

MENTAL HEALTH

Public Health
Schools

PSHE
Education

Brighton & Hove
City Council



1. EVERYONE HAS MENTAL HEALTH



2. ITS OK NOT TO FEEL OK



3. BE A GOOD FRIEND



4. IT'S GOOD TO TALK, DON'T BOTTLE THINGS UP



5. KNOW YOUR SUPPORT NETWORK, WHEN AND HOW TO ACCESS SUPPORT



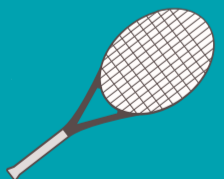
6. CHALLENGE STIGMA AND PREJUDICE



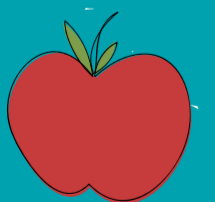
7. MAKE TIME FOR SLEEP



8. AVOID DRUGS AND ALCOHOL



9. TRY TO BUILD ACTIVITY INTO YOUR LIFE



10. EAT A RANGE OF HEALTHY FOODS



11. TAKE TIME FOR YOURSELF AND FOCUS ON THE POSITIVES