

Well done for doing
your homework ☆

Talking is often the first step in helping us feel better. And it's always easier over a shared activity, whether that's doing homework, cooking dinner together, or even walking the dog.

World Mental Health Day is a great excuse to have a chat, but talking is a tool we can use at any time to improve our mental wellness.

If you need any more advice, information or support, you can visit [itv.com/BritainGetTalking](https://www.itv.com/BritainGetTalking).

And remember - talk to your GP if you're ever seriously concerned.

What's on our minds can be the hardest subject.

So what's on yours?

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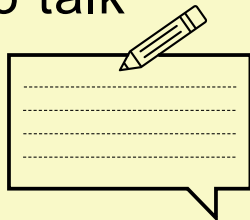
What's on our minds can be the hardest subject. So what's on yours?

When we ask what's on your mind we mean - what is causing you stress?



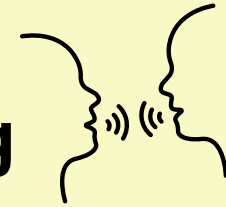
We know that lots of young people have things they worry about.

This World Mental Health Day, we are setting you a different kind of homework - to talk about worries.



Talking about our worries can help us feel better, even though it can be difficult to do.

Get talking



1. Ask your parent, carer or an adult you trust if they'll help you to talk about your worries.
2. If you're not sure where to start, try writing or drawing your worries or fears on the front cover of this exercise.
3. Then talk about the answers to the questions below with your parent/carer (or if you prefer, you can write your answers instead and show them to your parent/carer).

How do these worries make you feel?

What are you afraid might happen?

Would it help if you had more information?

How could you find that information out?

What helps you to cope with these worries?

Get listening

