

**Guru Tegh Bahadur 3rd Centenary
Public School**

POSTER & SLOGANS

ON

MENTAL HEALTH

Class VI

BE KIND
TO OTHERS
AND YOURSELF

TAKE CARE
OF ME!

EAT
HEALTHY
FOODS

GET
OUTSIDE



MAKE
POSITIVE
FRIENDSHIPS

LEARN TO
UNDERSTAND AND
EXPRESS YOUR EMOTIONS

YOUR MENTAL HEALTH MATTERS.

SIMAR SINGH
VI-D
ROLL NO:-32

Mental Health Slogan

When Everything
Feels Like An Uphill
Just Think
Positive And Have A Strong Will



Name - Srinivas
Roll No - 33
Class / Ser - VIII 2

Shavina Gaur
Class-6th-D
Roll No.- 3



Depression
is like a war-
you either win or die
trying

BE KIND TO
OTHERS
AND
YOURSELF.

TAKE CARE
OF ME!

BE
POSITIVE.

GET
OUTSIDE.

EAT
HEALTHY
FOOD.



Why take care of your mind?

- ★ TO HELP PREVENT MENTAL ILLNESS.
- ★ TO SUCCEED IN SCHOOL.
- ★ TO BUILD CONFIDENCE.
- ★ TO LIVE A POSITIVE AND HEALTHY LIFE.

YOUR MENTAL HEALTH MATTERS

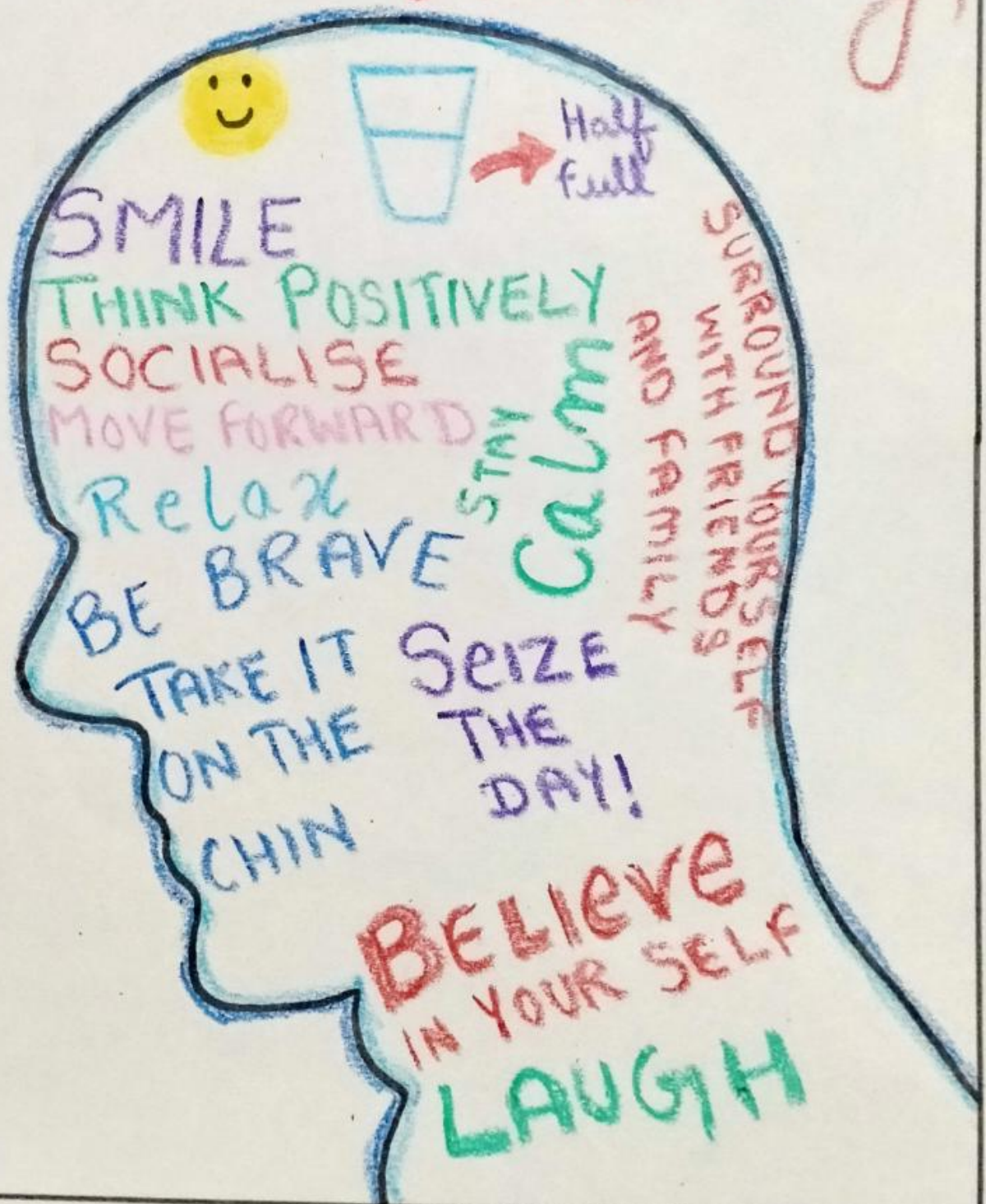
YOUR
STRUGGLE
IS PART OF
YOUR STORY



DILJEET
SINGH
XI-D
6

Be Happy...

