

# The Issue of Mental Health

**Mental Health is everywhere, affects everyone, not everyone understands it.**

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It was reported in 2009 that 1 in 4 people have mental health problems at some point in their lives.

We asked some people about their understanding of mental health, and these are our findings:

*Do you think that mental health should be promoted more and if yes why?*

Yes, it should be talked about a lot more and it effects almost everybody and a lot of people struggle to cope.

*How can people look after their own mental health?*

Be open to people tell your friends or family, don't keep it all to you self always tell someone about it and do exercise and eat healthy.

*What is mental health and what does it mean?*

It's the opposite of physical health because you say it's from the neck upwards but actually it's the brain.

*What could I do if I thought one of my friends were poorly?*

Firstly, keep them happy and if they are still seeming strange or unhappy, ask them if they are ok. If this is the case, then ask someone else to help.

Mental health can be helped and there are many free talking websites if you can't tell someone face to face.

Like this website-Heads Together.

Heads Together is a campaign that is the leading charity in the UK committed to improving the emotional wellbeing and mental health of young people and children. Driven by their experiences they campaign, research and influence policy and practice.

Mental health affects all aspects of a child's development including their cognitive abilities, their social skills as well as their emotional wellbeing. Building emotional resilience is key and we believe there are core attributes seen in mentally healthy children and young people.

Sometimes it can feel like we don't have any control over what we think or how we feel. But by making simple changes to our lives, we can make a real difference to our mental health. Feeling good is worth investing in.

The Royal Family are very strong supporters as well! It is a very good cause, it helps lots of children and young people with their mental health. It should be appreciated and understood more widely so young people and children will know who to go to should they need help.

Heads Together website-

<https://www.headstogether.org.uk/about-heads-together/>