

WHAT ARE YOU DOING TO TAKE CARE OF YOUR MENTAL HEALTH?

We are a **GOOD SCHOOL!**

We ALL have a role to play in addressing mental health:

- You can take charge of your Mental Health!
- You can support your friends!
- You can create a Good school that supports everyone!

Everybody has mental health difficulties. It's what you do about them that matters.

It's nothing to be ashamed of.

A good school = Positive mental health = A better life!

Discover the power you have within you!

You can learn skills to manage mental health difficulties.

I can do this!

Don't worry, you will be fine!

It's all about learning to balance...

Violence-free childhood is everyone's right!