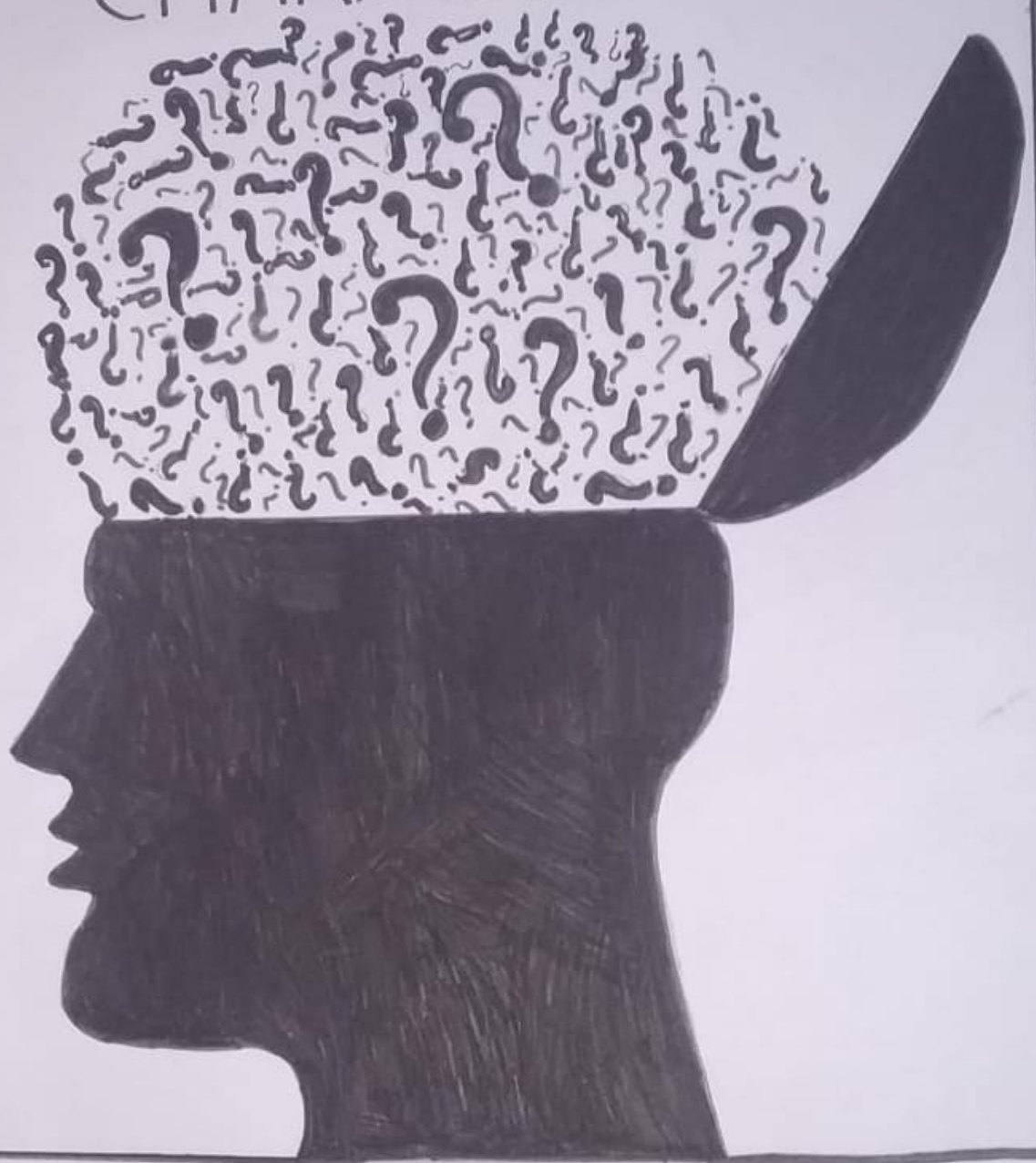
Mentally



Your mental
Health is a Priority
Your happiness is
an essential
Your Self-care
is a necessity

Jaskirat Singh
VIth D
16

DEPRESSION
IS A FLAW IN
CHEMISTRY NOT
CHARACTER



Favleen Kaur
Roll No. - 8
Class - VI-D

The Sun Will rise
and we will try again



Mental Health
Awareness

Name- Malkeet Singh
Roll No - 25
class - VIth D

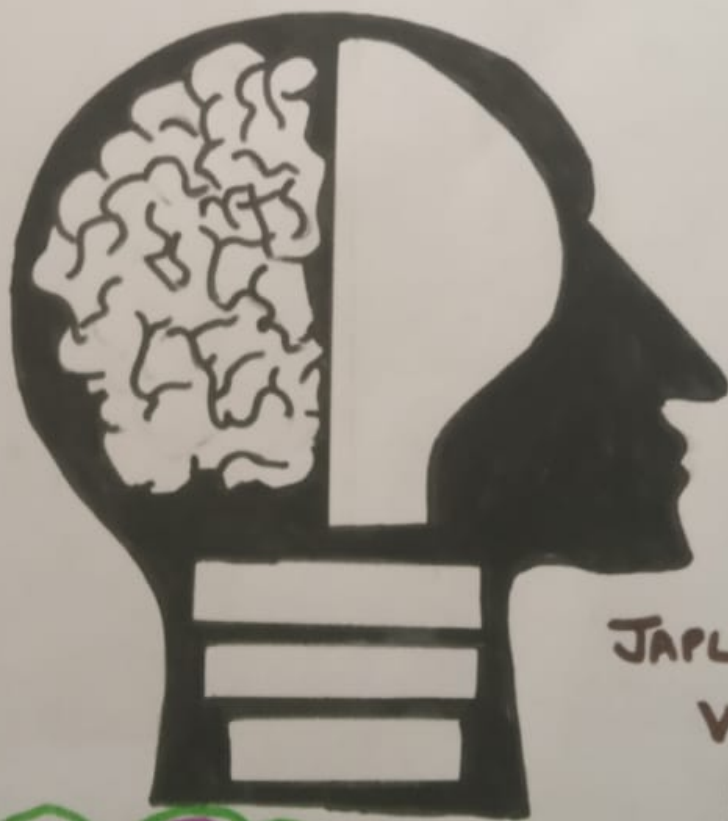
DEPRESSION

IS A FLAW IN
CHEMISTRY NOT
CHARACTER



TARNIDH SINGH
VI D ROLL NO. 36

A healthy mind,
is the greatest
treasure to find.



