

What Is Mental Health?



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Mental health is about how you feel, think and sometimes behave. Lots of children have mental health problems and it means they can feel sad, angry or anxious.

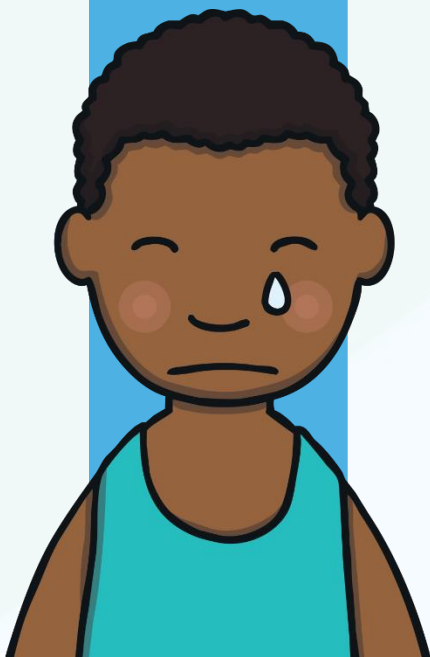


Can You Think of any Mental Health Problems?

next

These are some of the ways that you can feel if you have a mental health problem. Click on a mental health problem to learn more about it.

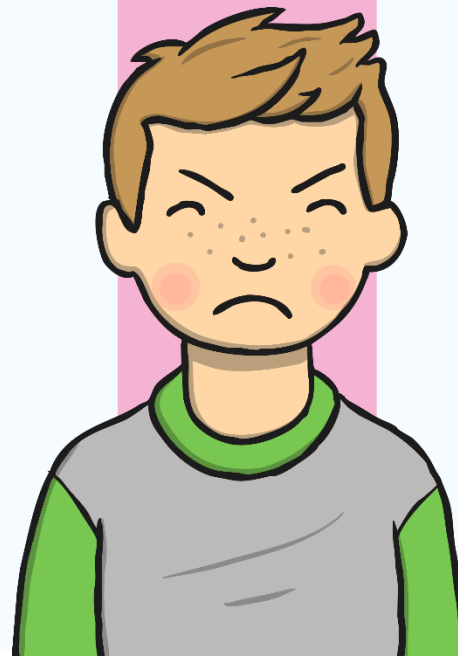
sad



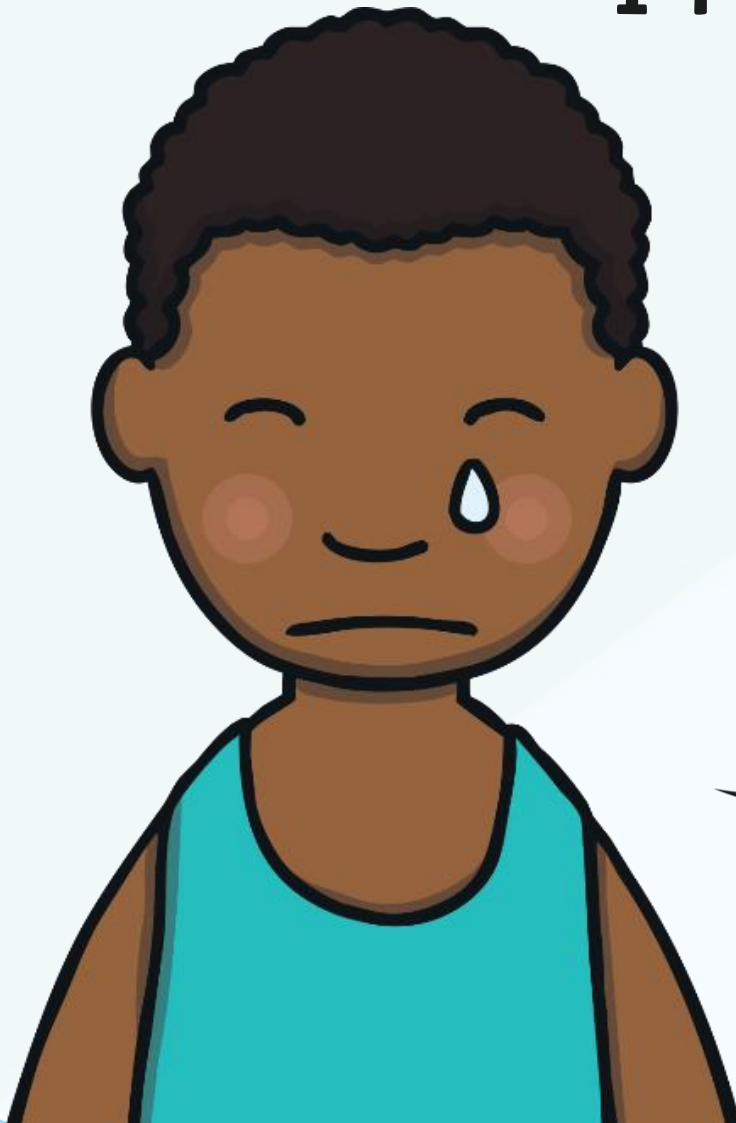
anxious



angry



I Feel Sad



I sometimes feel
like crying, being
on my own or
not wanting to
come to school.



I Feel Anxious



When you feel
anxious your
heart beats fast
and you might
feel sweaty
and sick.



I Feel Angry

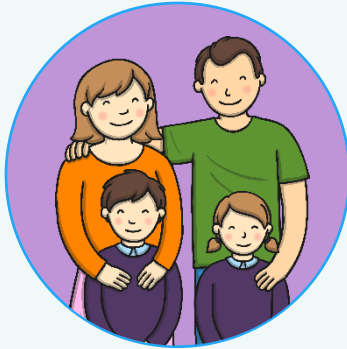


It's normal to sometimes feel angry but sometimes it becomes too much and you feel angry all the time.



Plenary

There are lots of people to help you if you feel sad, angry or anxious. Here are some of them:



family



teacher



friends



doctor



phone a friend/family member

twinkl