

## **Mental Health Awareness Week Content**

### **Health for Teens**

Quiz: How emotionally healthy are you?

<https://www.healthforteens.co.uk/feelings/confidence/how-emotionally-healthy-are-you/>

Confidence and self-esteem: Just the facts

<https://www.healthforteens.co.uk/feelings/confidence/confidence-and-self-esteem-just-the-facts/>

Video: 5 ways to stay happy

<https://www.healthforteens.co.uk/feelings/anxiety/video-5-ways-to-stay-happy/>

4 ways to calm yourself when feeling anxious

<https://www.healthforteens.co.uk/feelings/anxiety/4-ways-to-calm-yourself-when-feeling-anxious/>

About ChatHealth

<https://www.healthforteens.co.uk/health/about-chathealth/>

Haven't really done anything LLR specific as it's the national teens social pages

### **Health for Kids**

Lanterns game

<https://www.healthforkids.co.uk/game/lanterns/>

Building your character

<https://www.healthforkids.co.uk/staying-healthy/building-your-character/>

Building your character: Friendships

<https://www.healthforkids.co.uk/staying-healthy/building-your-character-friendship/>

Building your character: Resilience

<https://www.healthforkids.co.uk/staying-healthy/building-your-character-resilience/>

Building your character: Self esteem

<https://www.healthforkids.co.uk/staying-healthy/building-your-character-self-esteem/>

Download our Health for Kids 'Looking after yourself' kit

<https://www.healthforkids.co.uk/grownups/healthy-minds/download-our-health-for-kids-looking-after-yourself-kit/>

Let's chat

<https://www.healthforkids.co.uk/grownups/healthy-minds/lets-chat/>

### **Health for Under 5s**

Having a baby can affect your emotional and mental health

<https://healthforunder5s.co.uk/sections/foryou/having-baby-can-affect-emotional-mental-health/>

Symptoms of mental illness in new mums

<https://healthforunder5s.co.uk/sections/foryou/symptoms-mental-illness-new-mums/>

Treating postnatal depression

<https://healthforunder5s.co.uk/sections/foryou/treating-postnatal-depression/>

Infographic: Taking care of your mental health

<https://healthforunder5s.co.uk/sections/foryou/infographic-taking-care-of-your-mental-health/>

Your emotional health is important too

<https://healthforunder5s.co.uk/sections/pregnancy/your-emotional-health-is-important-too/>

Contact a public health nurse by text

<https://healthforunder5s.co.uk/sections/support/contact-public-health-nurse-phone-text/>