



# Mental Health and Well-being



## Information for Children

At Teagues Bridge Primary, we are committed to supporting the emotional health and well-being of our pupils and staff. We know that everyone experiences challenge in their lives at some point or another. This can make us vulnerable and anyone of us may need additional emotional or mental support to overcome testing times. Mental health can affect you and the first step is to talk to someone. Everyone has experienced such difficult times over the past year, and you are not alone.

We all face challenges in life, and it is important to share worries and concerns.

“A problem shared is a problem halved.”

(Katie M. John)



Need someone to talk to?

Anxious, scared, confused or angry?

Who can I talk to?

- A trusted family member or friend
- Teacher or trusted adult at school
- A close, trusted friend
- Counsellor - <https://www.childline.org.uk/get-support/>

What happens when you contact Childline?

<https://www.youtube.com/watch?v=fCA6EhBhiC8>