World Mental Health Day 2025

Theme: Access to mental health support in catastrophes and emergencies.

Wear it loud. Wear it proud.

#HelloYellow

Bonner Primary

Confidence, respect and a love of learning

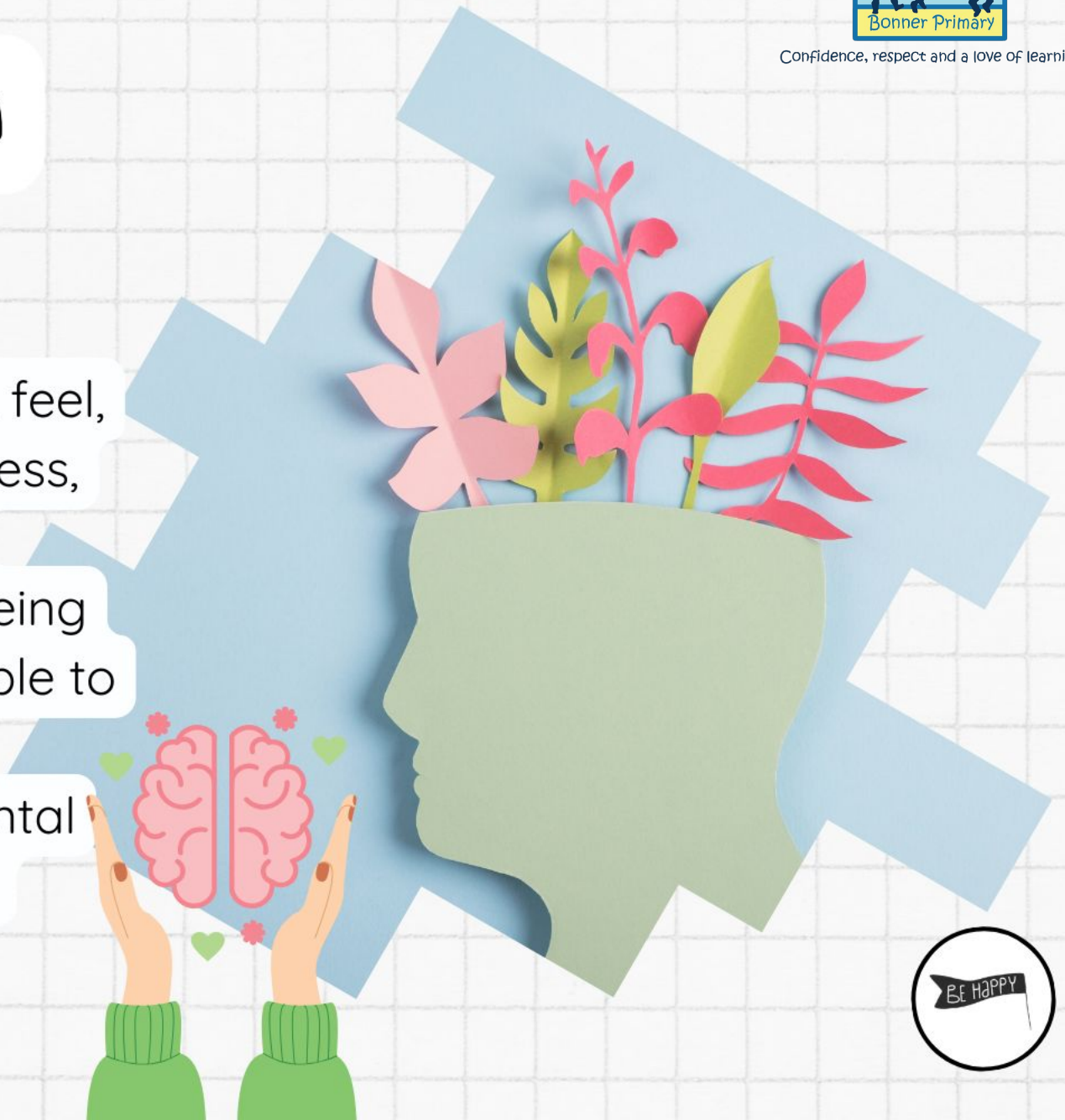
M&S | YOUNGMINDS

Bonner Primary

Confidence, respect and a love of learning

Why is Mental Health Important?

