



**WE ALL
HAVE
MENTAL
HEALTH**

Research shows **83%** of us will experience some kind of mental health difficulty over the course of our lives.* This might be a period of high stress/anxiety, sadness or something more. It's normal, it's ok!

Just like physical health... we sometimes have a cough, cold and feel physically unwell. It's the same for mental health. Some days we feel fine, some days we might feel stressed, anxious, sad or whatever, depending on what is going on in our lives.

Mental health is about our feelings, our thinking, our emotions and our mood. Difficult feelings come and go for us all, sometimes they stick around for a bit longer. Sometimes we can manage these ourselves. Sometimes we might need a bit of help! It's ok to ask your GP, teacher, health visitor about getting support.

Don't feel good? Try...



Talking to
Someone



Listening to
Music



Go for a
Walk



Get a new
Hobby



Be
Creative

*Taken from <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5304549>