

WORLD MENTAL HEALTH DAY

10th October

Be kind to your mind 🧡

Mental health matters every day.

Let's talk • Let's support • Let's break the stigma



What is mental health?

Mental health is part of being human — just like physical health.



It can change

How we feel can change from day to day. Stress, sleep, relationships and life events can all affect us.



Everyone has it

Everyone has mental health. Looking after it is important whether you are having a great day or a difficult one.



It matters

Taking care of your mind can help you cope, connect with others and enjoy life.

“It’s OK not to be OK.”

Asking for help is a strength, not a weakness.

Small things that can help

You don't have to fix everything at once. Start with one small step.



Talk

Tell someone how you feel. A problem shared can feel lighter.



Move

Go for a walk, stretch, dance or play a sport.



Rest

Give your brain time to switch off and get enough sleep.



Get outside

Fresh air, daylight and a change of scenery can help.



Take a break

Step away from screens and give yourself some quiet time.



Connect

Spend time with people who make you feel safe and supported.

How can we support someone else?

Sometimes the most helpful thing is simply being there.

LISTEN

Give them your attention. You don't need to have all the answers.

CHECK IN

A simple “How are you really doing?” can make a difference.

DON'T JUDGE

Take their feelings seriously and avoid telling them how they should feel.

ENCOURAGE HELP

If they are struggling, encourage them to speak to a trusted adult or professional.

When things feel too much

You don't have to handle everything on your own.

1

Take a breath. Give yourself a moment.

PAUSE

2

Tell someone you trust what is happening.

TALK

3

Ask for support from a trusted adult or professional.

REACH OUT

4

Getting help is a process. One step at a time.

KEEP GOING

**YOU ARE
VALUED • ENOUGH • IMPORTANT**

**Be kind
to your mind**



LET'S TALK • LET'S SUPPORT • LET'S BREAK THE STIGMA