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# Mental Health Assembly





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# Mental Health

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We all have mental health.

Mental health relates to how we think, feel, behave and interact with other people.



# Statistics

Mental health problems effect one in four people.

58% of people said that stigma and discrimination harder to deal with than the illness itself.

60% of people with mental health problems waited over a year to tell people closest to them about it.

1 in 10 young people experience a mental health problem that impairs how they function at home, school or in the community.

# What can impact on wellbeing?

We all have times when we feel sad or stressed, or find it difficult to cope.

- suffer some sort of loss
- feel isolated/alone
- experience relationships/friendship problems
- worry about failing in school
- being bullied
- problems in home life

# Recognising mental health problems

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The first signs of mental health problems will differ from person to person and are not always easy to spot.



Some common early signs of a mental health problem that you may notice in someone include:

- Increasingly anxious
- Poor motivation
- Being on the edge
- Dramatic change of personality
- Highly emotional
- Poor personal presentation
- Lack of energy
- Becoming socially isolated
- Problems with sleep
- Lack of interest in activities that were previously enjoyed
- Distracted
- Poor concentration



## Connect...

With the people around you - family, friends and school staff.

Building these connections will support and enrich you every day.



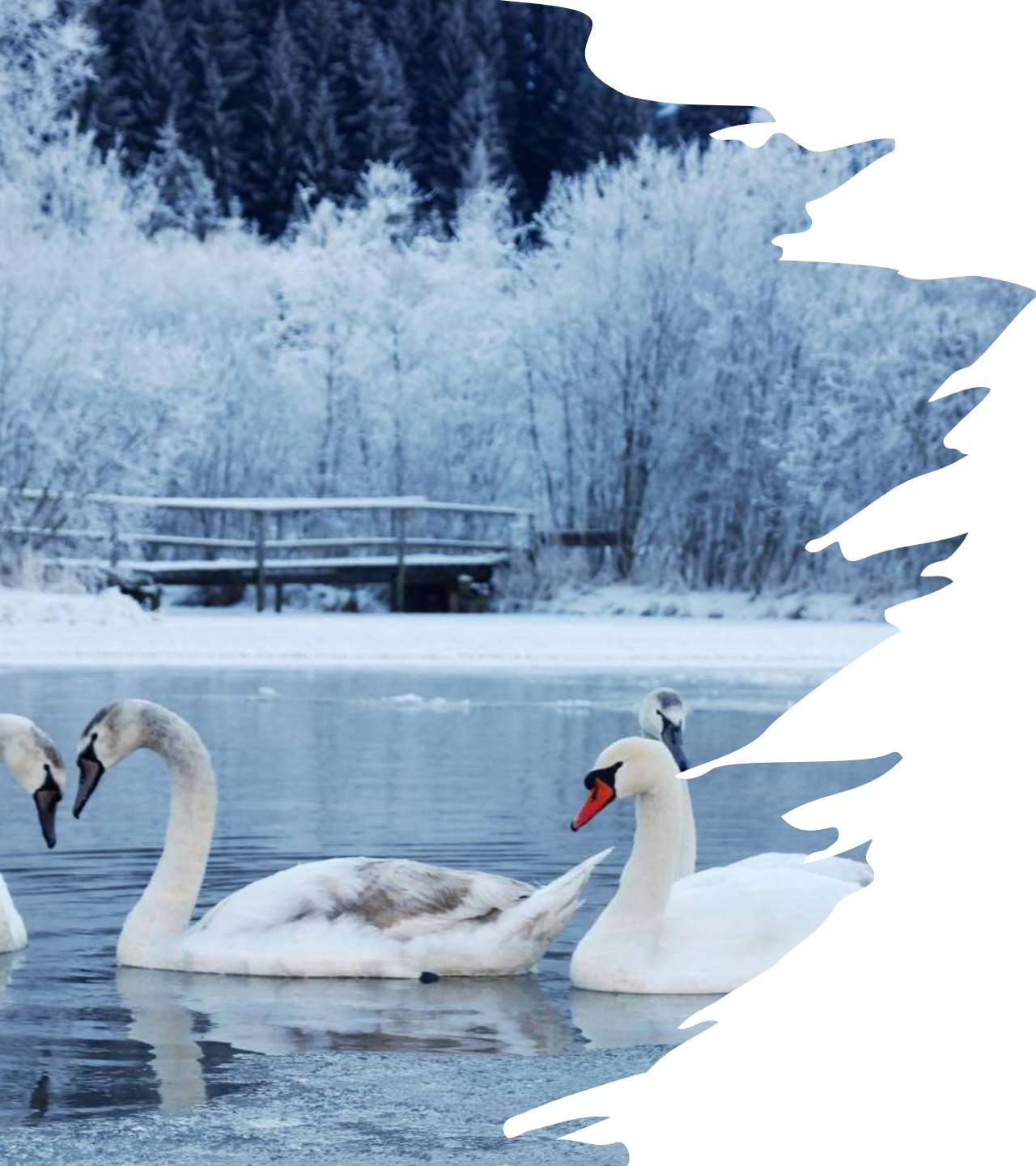


## Be active...

Go for a walk or run. Step outside. Cycle. Play a game. Garden. Dance.

Exercising makes you feel good.

Most importantly, discover a physical activity you enjoy.



## Take notice...

Be curious -

Be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.



## Give...

Do something nice for a friend, or a stranger. Thank someone. Smile. Volunteer your time.

Seeing yourself, and your happiness, linked to the wider community can be incredibly rewarding and creates connections with the people around you.



## Keep learning...

Try something new. Set a challenge you will enjoy achieving. Learning new things will make you more confident as well as being fun.

# World Mental Health Day 2023



10<sup>th</sup> October



The theme for 2023, set by the World Foundation of Mental Health, is 'Mental health is a universal human right'.



World Mental Health Day is about raising awareness of mental health and driving positive change for everyone's mental health.



It's also a chance to talk about mental health, how we need to look after it, and how important it is to get help if you are struggling.



# Hollygirt School

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Research shows that talking is good for your mental health, and that's what Tea & Talk is all about! Tea & Talk is a great way to come together with friends and staff.

We can all wear  
one item of yellow  
eg this could be  
socks, a hat, scarf.



You could swop your school  
shirt for a yellow t-shirt,  
or your blazer for a yellow  
jumper.