

# *Mental Health*

Mental health is about us all it is when you feel something it is important to maintain a good mental health so you can live a happy life. Mental health is not like physical health (where you keep fit) but it has something to do with it, mental health is what you feel like (maintaining physical health can help mental health) You can break up the words, mental and health mental is what is inside your brain and what you feel like and health is keeping your body happy. There are many people to talk to in school/businesses/anywhere else like youth clubs etc such as anti-stigma (mental health) ambassadors, parents, governors, your boss and any responsible adult.

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