

# MENTAL HEALTH AWARENESS

LEARNING SOUTH LEICESTERSHIRE  
SCHOOL SPORTS PARTNER

## WHAT IS MENTAL HEALTH?

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices.

Mental health is important at every stage of life, from childhood and adolescence through adulthood.

Over the course of your life, if you experience mental health problems, your thinking, mood, and behaviour could be affected.



## TIPS TO LOOK AFTER YOUR MENTAL HEALTH

1. Talk about your feelings
2. Take part in regular physical activity
3. Eat healthy and well
4. Ask for help from trusted friends and family
5. Take a break if you're feeling stressed / anxious
6. Do a hobby-something you enjoy or are good at

Visit  
<https://www.nhs.uk/conditions/stress-anxiety-depression/mental-health-helplines/>

## Signs of poor mental health- Children and Adults

There are several signs that someone is suffering with mental health issues.

These include confusion, prolonged depressive moods, extreme highs and lows, anxiety, changes in sleeping and eating, severe anger, social withdrawal, inability to deal with day to day life, delusions and hallucinations, unexplained physical marks, suicidal thoughts and substance use (Mental Health America).

If you are worried about someone's mental health encourage them to visit their GP.