



#HelloYellow

M&S | YOUNGMINDS

Mental Health Day

Tuesday 10th October 2023





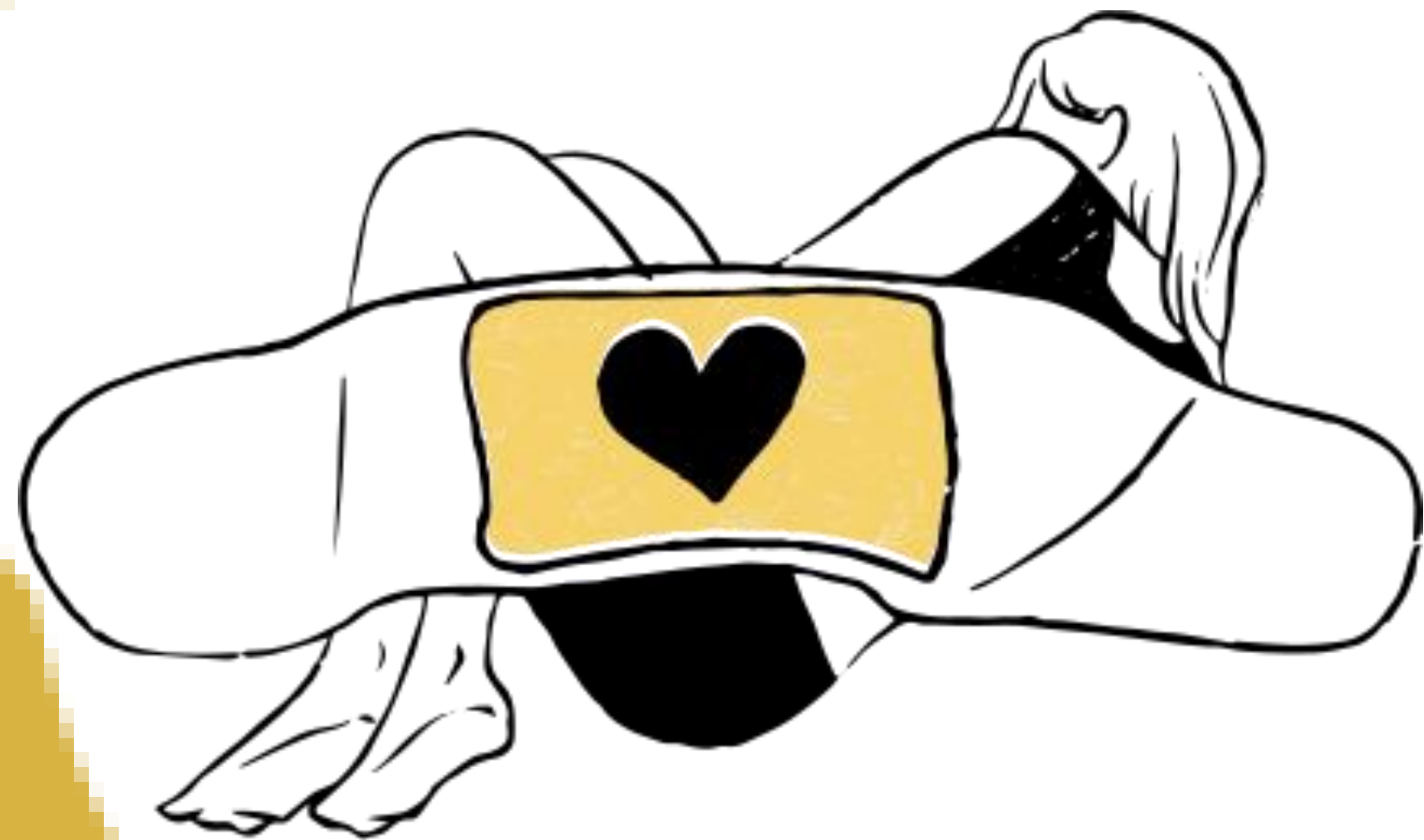
This is a great day to introduce our St Anthony's School Council





**Helping every
child to find their
voice**

#HelloYellow



Today is...

