



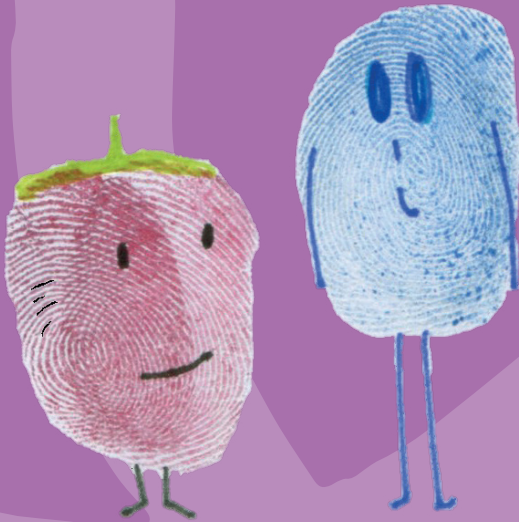
**Anna Freud**  
National Centre for  
Children and Families



# We're talking mental health in our school

We are:

- ★ watching the Talking Mental Health animation
- ★ learning what our mental health is
- ★ learning how to talk about mental health
- ★ learning how to be good listeners



Find out more: [www.annafreud.org](http://www.annafreud.org)

Our Patron: **Her Royal Highness The Duchess of Cambridge**

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