**Mental health: If this speaks to you, speak to Mind**

Talking about mental health helps to raise awareness about mental health problems, and brings conversations into the everyday. Mental health charity, Mind, created a series of films which share people’s experience of mental health. They paired Haleem with spoken word artist, Lola, to help bring his experience of mental health to life through poetry.

How does Haleem feel about his mental health?

What words does he use to describe how he feels?

Did other people’s views of mental health impact him?

**Wellbeing first aid kit**

Your wellbeing first aid kit will be unique to you. Include the things that you know work for you when you’re not feeling yourself.

Find information and support: [www.mind.org.uk/information-support/for-children-and-young-people/](http://www.mind.org.uk/information-support/for-children-and-young-people/)