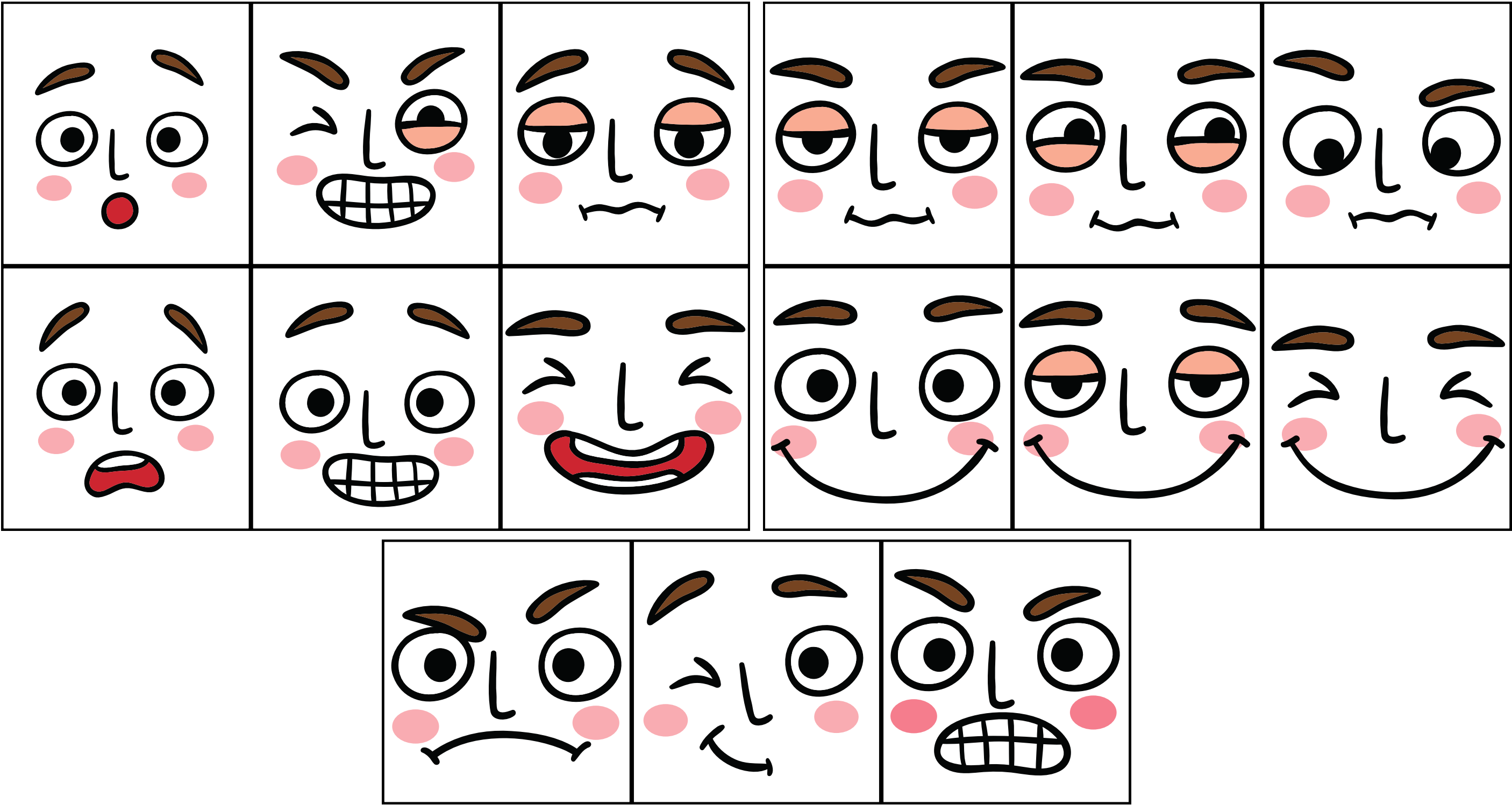


# Mental Health Month 2023

SCHOOLS PACK



# EXPRESSION CARDS





## WHAT I CAN DO FOR MYSELF

Talk to someone

Physical Exercise

Deep Breathing

Hobbies

Positive self-talk

Team sport

Being part of groups in your community

Being in nature

## WHO CAN HELP ME?

Parents

Aunt/uncle

Guardian

Grandparents

Coach

Friend

Teacher

Kids Helpline





# ASK

Check-in with people.

## How?

- How are you?
- What can I do to help?



# LISTEN

Take the time to listen and understand.

## How?

- “I’m listening....”
- Nod
- Ask questions





# VALIDATE

Take time to validate people's concerns.

## How?

- “I’m here for you...”
- “I care about you.”



