

10 WAYS WE CAN ALL SUPPORT CHILDREN TO LOOK AFTER THEIR MENTAL HEALTH



BELIEVEPERFORM

ENVIRONMENT



Try and create a safe environment where children feel confident and comfortable to talk about how they are feeling

PROACTIVITY



Try and encourage children to take a proactive approach to looking after both their physical and mental health

TALKING



The more we support children to learn how to express themselves the better they will become at tuning into to how they are feeling and thinking

EDUCATION



Make sure that young children are being up skilled within the area of mental health knowledge and literacy

ROLE MODEL



If we focus on becoming positive role models, children will pick up on these positive behaviours and implement them among themselves

COPING SKILLS



We must support children to learn practical coping skills which can help them deal with pressure, stress and challenges they may face

PHYSICAL HEALTH



If children have the right physical foundations in place (eating well, sleeping well, exercising regularly) this will help contribute to positive mental health

NOURISH



Be kind, supportive and encouraging. Listen mindfully and show children you care.

SEEKING HELP



Support and encourage children to ask or seek out help if they are struggling. Make sure we help young children to know where to go to get the right support.

MINDSET



We all have mental health and it fluctuates depending on situation and circumstances. Try and teach children to not see mental health as either good or bad



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