



# World Mental Health Day

10 October 2025



# The Guardians of Safety

- We meet with Mrs Wheat every week
- We help to make sure everyone in school feels **safe**
- We help to teach everyone in school about keeping **safe, healthy and happy**



**Mental health  
doesn't take a day  
off.**



# What is Mental Health?

Mental health affects us all differently, but it's an important part of our lives every day.

Mental health is how we think, feel and act.

We all have mental health and need to take care of it.



# Mental health

Our mental health can range from good to poor.

Poor mental health can affect anyone at anytime.

We may need help and support at different times in our lives.





# No mind left behind

Mind is a charity who work to make sure everyone can get the help and support they need.



**Mental health  
doesn't  
take a day off.**

Fight for mental health  
today, and every day.

Join the campaign  
10 October 2025  
[mind.org.uk/wmhd](https://mind.org.uk/wmhd)



# Mental health is connected to...

home

money

physical health

news stories

relationships

school

sleep

socialising



# Talking about mental health...

**Start a conversation with someone you trust...**

... about your feelings.

...about things happening in your life which are affecting your feelings.





# Starting a conversation...

- Find a way that feels right for you.
- Find a good time.
- Practise what you want to say.
- Explain how you have been feeling and how it impacts your life.
- Suggest how they could help.
- Make a plan to take care of yourself after.



# When to ask for extra support

- If you are not feeling yourself.
- If you have been through or are going through something difficult.
- If you are finding it hard to cope with how you feel or with things in everyday life.
- If you want someone to know how you've been feeling.
- If you want or need help.

**Whatever you're going through, you don't need to cope on your own.**



# This afternoon at NJS

- Wellbeing afternoon in class
- Your choice of activities
- Chance to reflect, relax and fill up your cup!



Always fill your  
own cup first

AND ALLOW THE WORLD TO BENEFIT FROM  
THE OVERFLOW