

LET'S CONNECT

SECONDARY SCHOOL RESOURCE

It is important to look after your Mental Health just as much as your physical health. You are extraordinary and it is "OKAY NOT TO BE OKAY"!

Staying in touch with people has lots of benefits. Therefore, we have some activities that will help you connect with people who are in your life or far away.

Draw family and friends from around the world. Write their names and where they live, and how you can connect with them more:

Look at the example below:



I CAN STAY IN TOUCH WITH
MATT VIA WHATSAPP AND
TEXT MESSAGING.

I CAN STAY IN TOUCH WITH
COUSIN KERA VIA FACE TIME

I CAN STAY IN TOUCH WITH
UNCLE JON VIA SKYPE,
FACETIME AND WHATSAPP

CHILDREN'S MENTAL HEALTH WEEK 2023, 6–12 FEBRUARY 2023
#CHILDRENSMENTALHEALTHWEEK

Talking is a good way to offload your worries and tensions. Sometimes we think we have no one to talk to maybe because we are not close to people around us-it is important to know people are there around the world who can help you.

On the world map, find people you are related to, friends with, or know in general:

The example below is marked to show where Ronaldo and Lionel Messi are from:



LIONEL MESSI

CHRISTIANO RONALDO

Please use the map below to find the people you know:

