

Mental Health Information Leaflet 1



What is Mental Health?

MENTAL HEALTH

IS...	ISN'T...
<ul style="list-style-type: none">• Important• Something everyone has• Intrinsically linked to (+ probably inseparable from) physical health• On a continuum• Worth making time for• Part of being human• Something we need to look after• Positive + Negative• Changeable• Complex• Real	<ul style="list-style-type: none">• A sign of weakness• Shameful• All in your mind• Always something negative• Something you decide to have• Something to think about only when it feels broken• An interchangeable term with mental illness• Feeling good all the time• Something you can snap out of<ul style="list-style-type: none">• Fixed• Fake news

Mental Health is defined by The World Health Organisation as being;

“a state of well-being in which the individual realises his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community”.

We at Uffington Primary School

Believe that mental health well-being is as important as our physical well-being, and is vital to the development of all culturally, emotionally, spiritually, physically and mentally. We also acknowledge that early recognition and intervention is essential to help those suffering, or potentially suffering from problems and anxieties, whilst promoting and providing for good mental health.

In other Information Leaflets we will look to explore:

- The importance of mental health.
- Reasons why we should care about our mental health, and the mental health of others.
- Common mental health conditions.
- The 5 Ways to Mental Wellbeing.
- How we at Uffington Primary School will look to improve and maintain the mental health of all, and provide ongoing support.

For more information please contact:

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