

* Mental Health *

Mental health it's how well you do emotionally. Whenever you feel **sad** or **angry** or **stressed**. Try to talk it your family , friends or teachers they might help you feel better . For example: If your ill the doctor can try help you feel better , when you need help you try ask your friends , teachers or family for help.

You can tell if your friend feel down if they not talking or look a bit sad we can help by giving advice . Everyone needs care and respect to make them happy . You can also make yourself happy with the things that you like .For example :watching on the tv , Read books , or playing with your siblings or pets.

