What is mental health?

HEADS TOGETHER MENTALLY HEALTHY SCHOOLS

Your mental health affects how you...



Your state of wellbeing



affects how you

- cope with stress
- relate to others
- make choices
- engage with your family, community, workplace and friends

Support your mental health

Boost your wellbeing

Little things can make a big difference to your wellbeing

- spend time with people who make you feel good
- express your feelings through journalling

Have a good night's sleep

Lack of sleep can increase risk of depression and anxiety

- aim for 7-9 hours of sleep per night
- avoid looking at screens one hour before bed

Keep active

Exercise can help relieve stress, improve memory and boost your mood

- use break time to get some fresh air and walk around
- join in PE lessons!

Need someone to talk to?

Call Education Support Partnership's free, national helpline for teaching staff

08000 562 561

24 hours a day
7 days a week

Worried about a child?

Call NSPCC's expert helpline

0808 800 5000