World Mental Health Day

People all over the country are doing things in support of mental health - whether that's wearing yellow and fundraising for YoungMinds, or simply having a conversation.

It's a great moment to remember why mental health is important.



But what do we mean
by "mental health"?

EMOTIONS

Small Feelings

Everyday we experience different feelings that come and go. It's normal to feel different feelings. No one feels happy all the time.



Happiness
Sadness
Feeling
grumpy

Big Feelings

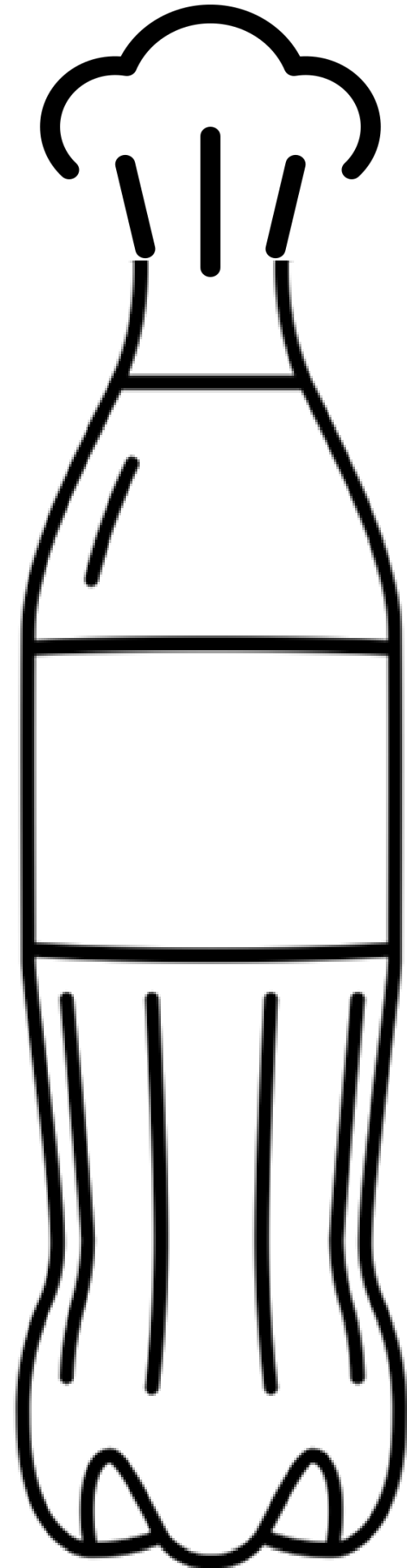
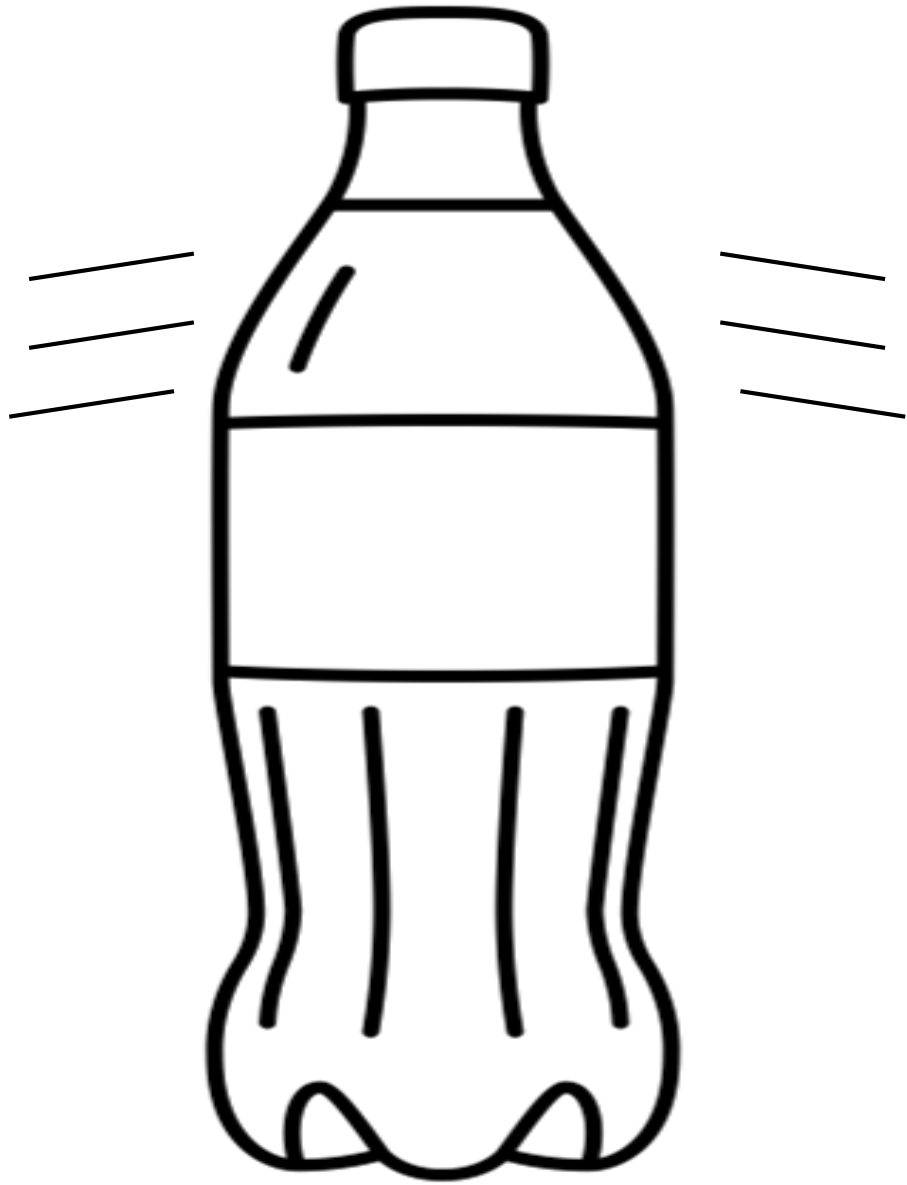
Some feelings are so big and powerful that they get in the way of our everyday life and can last for ages. These can affect our mental health. They can feel hard to talk about too.