JAPLEEN KAUR

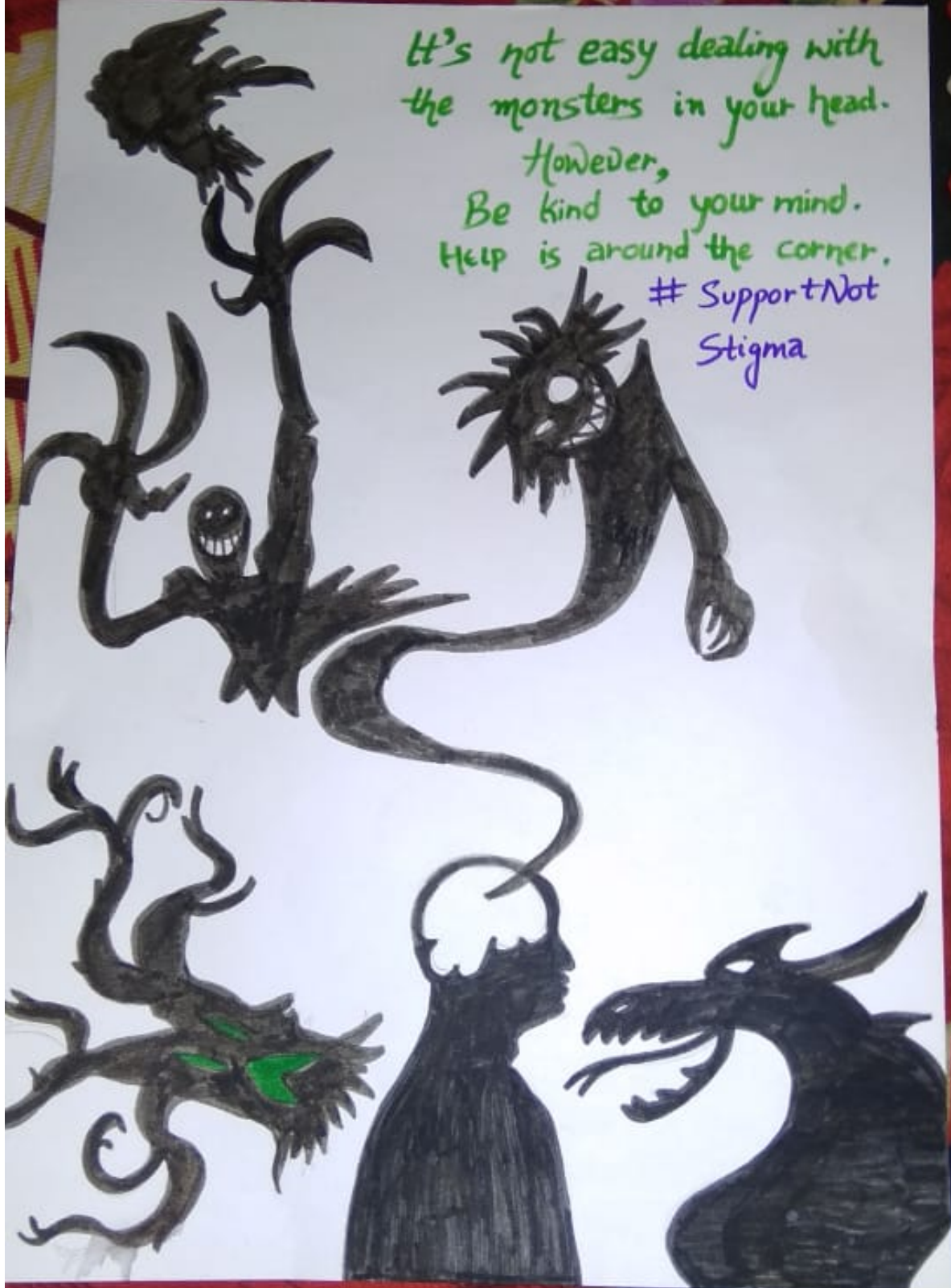
VI - D

(13)

It's not easy dealing with
the monsters in your head.

However,
Be kind to your mind.
Help is around the corner.

