

# What Is Mental Health?



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Mental health is about how you feel, think and sometimes behave. Lots of children have mental health problems and it means they can feel sad, angry or anxious.



# Can You Think of any Mental Health Problems?

next 

These are some of the ways that you can feel if you have a mental health problem. Click on a mental health problem to learn more about it.

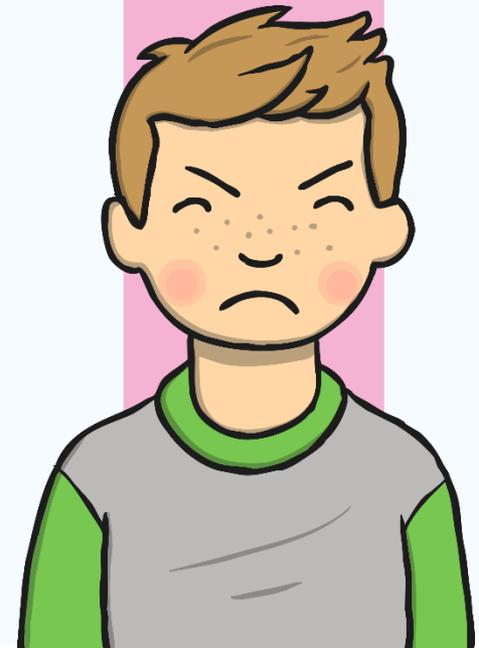
sad



anxious



angry



# I Feel Sad



I sometimes feel like crying, being on my own or not wanting to come to school.



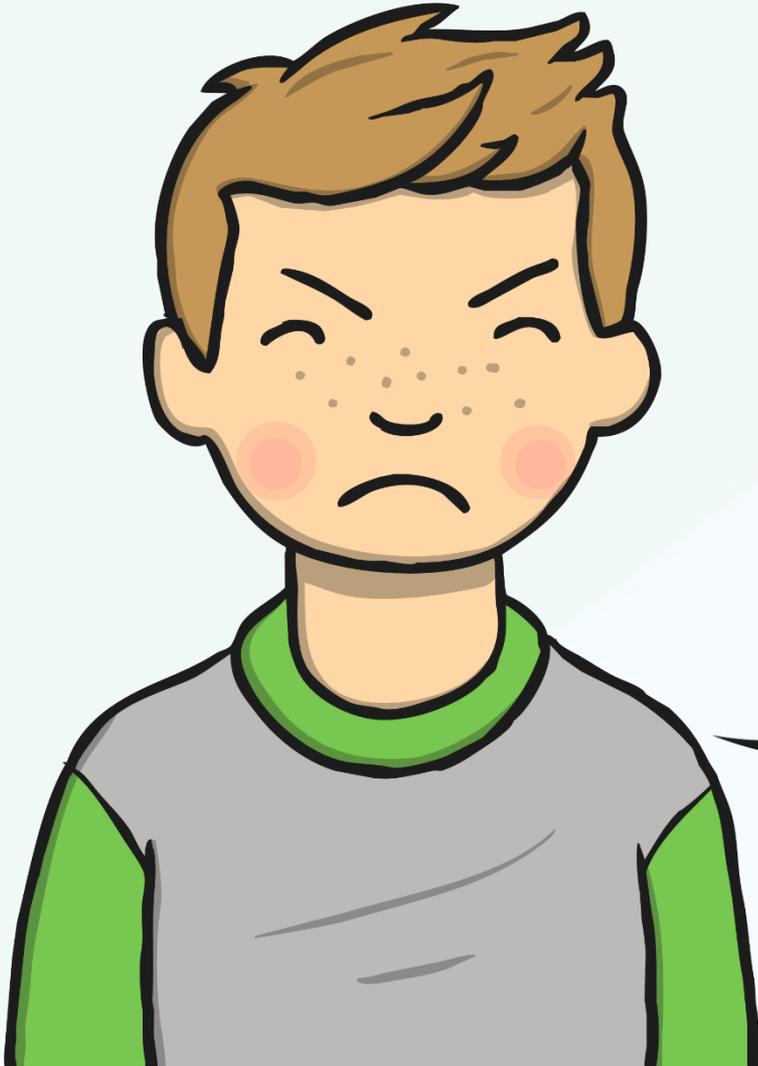
# I Feel Anxious



When you feel  
anxious your  
heart beats fast  
and you might  
feel sweaty  
and sick.



# I Feel Angry



It's normal to sometimes feel angry but sometimes it becomes too much and you feel angry all the time.



# Plenary

There are lots of people to help you if you feel sad, angry or anxious. Here are some of them:



family



teacher



friends



doctor



phone a friend/family member

twinkl

