



What's in This month?

World Mental Health Day
10th October 2023
'Mental health is a
universal human right'



How to talk about mental health

When you're speaking to anyone about their mental health, young or old, it's important to be direct and compassionate. It's often helpful to ask people whether they want to talk about their mental health and, if so, take the lead from them in how they would like to discuss their feelings and experiences. They are the experts in their lives. It's also important not to let fear about saying the wrong thing stop you from having conversations about mental health or asking someone how they are. Avoiding the subject can make people feel silenced or stigmatised, even if that's not what you intended.



- 1. Find a good space to talk without distractions**
- 2. Listen and ask questions**
- 3. Ask how you can help**

If you or someone you know is struggling with their mental health, you are not alone, click the button below to find out where you can go to get help.





Try this activity with your child when they are feeling overwhelmed - Taken from The Red Cross, Wellbeing activities

Breathing activity: Ocean waves

Sometimes, we are so full of emotion we can't focus or think straight. There are many things we can do to help us so that we can then think more clearly and start to understand what we are feeling and thinking. Breathing exercises can be an excellent way to clear our mind. One breathing exercise is the 'ocean waves' exercise. Sit in a quiet place and close your eyes. If you can, lie down and relax your body. Imagine you are sitting on a soft sandy beach or near a local waterway. You can put headphones in and play the sounds of the ocean if it helps you.

https://www.youtube.com/watch?v=bLAB_JqAJNw

Breathe along with the waves. Feel your chest and lungs go in and out, as you breathe. Keep breathing the waves until you feel better. Does an activity like this help you?

How does it help?_

<https://www.redcross.org.uk/get-involved/teaching-resources/wellbeing-activities-being-kind-to-yourself>



#PinItForMentalHealth

The green ribbon is the international symbol of mental health awareness.

Wear a green ribbon to show colleagues, loved ones or simply those you walk past that you care about their mental health. It can also be worn in memory of a loved one.

Podcast

CLICK HERE

We all have mental health, and we can all experience mental health problems. So on this podcast we explore the topics that can affect how we think and feel.

<https://www.mentalhealth.org.uk/explore-mental-health/podcasts>

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WORLD
MENTAL HEALTH DAY

OCTOBER 10