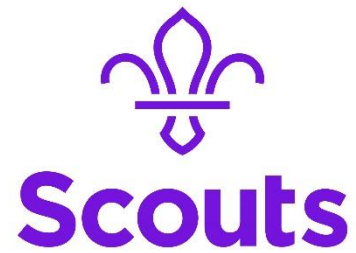# Better mental health for all: drama performance

Scouts

Narrator 1

What does mental health mean? 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.

Narrator 2

When we have good mental health like happy feelings, we may feel positive about our lives and want to spend time with our friends and families. When we have poor mental health like sad feelings, we may feel upset or angry and not want to talk to friends or family.

Narrator 3

In the past, people thought if you had a mental health problem, you would never feel better. You might meet people who still feel this. Maybe, you feel this was about yourself. Mental health is just like physical health. Everybody has it and needs to look after it.

Narrator 4

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.

Narrator 5

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

We are all different. Everybody experiences lots of feelings, thoughts and emotions as part of their

normal life. But how and when we have them can be really different, Depending on who we are.

Narrator 7

Some of us can find these harder to cope with. This can be because of our upbringing and childhood,

past experiences, or the things happening in our lives right now. That's why it's important talk to

someone who knows you really well like your parents or carers, teacher or friends or someone like

your doctor, who knows about mental health. They can get you help.

Narrator 8

If your feelings, thoughts and reactions are getting in the way of how you want to live, if you feel

things aren't right, if you feel like you need help, you can ask for it.

Narrator 9

Remember, we all have mental health, we need to look after it and we can all make a difference.