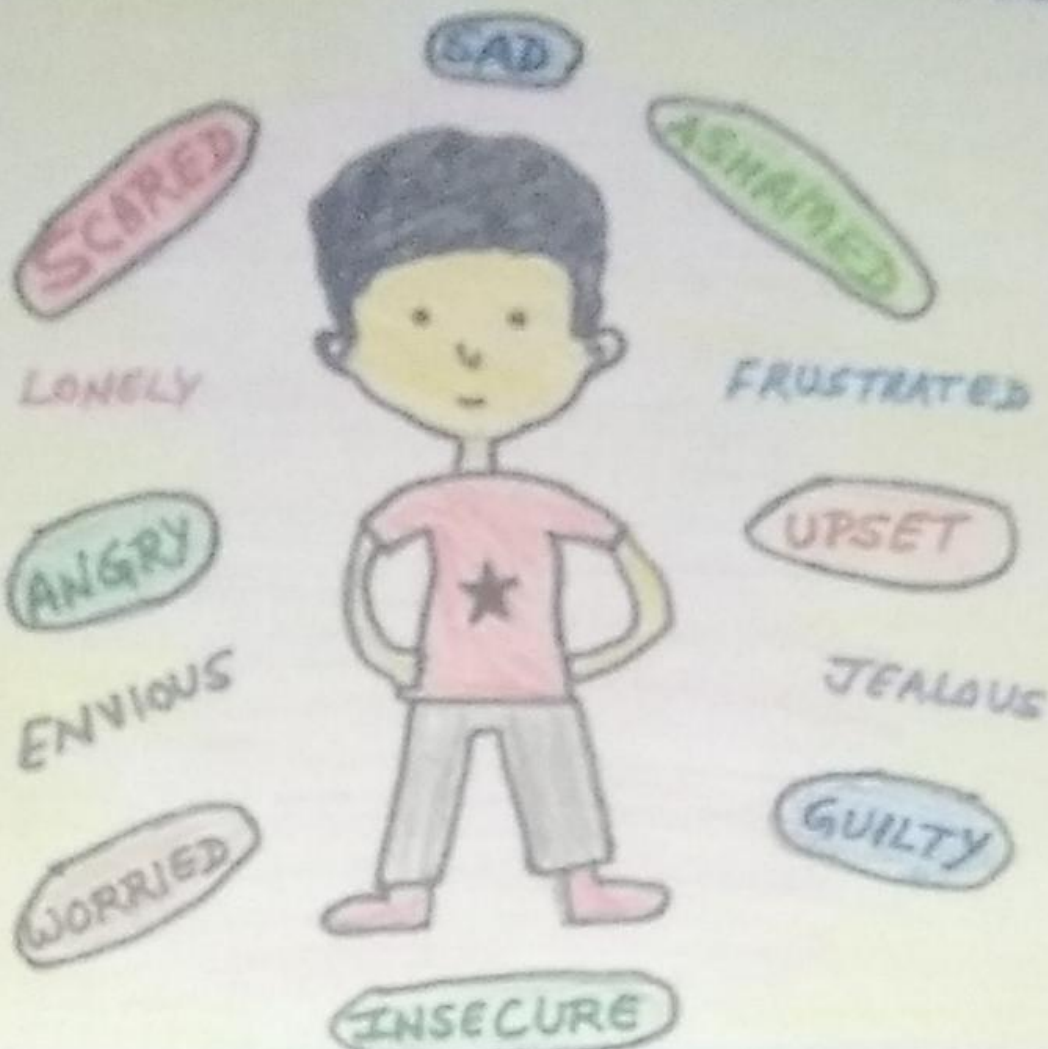
SupportNot
Stigma



THE GARDEN OF MENTAL HEALTH



IT'S OK TO FEEL:



EVERYBODY FEELS THAT WAY SOMETIMES.
We don't like it, but it doesn't make us weak.....
IT MAKES US

HUMAN.

BY:
SIDH PREET SAGH
IEP, R.NO. 30
N/A. 5113

POSTER ON MENTAL AWARENESS.

ROADBLOCK

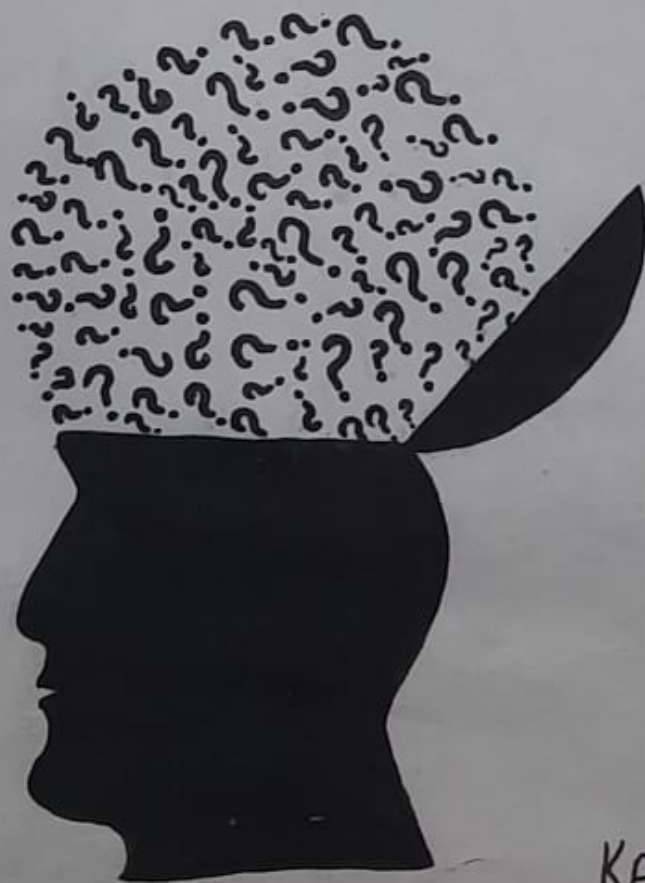
Name → Jashandeep Singh Class → VIth D Roll no → 1

World Mental Health Day



Young People and Mental Health
in a Changing World

TO BE HEALTHY AS A WHOLE MENTAL WELLNESS PLAYS A ROLE



KARAMTEGH SINGH.
VI-D. 19.

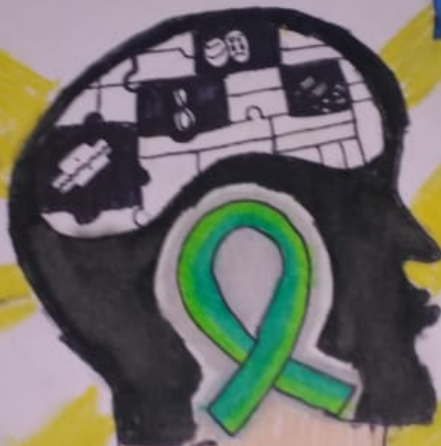
Nightmares Can be turned
into dreams

Be nice to be yourself
Kind seek help
We are right here



W
O
R
L
D

MENTAL
HEALTH



I CARE
YOU MATTER



AWARENESS
ON
MENTAL HEALTH

A HEALTHY MIND,
IS THE GREATEST
TREASURE TO FIND.



