

Make time to talk about your feelings

Take charge of your wellbeing and start the conversation.



Move it

Your brain and other vital organs need exercise to keep them healthy and fit.



Scoff like a boffin

Your body and brain need nutrients to keep healthy and function well.



Keep in touch

Open the lines of communication, it's good for you.



ouch

Guide to looking after your Mental Health

Asking for help

When things don't go to plan or you're overwhelmed then ask for help.



Take a break

When you start to feel stressed, pause and take a break, find some me time.



Fun time

Enjoying yourself beats stress and achieving something boosts self-esteem.



Loud and proud

Be proud of who you are and focus on what you do well.



Health information and 24 hour support

NHS 111 www.nhs.uk
Telephone: 111
www.samaritans.org
Email: jo@samaritans.org
Telephone: 116 123

Be a buddy

Caring for others is an important part of being human.

