What can help with our mental health?

There are lots of things we can do to support us with our mental health. We can...

- talk about our feelings
- eat nice food
- keep busy
- make a plan
- go on holiday
- let our feelings out
- look after our pets
- have hobbies
- have a good night's sleep
- enjoy nature
- relax in front of the TV
- spend time with people that we care about

Things that are important to us and that support us to have good mental health...

- Feeling that we have control of our lives
- Knowing that we’re not alone
- Being listened to
- Having the confidence to share how we’re feeling and asking others for help
- Feeling safe where we live

www.skillsforcare.org.uk/improvingmentalhealth