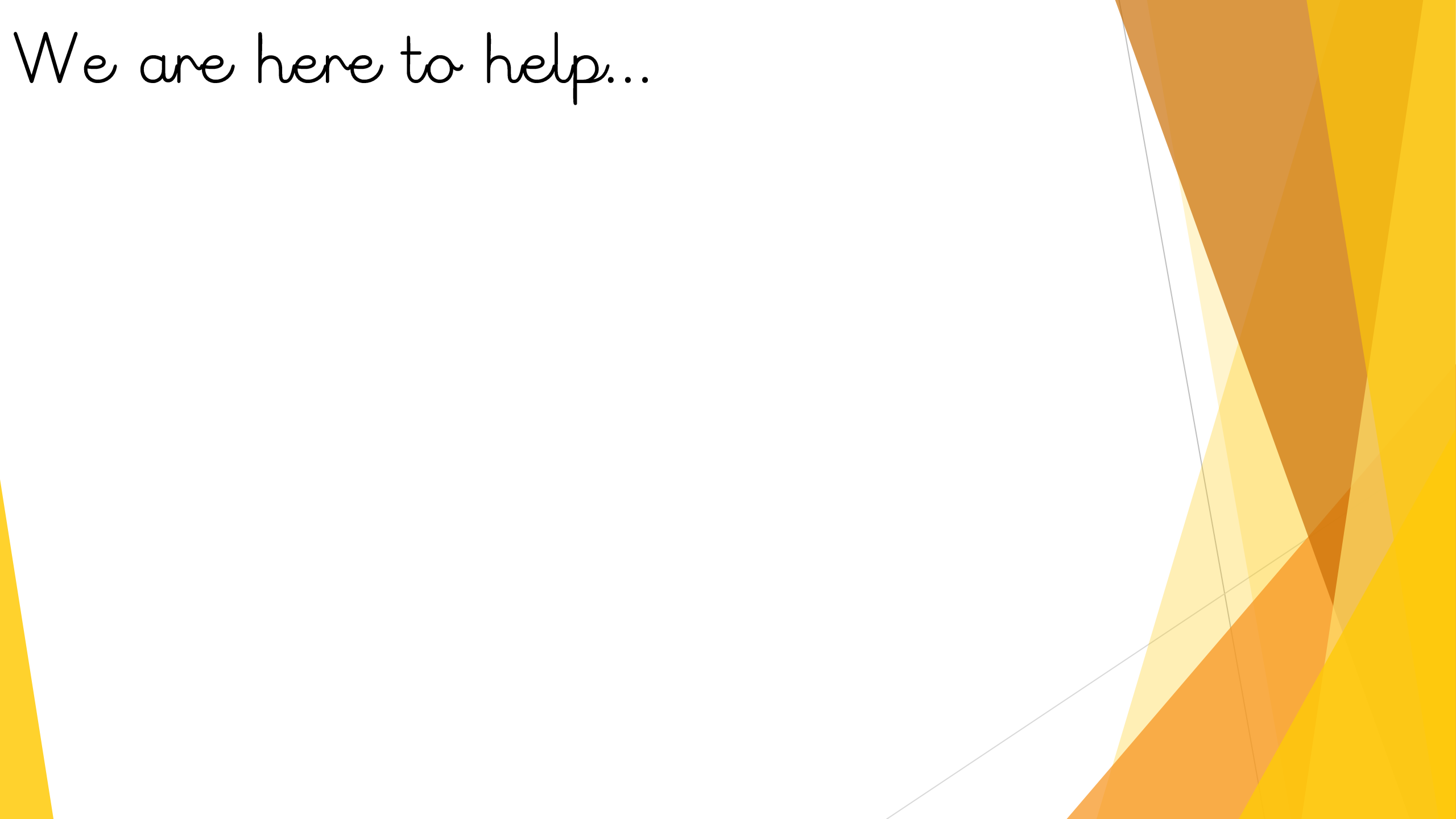
HAVE BAD DAYS

MAKE MISTAKES

NOT BE OK

START OVER

We are here to help...



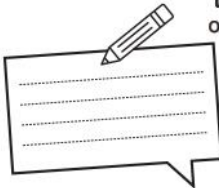
This week...

You will be completing different tasks in class this week. Just remember why it is important we celebrate mental health day! Also remember the theme for this year 'Mental Health is a universal human right'.

1

Ask your parent, carer, or an adult you trust if they'll help you with your homework.

Tell them not to worry - nothing will be marked, and they won't even need a calculator!



2

Get talking

If you're not sure where to start, try writing or drawing your worries or fears on the front cover of this exercise. You can use the box or go outside the lines. Remember: there are no right or wrong answers.

3

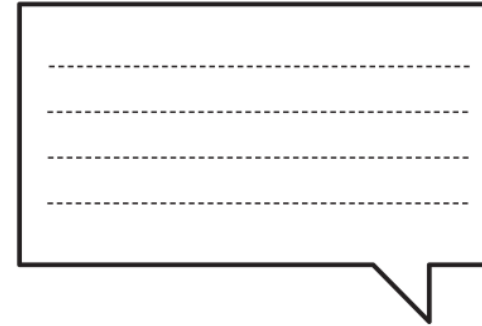
Now, spend time together talking through any worries one by one. Discuss questions such as:

How does it make you feel?
What are you most afraid might happen?
Would it help if you had more information?

Get listening

Even if we're used to talking together, it can be hard to open up about our worries or fears, particularly the more serious or scary ones. Perhaps you're afraid that talking about them might make you both worry more,

but the reality is the opposite is more likely to be true. When we talk about the hardest subjects, we don't have to have all the answers. The important thing is to listen without judgment, and try not to rush to resolve the problem.



What's on our minds can be the hardest subject.

So what's on yours?

