

World Mental Health Day



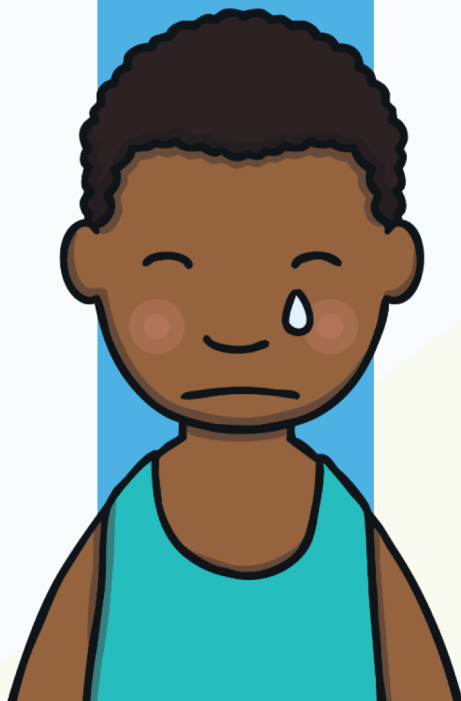
What Is Mental Health?



next

Our feelings...

sad



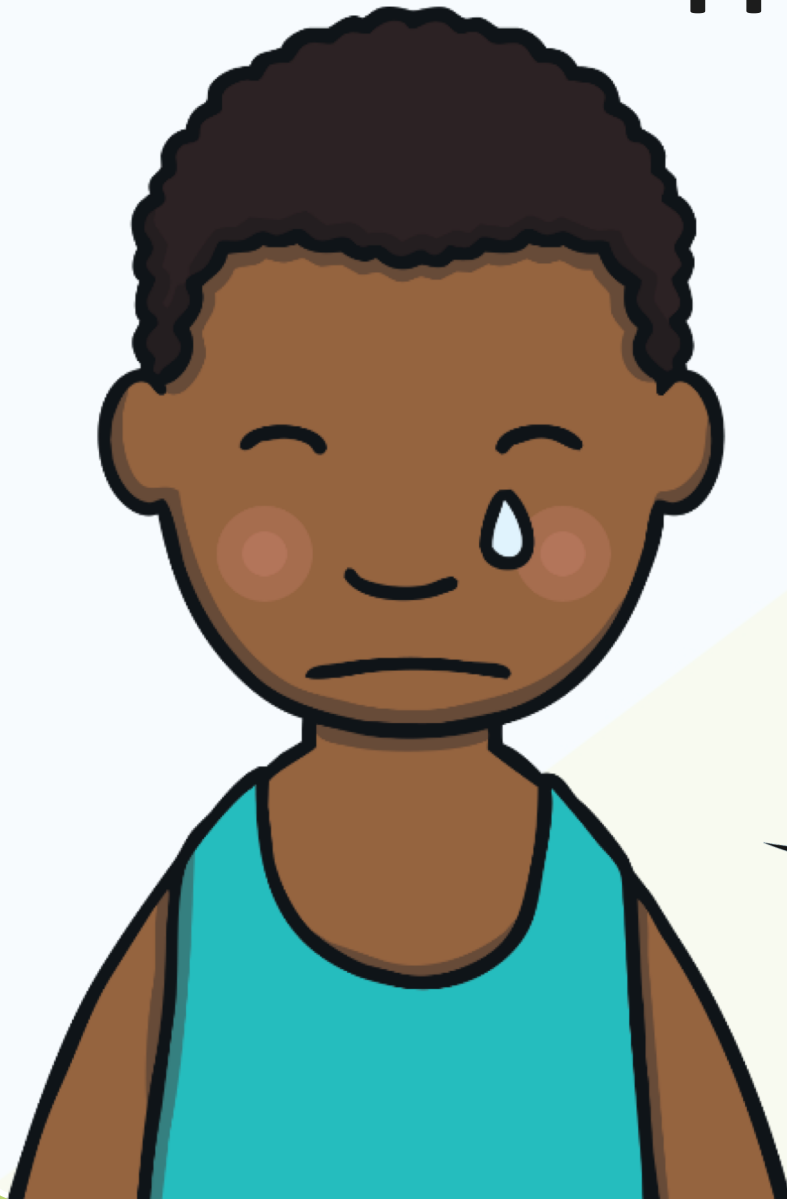
anxious



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.



People Who Can Help

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



family



teacher



friends



doctor

<https://www.youtube.com/watch?v=Mx41SPMLBMg&safe=active>





©2015 Disney Pixar

SADNESS

#INSIDEOUT



ANGER

#INSIDEOUT

©2015 Disney Pixar





