

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.



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I Feel Anxious



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

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I Feel Angry

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



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Plenary



friends

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

Here are some of them:



family



Phone a friend or family member



Teacher



doctor

