

Talking Mental Health Animation Script

YOUNG NARRATORS

This film is about mental health
Talking about it and listening to others.

1. MENTAL HEALTH

YOUNG NARRATORS

Mental health is about our feelings, our thinking, our emotions and our moods. Everybody knows how to look after physical health but looking after our mental health is just as important, because you can't see it, you need to talk about it.

TEACHER (MISS EVELYN)

"Good morning Afia"

"Good morning Miss"

"Good morning Kai"

"Good morning Miss"

"Good morning Jack"

"Good morning Miss"

"Good morning Alex"

"Good morning Miss"

"Good morning Sid"

"Good morning Miss"

"Good morning Sophie"

"Good morning Miss"

"Good morning Jay"

"Good morning Miss"

YOUNG NARRATOR

This film is all about Jay and us, we're her friends. We're all 10 or 11 years old, all in the same school, live in the same area, but we're all very different to each other.

TEACHER

We all have different feelings every day, they come and go.

YOUNG NARRATORS

We can feel excited, silly, angry, nervous, grumpy, confused, lonely, happy, confident.

TEACHER

There are small feelings that we all have every day.
What can we do when small feelings are bothering us?

VOICES OF CLASS

I like KFC, or I like going in the bath.

I would probably write it down, you feel it's out of you and on the paper.

I usually read a book so I can just escape into the book and my worries are behind me.
When I feel stressed I usually just turn the shower on and sing in the shower.
Just like sit down and play on my favourite video game really.
You could count, until you don't feel stressed.

TEACHER

Sometimes we can have big feelings and they don't go away.
Big feelings can affect our mental health.

YOUNG NARRATORS

Big feelings can stop us getting on with our lives.
They can change how well we feel...
how we behave...
how we see the world...
and how we get on with other people.

Some of Jay's feelings stayed too long and they got too big for her to manage on her own.

FRIEND

What's wrong with Jay, she's usually mature and good at getting her work done.

TEACHER

How are big feelings affecting Jay?

JAY

Am I in the jungle, am I in the sea, my head is going crazy will you come and save me?

My tummy hurts, I can't get to sleep at night, I can't concentrate at school. It feels like I have a volcano inside me, getting hotter and hotter.

2. TALKING

TEACHER

Sometimes it might help to talk to someone about our feelings.
But it can be hard to find the right person.

FRIEND 1

Do you think your mum might know something's wrong?

JAY

My mum has her own problems. She's not very well, I've been looking after her.

FRIEND 2

What about telling Miss Evelyn?

JAY

She's always busy.

FRIEND 3

What about your sister?

JAY

I wanted to talk to her but how could I say it?

TEACHER

Sometimes it can be difficult to know what to say.

VOICES OF CLASS

Can I talk to you?

I've been having a really hard time lately.

Please help me, I'm really struggling.

3. LISTENING**TEACHER**

If someone wants to tell you something, how could you be a good listener?

VOICES OF CLASS

If you're listening to someone, you could lean forward, or sit side by side.

Make them feel comfortable

Always listen to them

Give them your time and attention.

If you're a friend, you might not know what you can do, but you can help the person find an adult who can help.

TEACHER

Let's see how Jay got on.

SWIMMING CLUB FRIEND

Hi, I'm Jack. I don't go to school with Jay but I go to swimming with Jay. It was me she decided to talk to and I was worried about her. I told our coach because I thought she'd know the best thing to do.

JAY

I can see now that my problems were too big for me to deal with on my own. Other people have ideas and experience. There are lots of choices, I just had to think it through. Talking to someone didn't magic all the bad things away, but it did start to help me to change things and it was good not to feel I was on my own. I'm 11 years old, and I realised that if I wanted things to get better, I just needed a bit of help.

YOUNG NARRATORS

If your feelings are getting too big to cope with on your own talking to someone you trust might really help.

END