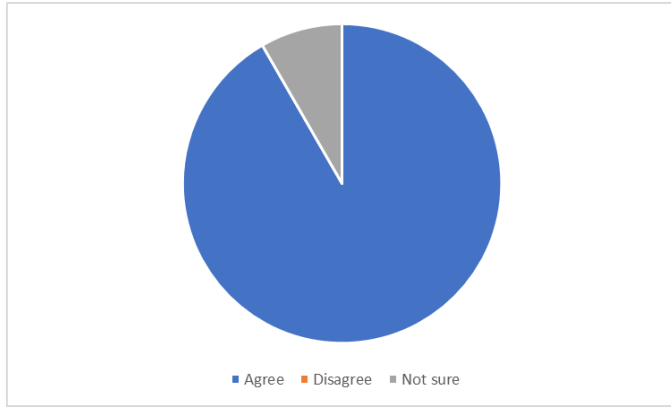
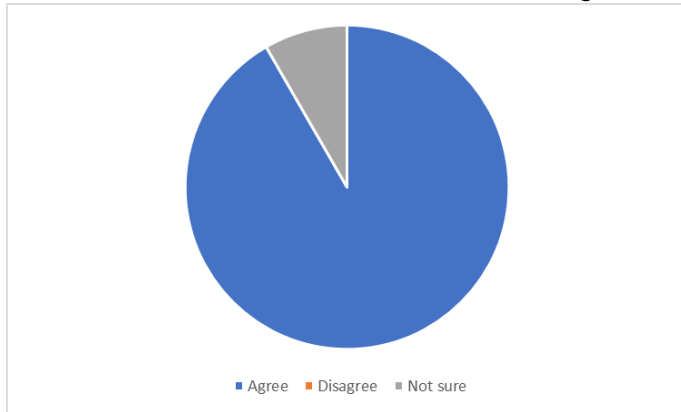


Mental Health Pupil Voice
13th January 2023

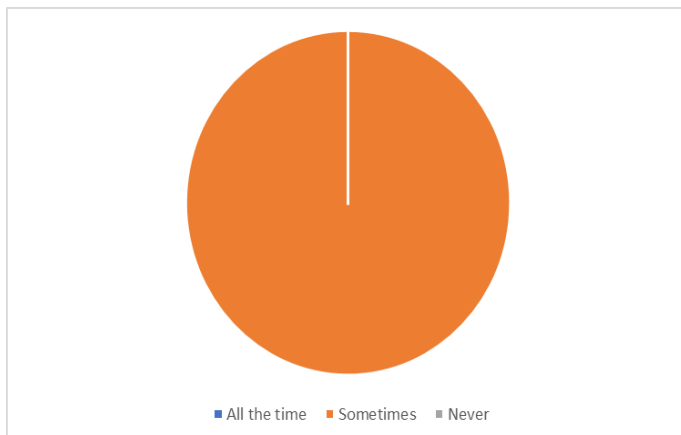
1) Everyone has mental health



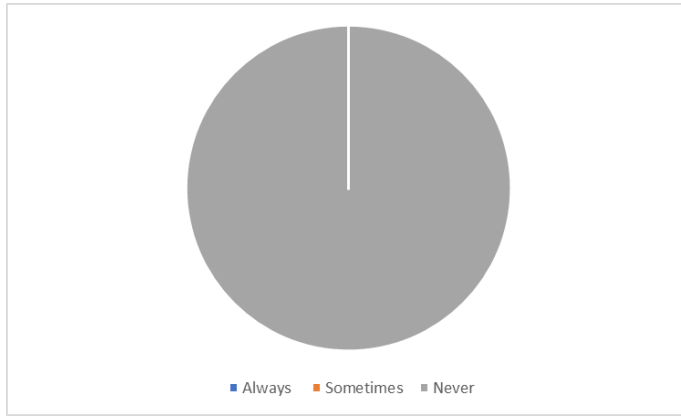
2) Mental health is as important as physical health



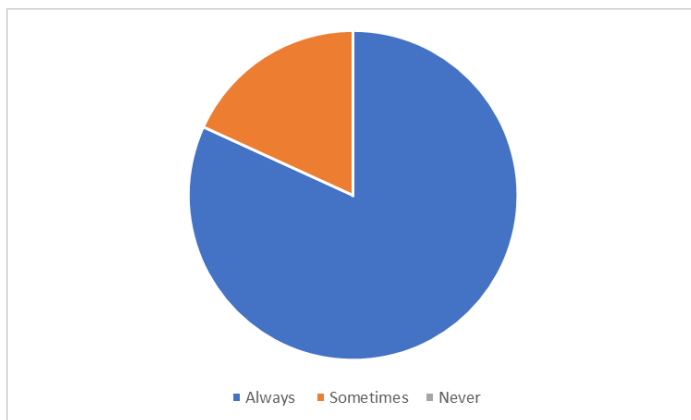
3) It is easy to express your feelings



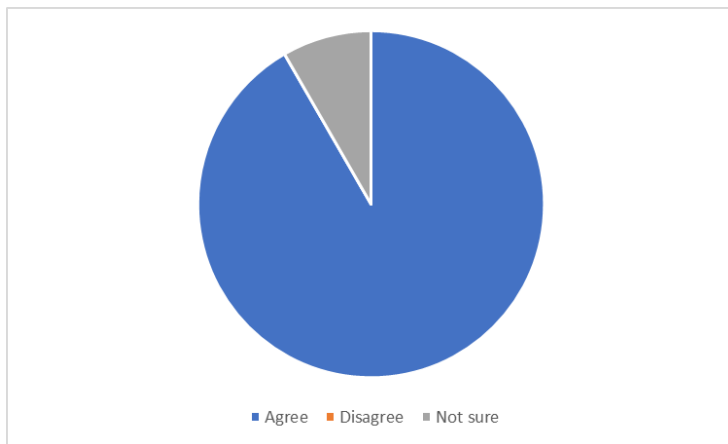
4) It is best to keep difficult feelings to yourself



5) I can recognise when I am feeling stressed, anxious or under pressure



6) It is easy to make mental health a priority



7) How can you look after your mental health?

- Do what you enjoy
- Getting fresh air
- Read a book
- Spend time with family
- Sleep
- Watch a film
- Breathing time
- Sports and exercise
- Have a warm drink
- Colouring in

8) Who can you speak to if you are concerned about your mental health?

- Friends
- Family
- Mum
- Dad
- Grandparents

9) How can you help friends or family with their mental health?

- Tell them a story
- Give them a hug
- Listen to them and be a good friend
- Make them laugh
- Let an adult know if you are worried about them

10) Would you like to learn more about your mental health in school?