Depression

Anxiety

Fear

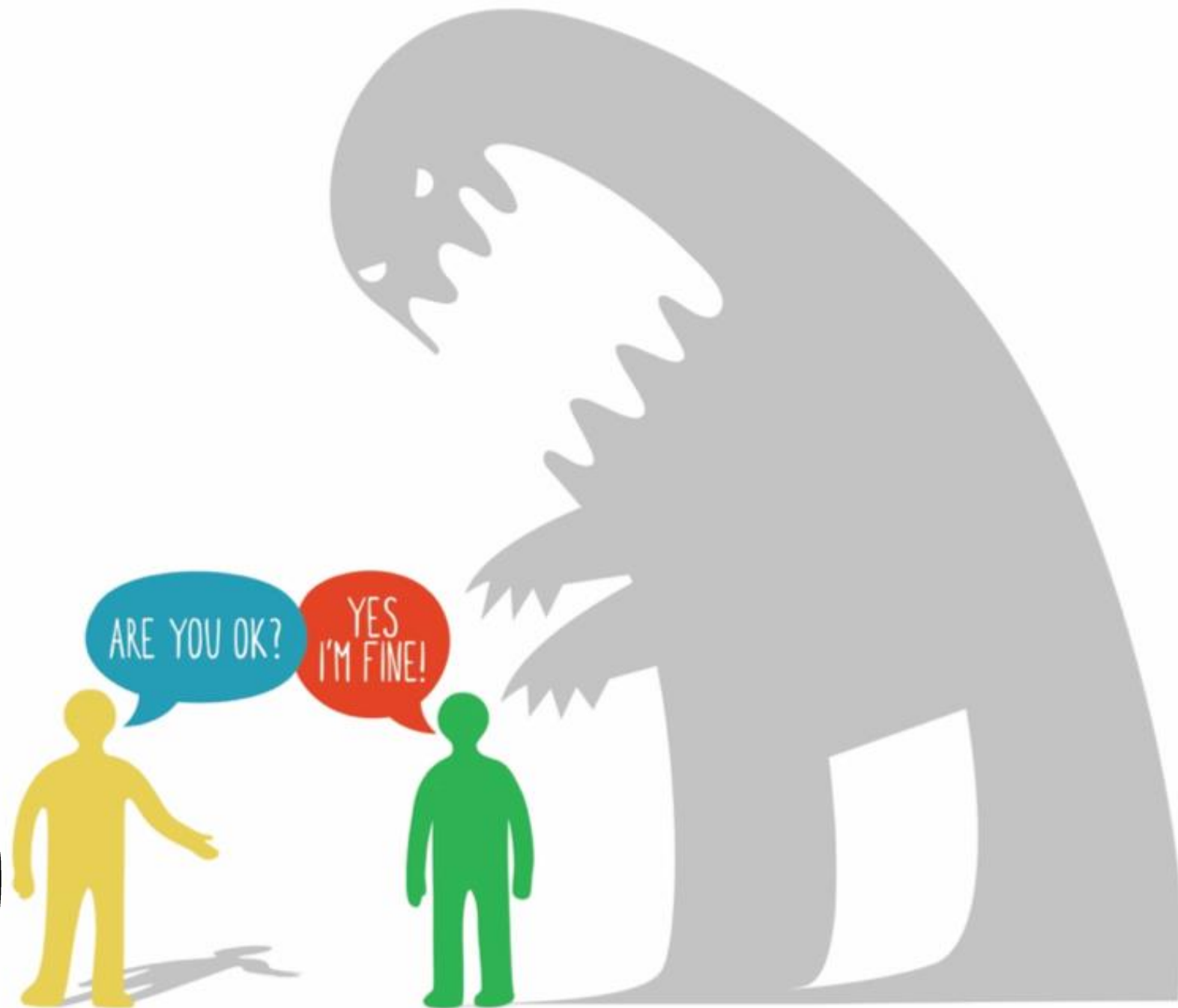
Imagine your mind is a bottle of fizzy drink



THIS WORLD MENTAL HEALTH DAY WE'VE ALL GOT HOMEWORK.

It's important to express your emotions and communicate your needs to trusted adults or friends. Sharing your feelings can help you feel better and find the support you need.