Without Stress

Yoga

can

help

reduce



Stress

With Stress

LET'S

PEEL

TALK

OFF

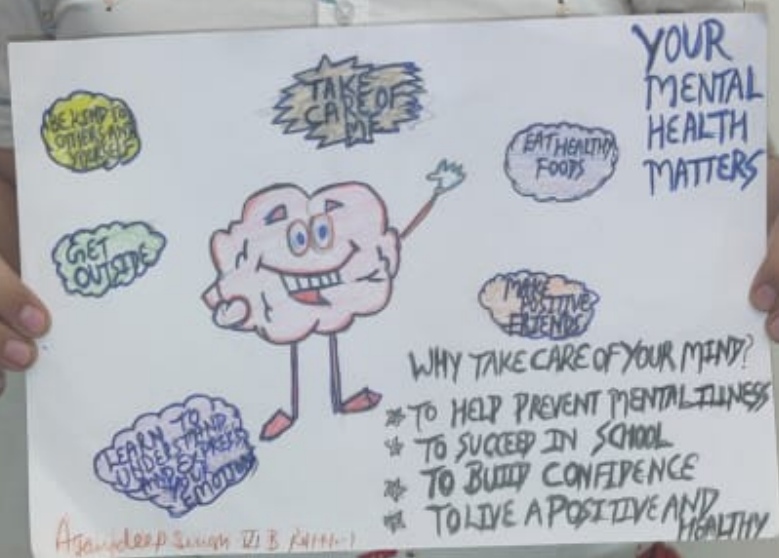
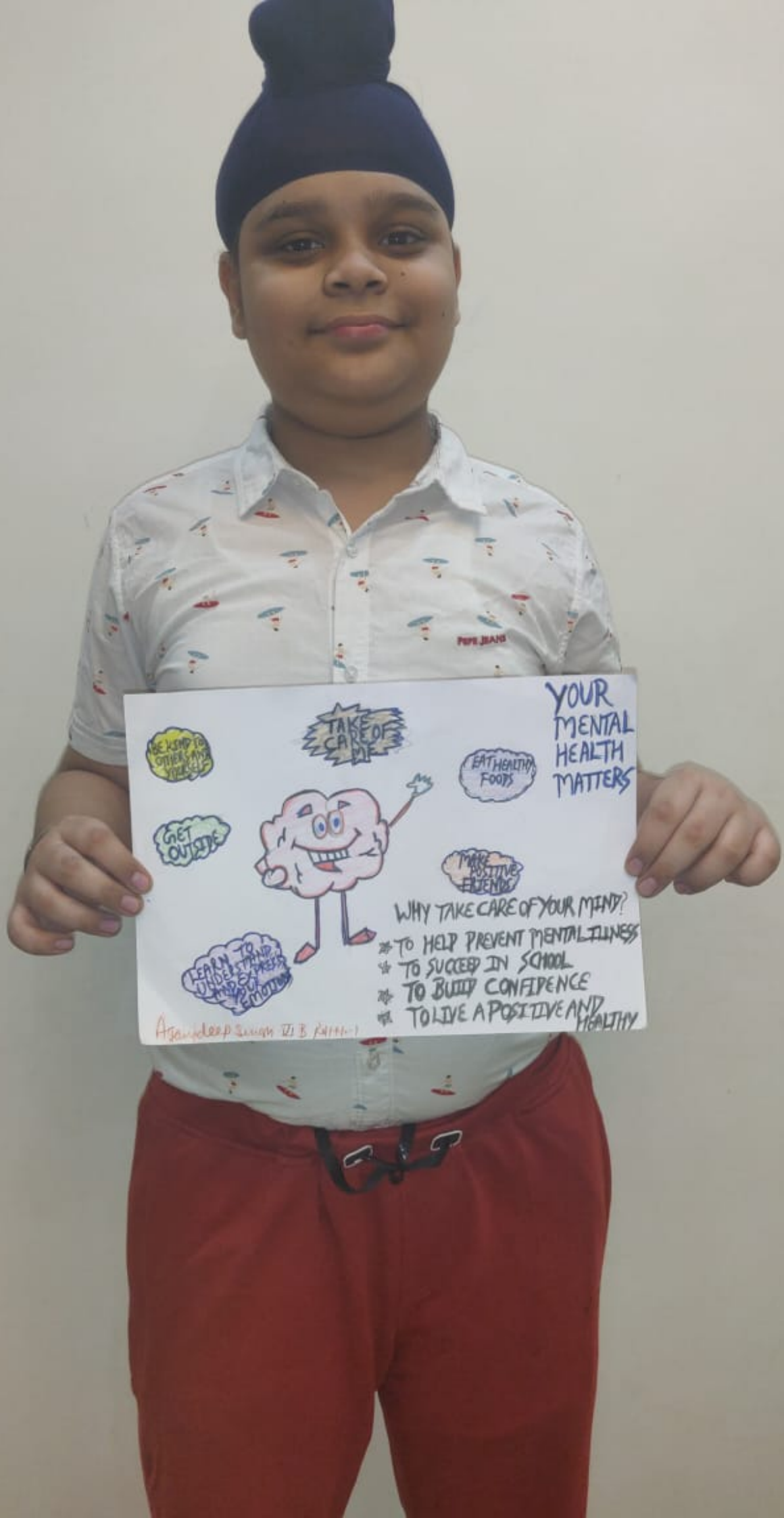
ABOUT

THE

MENTAL

HEALTH





BE KIND TO OTHERS AND YOURSELF

TAKE CARE OF ME

EAT HEALTHY FOODS

GET OUTSIDE

MAKE POSITIVE FRIENDS

LEARN TO MANAGE YOUR EMOTIONS

Ajaydeep Singh 12/3/2020

YOUR MENTAL HEALTH MATTERS

WHY TAKE CARE OF YOUR MIND?

- ★ TO HELP PREVENT MENTAL ILLNESS
- ★ TO SUCCEED IN SCHOOL
- ★ TO BUILD CONFIDENCE
- ★ TO LIVE A POSITIVE AND HEALTHY

7 KEYS



TO MENTAL WELLBEING



TALKING → Being open with people I trust about how I'm feeling...

