

World Mental Health Day - 10th October 2025

A day dedicated to raising awareness of mental health and encouraging positive conversations at home, school, and in the community.

Why it matters

- ✓ 1 in 6 children aged 5 -16 is likely to have a mental health difficulty
- ✓ Good mental wellbeing supports learning relationships, and resilience
- ✓ Talking openly about feelings reduces stigma and helps children feel understood

How parents can support at home

Listen first - give your child space to share without immediately offering solutions

Model calm - children take cues from how adults manage stress

Encourage balance - sleep, healthy routines, and time away from screens all make a difference

Keep talking - small, everyday conversations about emotions build trust

Know where to turn - if concerns persist, reach out to school, GP, or mental health services

This year's theme

“Access to Services - Mental Health in Catastrophes and Emergencies”

A reminder that everyone should be able to access the mental health support they need, even in times of crisis or emergency.

At a glance checklist

- ✓ Ask how your child is feeling and really listen
- ✓ Keep routines steady (sleep, meals, downtime)
- ✓ Encourage physical activity and fresh air
- ✓ Limit overwhelming news or social media content
- ✓ Celebrate small successes and effort

Useful resources

YoungMinds: [youngminds.org.uk](https://www.youngminds.org.uk)

NHS Every Mind Matters: [nhs.uk/every-mind-matters](https://www.nhs.uk/every-mind-matters)

Mind: [mind.org.uk](https://www.mind.org.uk)

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Your mental health matters to us, so...

- If you're not feeling yourself.
- If you've been through or are going through something difficult.
- If you're finding it hard to cope with how you feel or with things in everyday life.
- If you want someone to know how you've been feeling.
- If you want or need help.

...then ask for support!



Advice and links to keep your mental health in check can be found on the StudentHub