

How children and young people can support each other with mental health?



Alliance
for Learning



Don't be afraid to say how you feel.



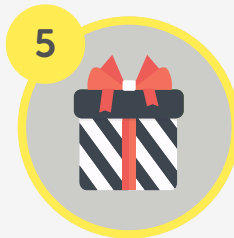
Ask friends how they are.



Take part in PE and be active.



Older students role model talking about feelings and challenges.



What do you do to feel better?



Make sure it is clear 'its ok not to be ok'.




Look after yourself - take time out, sleep enough, eat well!



Join a creative club - Music, Art, Choir...



Find out who your staff Mental Health First Aiders are.

 @AFLTeachingSch


Bright Futures
EDUCATIONAL TRUST
The best for everyone, the best from everyone

 @alisafathersAFL



SAFEGUARDING: If you are worried about yourself or a friend or family member ALWAYS ask for help from a trusted adult eg. At school, in your family, at the GP surgery/health centre.