

THIS ONE IS FOR YOU KIDS!

WHAT IS MENTAL HEALTH?

- Everyone has mental health - it's how we look after it that counts.
- When you do the things you love, have good support and connections around you, and perform well at things you enjoy - you can be the best version of yourself.



HOW CAN YOU BE INVOLVED IN MENTAL HEALTH WEEK?

- Ask your parents or caregivers, teachers and family members if they have seen the Mental Health Week website - mentalhealthweek.org.au
- Write a list of all things you do that make you feel good
- Share with your friends and family how you take care of your mental health
- Print out a MHW poster and display it in your home or classroom at school
- Print a MHW post card and send someone a thoughtful message so they know you care
- Check out the Dance & Draw page on the MHW website and get creative!
- Attend an event near you or be part of the community and family bike ride
- Follow us on Facebook, Instagram and Tik Tok and help spread the word



HOW CAN YOU LOOK AFTER YOUR MENTAL HEALTH?

- Check out the support page on the Mental Health Week website - it has heaps of great books and Apps, help and chatlines
- Get involved in your community through school programs, sports, arts, music, drama or the local community centre.
- Positive self-talk and affirmations can do wonders for our self esteem and confidence - you got this!
- Remember bad times aren't forever, you will be okay, you are stronger than you know, there is hope and this too will pass.
- Understand that everyone has different strengths and unique qualities - if we were all the same, it could get a little boring!
- Understand your own unique superpowers and respect other's.
- It's normal to experience a wide range of feelings in different settings or around different people.
- Respect others – you don't have to like everyone the same – but you can show kindness – you never know how many battles someone has faced that day before they interacted with you.
- Respect is the glue that holds relationships together. Learn ways to be respectful and know when somebody isn't respectful to you: kidshelpline.com.au/teens/issues/all-about-respect
- Gratitude costs nothing – be thankful for what you have or who you have in your life.
- Help others out when you can - giving back to you community is very rewarding.
- Learn to forgive - harbouring anger is wasted energy and output which can be re-directed into your own goals and life pursuits.
- Remember, we may not be able to control every situation, but we can control our reactions
- Resilience is what gives us the strength to cope with hardship, stress and grief. Resilient individuals are better able to handle adversity in life and rebuild their lives after a struggle. Life will almost certainly throw challenges as you grow up but life skills, optimism, and positive self esteem can all help you adapt to changes. Resilient cards: elsa-support.co.uk/downloads/resilience-cards
- See the lighter side of life when you can - don't forget your sense of humour - laughing is medicine for the soul!
- Find a creative outlet, whether it's drawing, painting, craft, collages, writing, photography, scrapbooking, art, music or dance.
- Being in fresh air around nature and water can be calming and provide perspective on issues.
- Music, singing and dancing fuel the soul and can help to shake out negative feelings and renew hope and optimism.
- Movement matters - make time for exercise, sport or physical activities and get involved in community sport.
- Sometimes feeling heard, understood and supported is enough. Talk it out with loved ones. Or write it down.
- Sharing your problems really helps, so chat to a trusted person in your life that you feel safe talking to.
- Sharing how you feel helps to filter your thoughts and reflections; and harness your hopes, dreams, goals, and plans.
- Talk to a parent, caregiver, family member, friend or friend's parent, teacher, coach, colleague, your doctor, a mental health professional or psychologist (all public schools should have access to a child psychologist).
- Online programs, chat and support groups and self-help books, sites and apps can also be great ways to keep your mental health in mind. Check out the Mental Health Week website for all the links in one spot!
- Or if you want someone else to talk to, you can contact the following help services at any time, for free:
 - Lifeline: 13 11 14 or lifeline.org.au / Kids Help Line -1800 551 800 or kidshelpline.com.au /
 - Youth Beyond Blue - beyondblue.org.au / Headspace - headspace.org.au / Reach Out - au.reachout.com
- In a life threatening emergency, call: 000



WAAMH

Western Australian Association
for Mental Health