



What Supports

GOOD MENTAL HEALTH

To help children stay mentally well, they need:

- Good physical health, including a balanced diet and regular exercise.
- Opportunities to explore and develop interests through play, learning, and social interaction.
- A sense of belonging within a family, feeling loved, valued, and safe.
- Support to learn, be optimistic, and feel that their opinions matter.
- A sense of community, such as at school or nursery.
- Guidance to cope when challenges arise and to develop problem-solving skills.

For help and advice on mental health:

