

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.

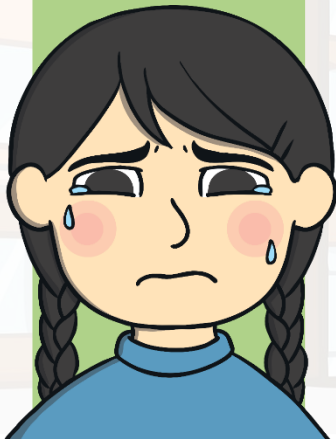


Can You Think of any Mental Health Problems?

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.



back

I Feel Anxious



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

 back

I Feel Angry

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



 back

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

