

# TAKE TIME TO LOVE YOUR MIND



UPSET STUPID ALONE  
ANGRY ANXIOUS  
FRUSTRATED  
DEPRESSED SCARED  
UNHAPPY

MENTAL HEALTH ISN'T A PERSONAL FAILURE  
WE CAN ALL FEEL THESE THINGS

Getting active, being mindful, or talking to someone who can help:

A large white rounded rectangular area intended for a student to write their response to the prompt above.

# BUILDING TRUSTING RELATIONSHIPS



REACH OUT AND  
TALK TO OTHERS

LISTEN TO  
WHAT'S BEING SAID

BE OPEN TO TALKING  
TO PEOPLE

**TRUST**

RESPECT OTHERS'  
EXPERIENCES

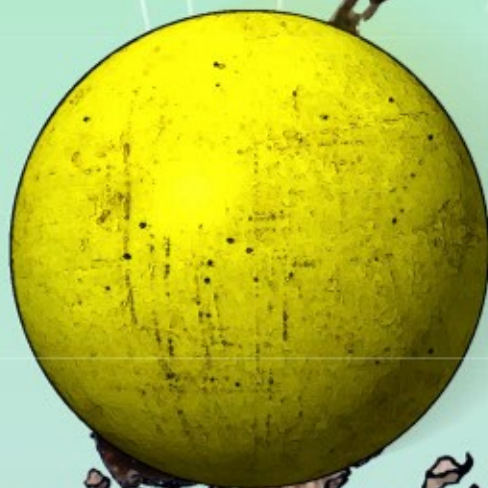
DON'T JUMP TO  
CONCLUSIONS

TAKE PEOPLE  
SERIOUSLY



GETTING TO KNOW SOMEBODY BETTER HELPS  
TAKE AWAY THE FEAR OF EMBARRASSMENT

# BREAK THE STIGMA!



# STIGMA

Stigma is a negative label based on what we think, feel and say which can lead to people being treated differently.

You can talk to:

# IT'S OK NOT TO BE OK!

# TAKE TIME TO TALK

CONFUSED

UNHAPPY

SCARED

ANXIETY

WORRIED

STRESSED

RELATIONSHIPS

GRIEVING

LONELY

EXAMS

TIRED



## REACHING OUT CAN CHANGE SOMEONE'S DAY