



Talking Mental Health



What is mental health?

We all have mental health. Mental health is about our feelings, our thinking, our emotions and our moods. Looking after our own and our children's mental health is important.

Our Top Tips

1

Make conversations about mental health a normal part of life: Anywhere is a good place to talk - in the car, walking the dog or cooking together. Model everyday talk about feelings. This could include feelings of characters in books or about characters.

2

Ask open questions: Such as "How did your day go today?" This will help to extend the conversation.

3

Offer empathy rather than solutions: Show that you accept what they are telling you but don't try to solve the problem.

4

Calmly stay with the feelings that arise: It can be our automatic reaction to steer away from difficult emotions.

During these unprecedented times, we all find ourselves facing new challenges. For many, this will bring about new anxieties, for others, it may worsen existing worries. Somerset are offering the chance to speak to a Psychologist with any concerns arising for you, or your family.

If you would like to access this service, then please email EPSHelpline@somerset.gov.uk with the following information:

- Your name
- The name of your child's school
- Times and dates that you are not available for consultation

