



Mental health means being happy all the time.

Mental health is about feelings and emotions;
knowing how to take care of ourselves so that we
can cope with things that happen to us.

Mental health means there is something wrong with
a person and they might behave in a strange way.

Mental health means that you often feel worried,
anxious or depressed.

Mental health is a bit like a continuum — people can
move along it and feel better or worse at different
times, just like with physical health.