EXERCISING → Looking after my body, playing sports/dance, eating healthy...

CALMING → Try mindfulness, meditation and good sleeping habits.

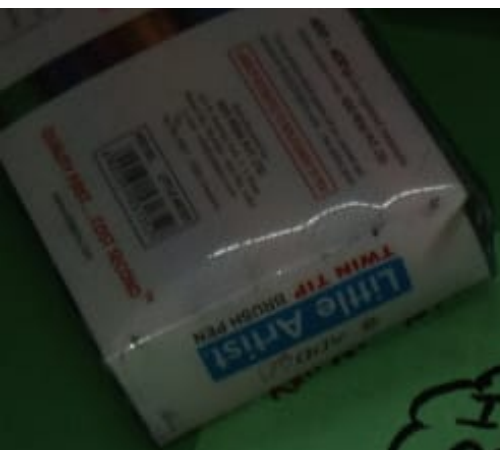
LEARNING → Learn a new skill (e.g. hobby, language, craft, sports, etc.)...

RELATING → Spending time with people I care about...

CONTRIBUTING → Helping others or contributing to a cause I believe in...

CREATING → Expressing myself creatively (e.g. music, art, writing, drama, etc.)...





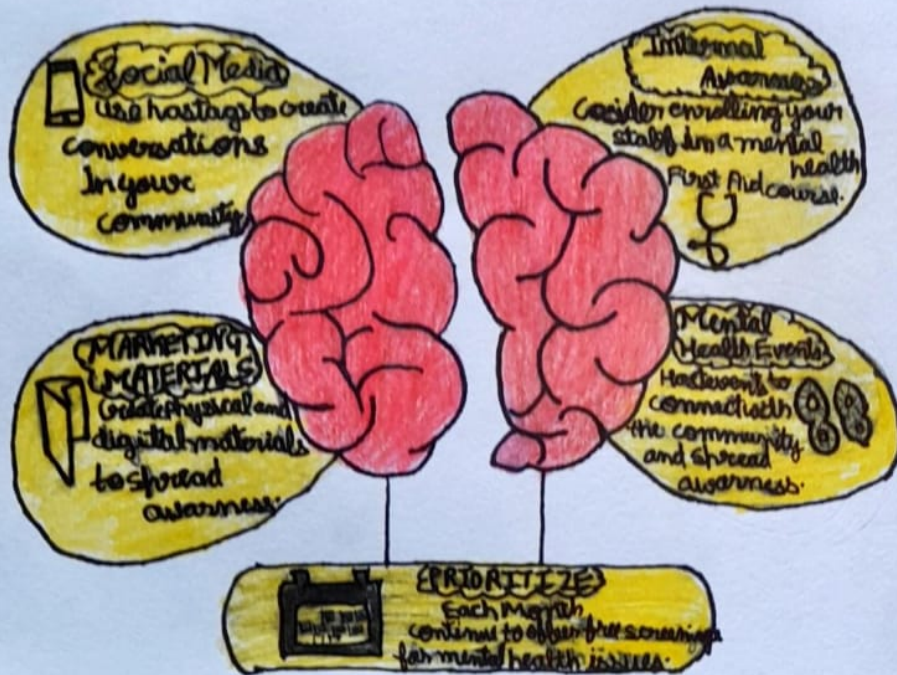
To Reach
Out for
HELP

It's
OKAY

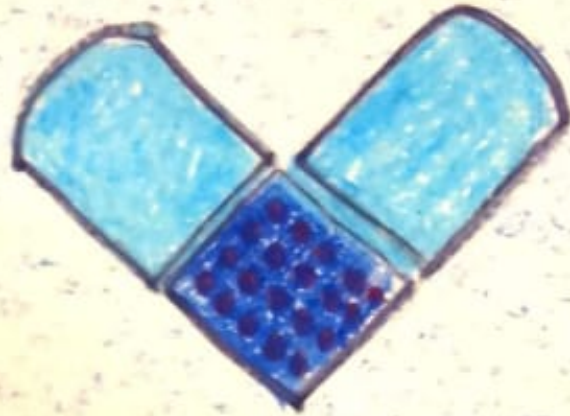


WORLD
MENTAL HEALTH
DAY

Raising Mental Health Awareness



YOU MATTER



YOUR ILLNESS

DOESN'T DEFINE

YOU. YOUR STRENGTH

& COURAGE DOES.

RAVEESH, 6B, 33

MENTAL HEALTH

★ Our MENTAL HEALTH is very important for us

★ Sports & Exercises develop our mental health

★ They play an important role in our life

★ Mental health is important to us as well as physical health

★ Sports & Exercises help us to develop mental health by:-



It helps to reduce stress levels



Teaches you important life lessons



Gives you a sense of achievement



Helps to improve your sleep



Gives you a creativity boost



Improves cognitive functioning



You get the chance to interact with others



It can boost your mood

... STAY SAFE ...

... STAY FIT ...

Amber Kaye
02 6-6

STAY STRONG

MAKE IT WORK

HOLD ON LET GO

EXPECT LESS CARE MORE
EVERYONE

DOES THE BEST
THEY CAN

PRACTICE KINDNESS

DO WHAT YOU CAN

BAD HAPPENS

GOOD HAPPENS

CHANGE HAPPENS

FEELINGS COME FEELINGS GO

NOW IS NOT FOREVER

REMEMBER WHAT MATTERS

FORGIVE

WAIT

STAR

CREATIVITY

HOPE

LOVE

DOTS

ACT

CHERISH THE GOOD
NOW & STAND

Awareness on Mental Health

BE KIND TO
OTHERS
AND
YOURSELF

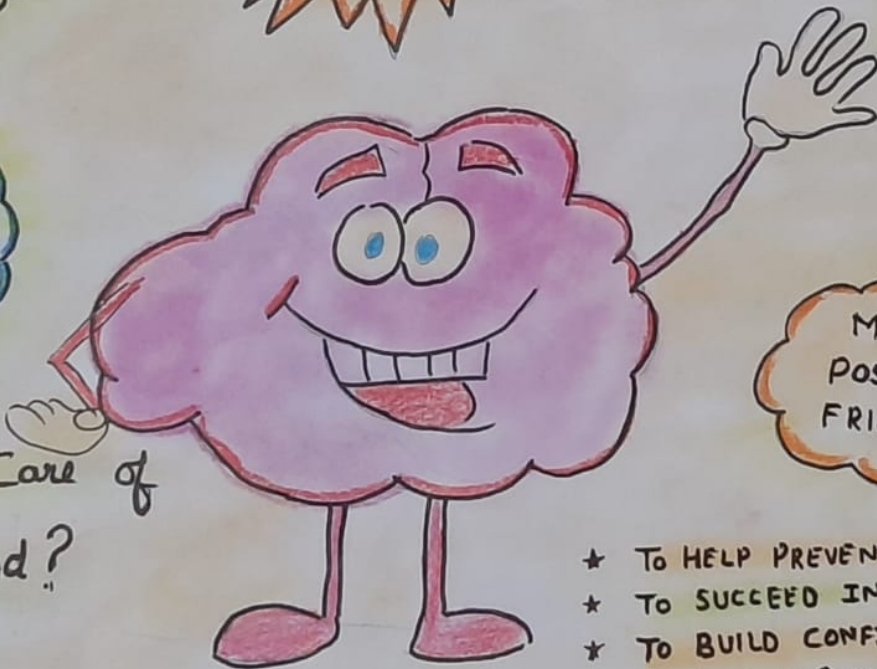
TARE CARE
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EAT
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GET
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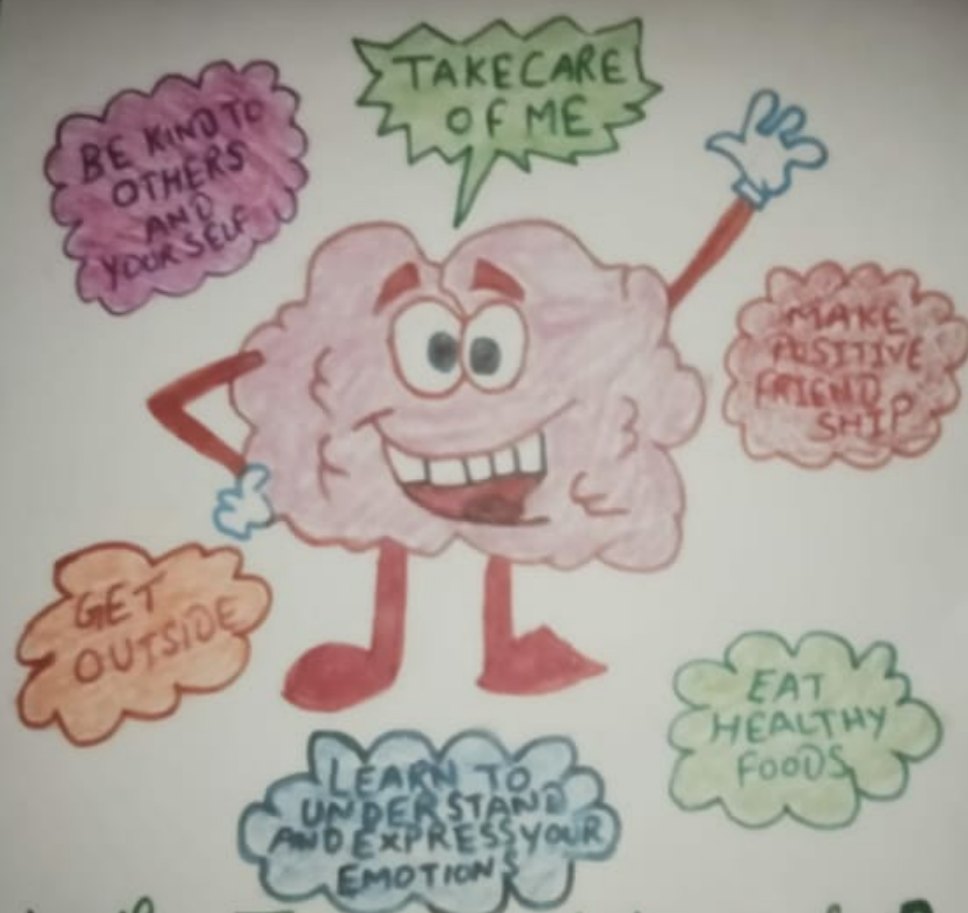
MAKE
POSITIVE
FRIENDSHIPS

Why take Care of
Your mind?



- ★ TO HELP PREVENT MENTAL ILLNESS.
- ★ TO SUCCEED IN SCHOOL.
- ★ TO BUILD CONFIDENCE.
- ★ TO LIVE A POSITIVE AND HEALTHY LIFE.

Jasnoor Kaur
23
6-C



Why Take Care of your mind?

- ★ TO HELP PREVENT MENTAL ILLNESS.
- ★ TO SUCCEED IN SCHOOL.
- ★ TO BUILD CONFIDENCE.
- ★ TO LIVE A POSITIVE AND HEALTHY LIFE.
- ★ YOUR MENTAL HEALTH MATTERS.

WORLD MENTAL HEALTH



MENTAL HEALTH IS NOT A
DESTINATION, BUT A
PROCESS. IT'S ABOUT
HOW YOU DRIVE,
NOT WHERE
YOU'RE GOING.

A healthy mind,
is the greatest
treasure to find.



Name: Mahesh
Class: 8th C
Roll no: 15

A healthy mind,
is the greatest treasure
to find.



Your mental health
is a Priority. Your
happiness is an
essential. Your
Self-care is a
necessity.



Harmehar Singh
VI-C
14

CREATING AWARENESS ABOUT MENTAL HEALTH

BE KIND
TO OTHERS
AND
YOURSELF

TAKE CARE
OF
ME!

GET
OUTSIDE

EAT
HEALTHY
FOOD

LEARN TO
EXPRESS
AND UNDER
STAND.

MAKE
POSITIVE
FRIENDSHIPS



WHY TAKE CARE OF YOUR MINDS?

- ★ To help prevent mental illness.
- ★ To succeed in school.
- ★ To build confidence.
- ★ To live a positive and healthy life.



LIFE IS A TRAGEDY WHEN
SEEN IN CLOSE-UP BUT A
COMEDY IN LONG-SHOT

JASPREET SINGH
VIth
24

A healthy mind,
is the greatest
treasure to find.



Name: Harroop
Class: XI C
Roll no: 15

IT'S O.KAY TO
ASK FOR HELP
YOU DON'T FIGHT YOUR
BATTLE ALONE TALK US

MENTAL
HEALTH
AWARENESS
WEEK

EVER WONDER WHY PEOPLE
LIVING WITH MENTAL
ILLNESS SUFFER
IN SILENCE?



ARSHPREET SINGH
29
J-N SATNAM SINGH
6th C



IT'S OKAY TO
ASK FOR HELP
You DON'T FIGHT YOUR
BATTLE ALONE

MENTAL
HEALTH
AWARENESS
WEEK

EVER WONDER WHY SOME
PEOPLE WITH MENTAL
ILLNESS SUFFER
IN SILENCE?



DON'T STOP AT THE
GATE
AT THE GATE
Etc

MENTAL HEALTH



A healthy mind
is the
Greatest
Treasure to
find

Piyush Sharma
6/c

Roll No- 31

Jshkeerat Kaur
19, 6A



- * Mental Health is preserved wealth.
- * Peace of mind allows positive mental health.
- * Mental illness is not a personal failure.
- * Say yes to positivity say yes to freedom.
- * A healthy mind signifies a healthy body
- * Doing good for others does you good. Take time to care for others to improve both your & their mental health.
- * We are all different. Accept & be proud of who you are rather than wishing you were more like someone else (iv)



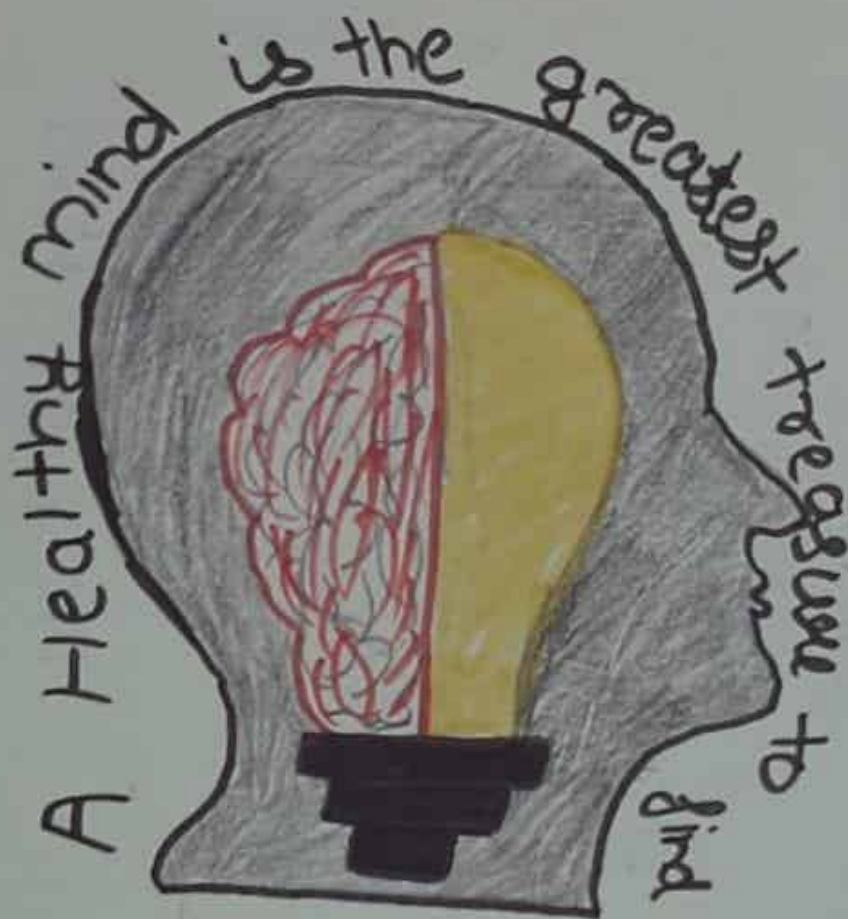
BE KIND TO YOUR MIND

HARMANPREET
SINGH
II A
Roll No. 23

SLOGAN OF AWARENESS AND MENTAL HEALTH



1. A HEALTHY MIND IS THE GREAT
EST TREASURE TO FIND.
2. PAIN IS REAL BUT SO IS HOPE.
3. HEALTH CARE IS A RIGHT NOT
A PRIVILEGE.
4. YOUR ILLNESS DOES NOT DEFIN
E YOU. YOUR STRENGTH AND
COURAGE DOES.



- Peace of mind allows positive mental health.
- A Healthy mind signifies a healthy body.
- To be healthy As a whole Mental Wellnes plays a Role.

Jashanjot.K
VA
20

Mental health is not a
destination, but a
process. It's about how
you drive, not where
you're going

- Jai
Lamba
- VIth A
- 04

Your illness
does not define
you. Your
strength and
courage
does..

To be healthy
As a whole.
Mental Wellness
Plays A Role..

Vanshpreet
Singh
(15) (VI-A)