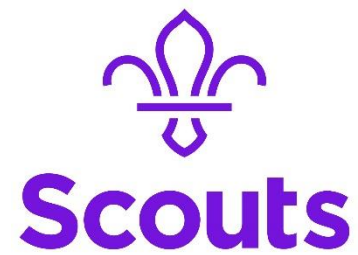


Better mental health for all script



Can you remember a time when you have felt happy and positive about yourself?
Can you remember a time when you ever felt worried or down about something?
Well, this is your mental health! It's how we think, feel and react.

Sometimes our mental health may cause us to feel angry, sad and not wanting to talk to friends or family. This could be for lots of different reasons like changes we go through in our lives. Some changes that we could go through as young people are:

- Moving from primary to secondary school
- Going from school to college or work
- Moving house
- A sibling being born
- Death of a pet
- Parents separating

Dealing with changes and how we react to these can be difficult which has an effect on our mental health.

Mental health is just like physical health. Everybody has it and needs to look after it. If you fall over and hurt yourself, you would go to the hospital, tell the doctor what happened and get checked over to make sure you do not have any broken bones. This is the same as for our mental health.

If you are feeling sad or worried and you are not sure about how to make yourself feel better, it is important to talk to someone so that you can get the right help and support for your mental health.

