Positive Mental Health for All

Everyone experiences all sorts of feelings. Jot down your thoughts below.

Some people don't talk about their feelings because...

If I needed to speak to someone about my feelings, I would...

We can help others with difficult feelings by...

When we have problems that affect how we feel, we can...

It's important to learn about mental health so that...

This resource is fully in line with the Learning Outcomes and Core Themes outlined in the PSHE Association **Programme of Study**.