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WHY TALKING MATTERS

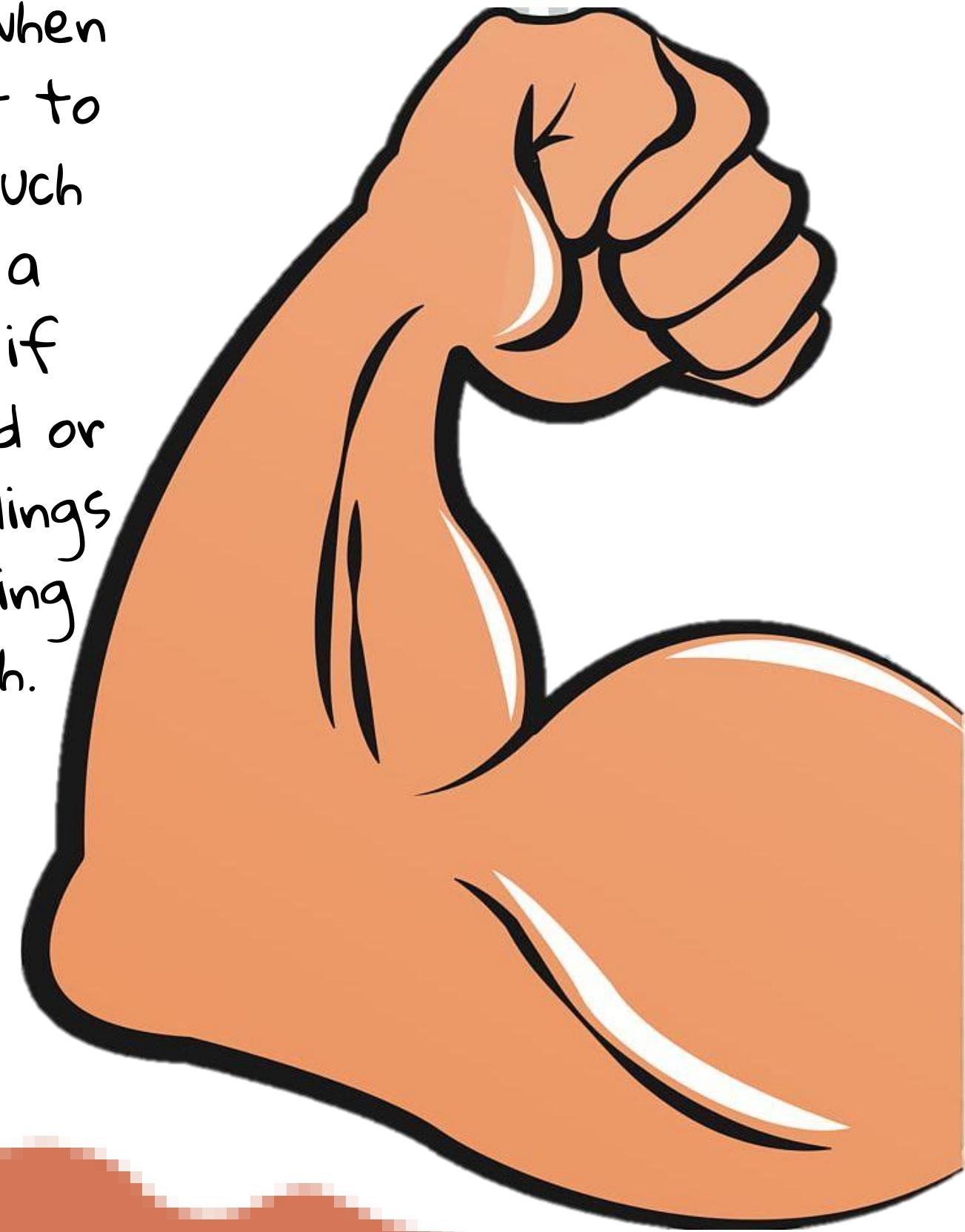


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BRITAIN GET TALKING
In partnership with
YOUNGMINDS #HelloYellow



It's okay to ask for help when you need it. It's important to talk to a trusted adult, such as a parent, teacher, or a member of school council, if you are feeling overwhelmed or experiencing persistent feelings of sadness or worry. Seeking help is a sign of strength.



A different kind of homework.

This World Mental Health Day, 10th October, try a different kind of homework.

Have a proper chat about the hardest subjects on your mind.

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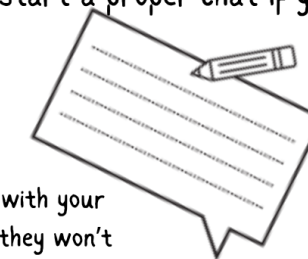


itv Britain Get Talking supported by
Mind YOUNGMINDS

ST ANTHONY'S CATHOLIC PRIMARY SCHOOL
What's on our minds can be the hardest subject.
So what's on yours?

A large speech bubble graphic with a black outline and a tail pointing down and to the right. Inside the bubble are four horizontal dashed lines for writing. Below the bubble are the logos for 'BRITAIN GET TALKING' and 'Mind YOUNGMINDS'.

Sometimes, the world can feel like a scary place.
That's why this World Mental Health Day we've set the nation a different kind of homework. Because talking about the hardest subjects on our mind can help ease our stress, and reduce our anxiety. And working on a shared task like this one is a brilliant way to start a proper chat if you need a hand.



- 1 Ask your parent, carer, or an adult you trust if they'll help you with your homework. Tell them not to worry - nothing will be marked and they won't even need a calculator!
- 2 If you're not sure where to start, try writing or drawing your worries or fears on the back of this exercise sheet. You can use the whole sheet or just a small area. Remember: there are no right or wrong answers.
- 3 Now, spend time together talking through any worries one by one. Discuss questions such as: How does it make you feel? What are you most afraid might happen? Would it help if you had more information?



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