

What is mental health?



Mental health is our emotional, psychological, and social well-being.



Emotional wellbeing is how we feel inside.



Psychological wellbeing is about how our minds work, day to day.



Social wellbeing is about how you connect to and communicate with people around you.



Our Mental Health affects how we feel, what we think and the things that we do.



It also helps control whether we feel stressed or not.





Good Mental Health helps us make healthy choices and relate better to others.

Relating to others is about how well we can understand and share with other people.



To keep up good mental health, you need to know and understand what makes you feel good.



What is emotional wellbeing?

Emotional wellbeing is how well someone can manage and accept their feelings.

Accepting your feelings means you understand that it is normal to have difficult feelings sometimes.



Someone with good emotional wellbeing can cope with challenges in life. These challenges can be good or bad.



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