- Mental health is about how we think, feel, and act, it affects how we handle stress, relate to others, and make choices.
- Good mental health doesn't mean being happy all the time. It means being able to cope with life's ups and downs.
- Just like our physical health, our mental health needs care and attention too.



Bonner Primary

Confidence, respect and a love of learning

Why Is World Mental Health Day Important?

- To make talking about mental health easier.
- To reduce stigma.
- To help people learn where to go for support.
- To remind everyone that support should be available to all.

Bonner Primary

Confidence, respect and a love of learning

Mental health can change, depending on what's happening in our lives.

Everyone faces mental health challenges, it's part of being human.

This year's theme is: Access to Mental Health Support During Catastrophes and Emergencies.

It's about making sure people can get support during tricky times in their lives.

Bonner Primary

Confidence, respect and a love of learning

What Are "Tricky Times"?

‘Tricky times’ don’t always mean huge catastrophes. It could be something happening in your own life, your community, or a global crisis we hear about in the news. All of these can affect your mental health.

- **Personal:** Panic attacks family changes, grief.
- **Community:** Lockdowns, cost-of-living pressures, school closures, local floods.
- **Global:** Environmental disasters, severe weather, war.

Why Getting Help Can Be Difficult

- Long waiting lists.
- Services being closed or disrupted.
- Stigma and fear of speaking up.
- Lack of information about what's available.
- For global emergencies: Damaged infrastructure, cost, lots of people needing support, displacement.

Finding Help in Tricky Times

Bonner Primary

Confidence, respect and a love of learning

There is always help out there, sometimes you just need to know where to look.
Help isn't always in the obvious places, think about:

- Your own support network (friends, family,
- School & community initiatives
- Local health services (GP, counsellors)
- Support groups & charities
- Helplines & online services

People are constantly working to make sure support is there when it's needed.
In tricky times or global emergencies, it's the same - helpers are everywhere all you need to do is look for them.

You Are a Helper Too!

Bonner Primary

Confidence, respect and a love of learning

Knowing your own support network, checking in on friends, and speaking up about mental health makes a big difference. You can help by:

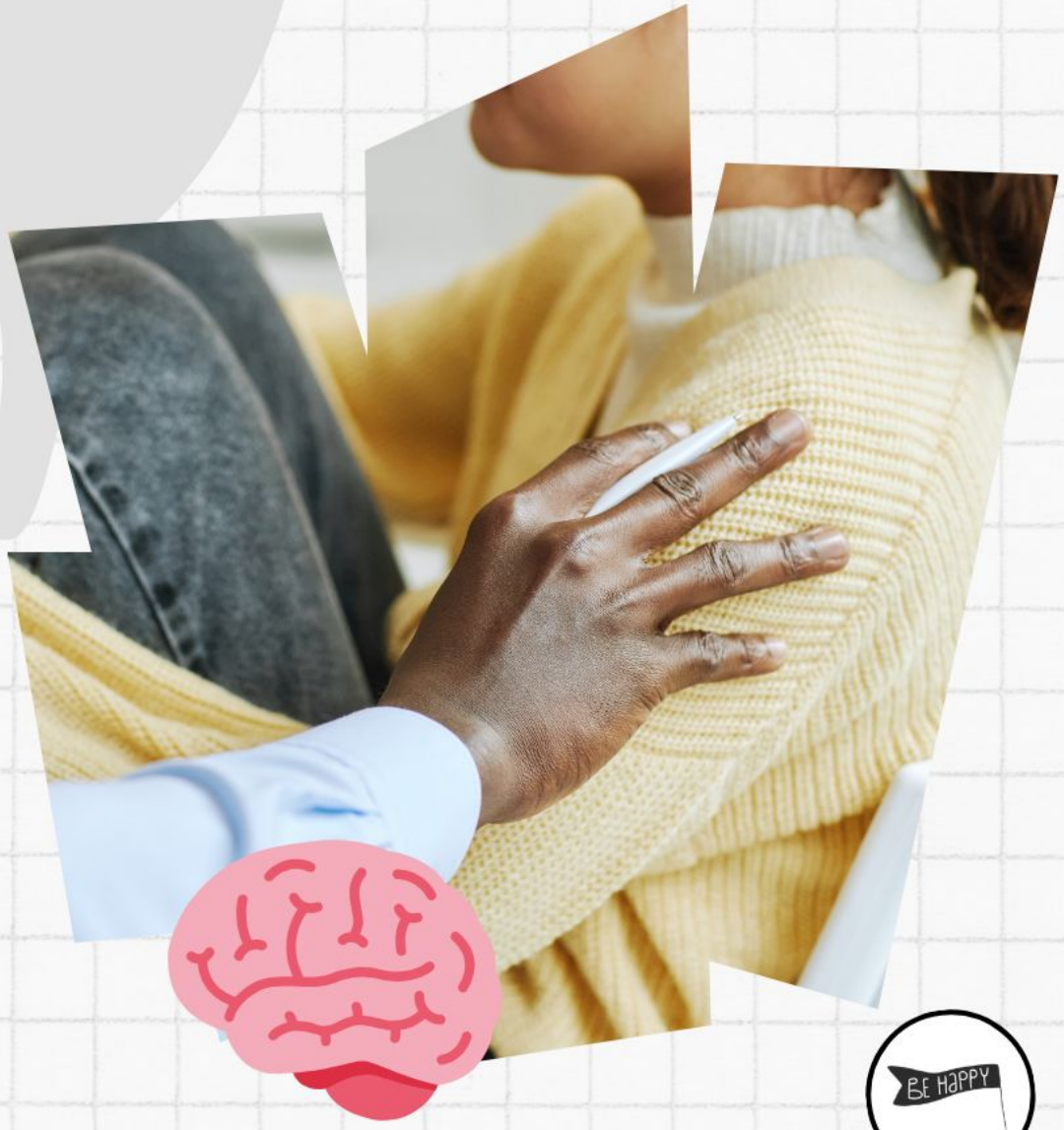
- Knowing where you can get help (friends, family, school, local and national services).
- Looking out for each other.
- Challenging stigma by talking openly.
- Getting involved: Awareness campaigns, volunteering, fundraising.

Bonner Primary

Confidence, respect and a love of learning

When You Need Help

- Recognising when you need help - and asking for it - is an important part of life. It helps keep you and the people around you safe and supported.
- It's brave, not weak, to ask for help.
- If you're struggling, reach out to someone you trust: a friend, a family member, or another trusted adult.
- **Remember:** You're never alone. Whatever you're thinking or feeling, someone else has felt it too.



Bonner Primary

Confidence, respect and a love of learning

Helping Yourself

It's important to notice what helps when you're feeling stressed, low, or overwhelmed. Finding what works for you is a big part of looking after your mental health. This could include things like:

- **Writing about your feelings**
- **Doing a hobby you enjoy.**
- **Taking deep breaths.**
- **Saying kind things to yourself.**
- **Limiting activities that make you feel worse.**

Be Happy
Bonner Primary
Confidence, respect and a love of learning
Remember:
Mental health is just as important as physical health.
Everyone goes through tricky times.
You are never alone.
Helpers can be found everywhere.
You can help yourself and be a helper too!
Things to take away

Bonner Primary

Confidence, respect and a love of learning

Thank you for being part of the conversation. Do something for your mental health today!