

mental health

put in place a strict anti-bullying policy in your school and create a safe, positive school environment.

remember, if you want to help your friends but you do not know how, just talk to them about everyday stuff, take initiative to spend time together and support them.

educate parents and students on signs and symptoms

encourage social time

have a place students can go to talk and a strong open-door policy

learn about mental health in elementary school

consider having some mental health training

understand mental health needs within the school

make it possible to talk with an anonymous

make mental health part of the curriculum (self-affirmations classes)

- Let them breathe and give them space.
- Practice with them to be focused and deep breathing.
- Ask them questions about the environment they are in, entertain the person.
- Don't ask them what is wrong, give them time to express themselves.
- After the attack, be by their side, and make sure you don't leave them alone.

ANXIETY ATTACKS: WHAT CAN I DO TO HELP?



"It's not your fault"

Depression can be a monster that slowly consumes you, but is there a way to fight it? Yes!

"You will not always feel this way"

But how can I do it?

- Hang out with the people who make you feel good, they'll help you too!
- Talk with your friends, parents and teacher... they can help you!
- Are you shy? Write in anonymous psychological support platforms
- Start to improve your eating habits, but don't forget some chocolate!
- Take care of yourself: move your body
- Ask the psychologist in your school for advice if there is-
- Look in the mirror: you're more than enough
- Sun outside your window? What are you waiting for? Go out and enjoy the day!
- Smile , think that every human being is unique in the world, and there is no one as gorgeous as you
- Enjoy life, it's only one, be happy!

"You are not alone"