



Let's
talk:

A common language for Emotional
Wellbeing and Mental Health

Helpful language

“ Even though we are all **unique**, everyone has **mental health** and we all feel stress sometimes. Sometimes we can feel **overwhelmed** and become **distressed**. This is normal, especially when we are growing up. Sometimes taking **control helps us to feel safe**, or maybe we need to **seek a connection** from someone else. Either way, it is important that we **regulate** our **emotions** and remember that our feelings are **valid and understandable**. ”

**Mental health is just as important
as our physical health.**

**If you, or someone you know needs advice
or support, help is available.**

ChatHealth: essexfamilywellbeing.co.uk/chat-health
Childline: 0800 1111
Every Family Matters: essex.gov.uk/staying-well
Kooth: kooth.com
Papyrus – text: 07860 039967
Samaritans – text: 116 123
AFC – text: 85258



Essex County Council