What Is Mental Health?

twinkl

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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.
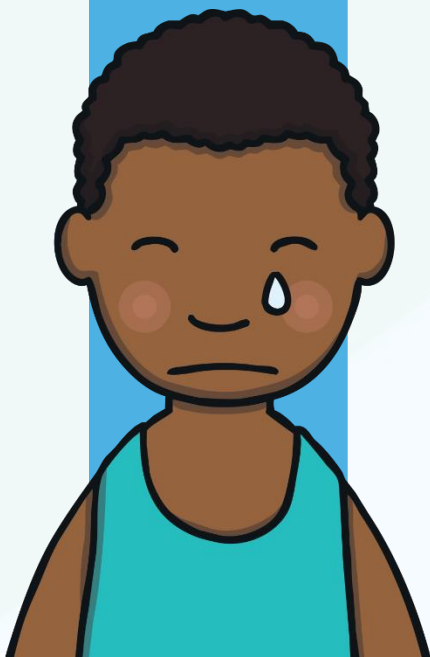
Can You Think of any Mental Health Problems?

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.
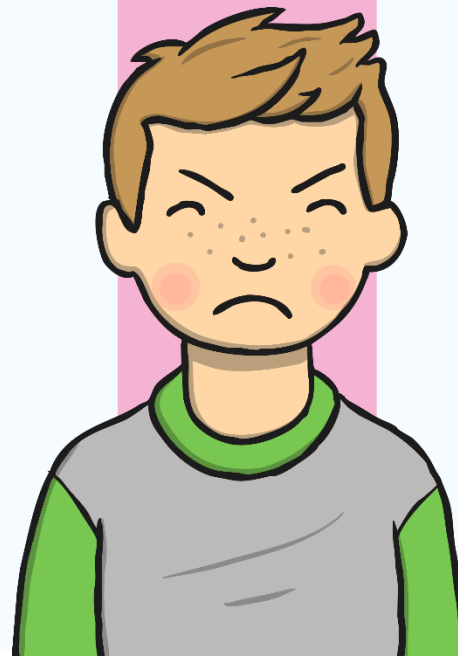
sad

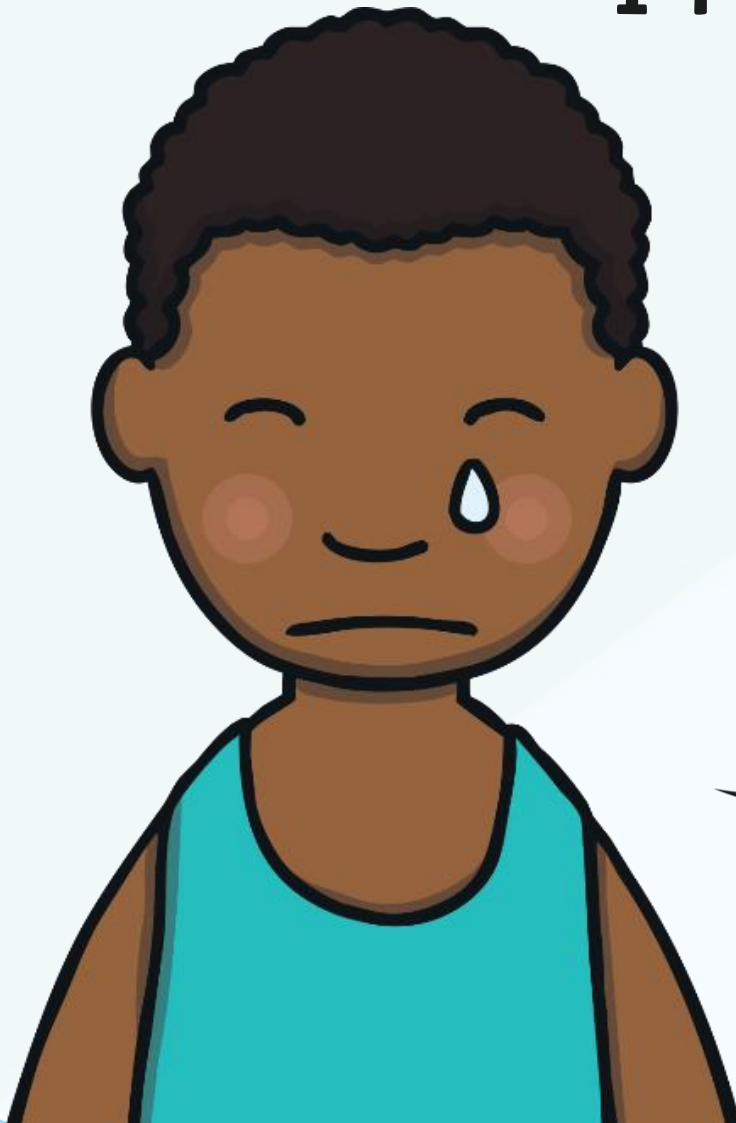anxious

angry

Plenary

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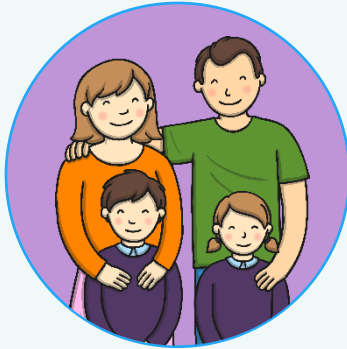
family

teacher

friends

doctor

phone a friend/family member