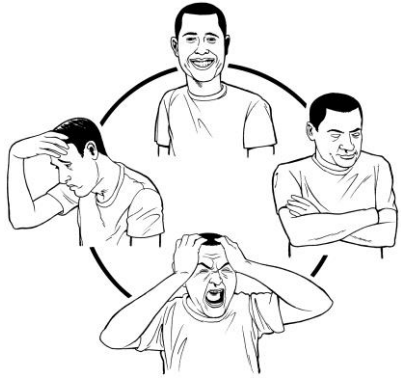


About Mental Health & Wellbeing





It is important we all look after our **mental health**.

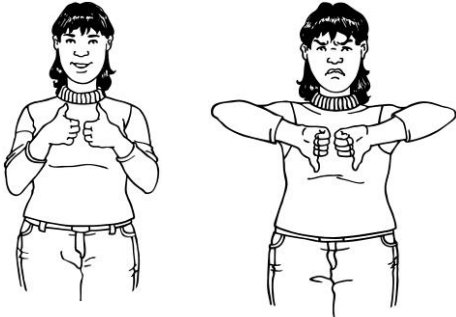


Sometimes we can feel really **happy and positive**, and at other times we might feel **low and sad**.

Mental health & wellbeing



Wellbeing is about how we feel and the way **we cope** with what's happening in our lives.



Mental health can **change**.



Some things can make our mental health **worse**:-



**Drinking too
much alcohol**



**Taking
illegal drugs**



Pain



Being bullied



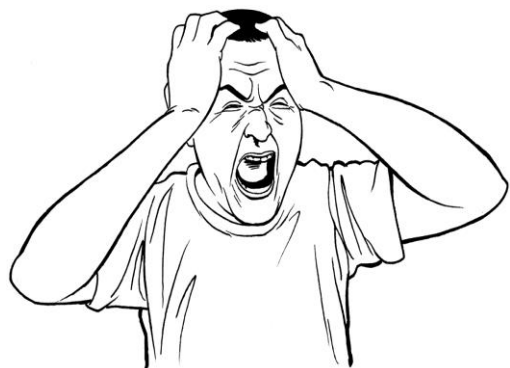
**Stopping
medication**



**Being lonely/having
no friends**

If you have a mental health issues you may feel:

feel:



**Grumpy or
Angry**



Sad/Upset



Lonely/frightened

You may:-



**Blame yourself
for things**



Have no energy



**Think people are
talking about you**

If you are feeling unhappy/sad:-



**Phone a friend or
a helpline**



**Talk to your
doctor, nurse or
social worker**



**Meet with family
and friends you trust**

Things that will help:-



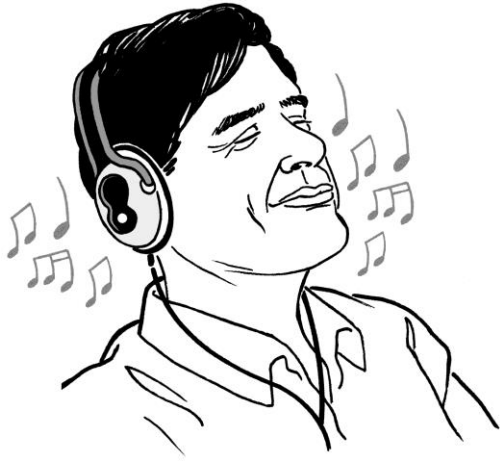
Yoga/relaxation



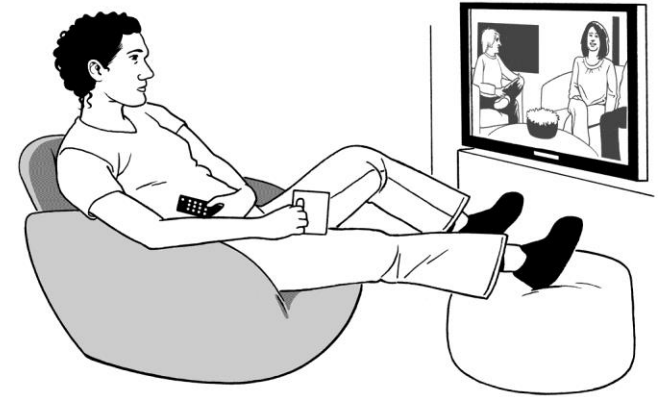
Talk to someone



Going for a walk



Listen to music



Watch TV



Pamper session

Are you are feeling ok today?

Think of what you can do to help your mental health and wellbeing.

e.g. I will go outside for some fresh air, and meet friends for a coffee.

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