



Mental health matters

AWARENESS • EVERYDAY CARE • SUPPORT

Mental health shapes how we think, feel and respond. Looking after it is part of looking after yourself - and asking for support is a strength.



UNDERSTANDING WELLBEING

What is mental health?

Mental health includes our emotional, psychological and social wellbeing. It affects how we think, feel and act.

WHY IT MATTERS

Mental health supports daily life

Good mental health helps us manage stress, connect with others and make healthy choices.

PRACTICAL IDEAS

Your everyday wellbeing toolkit

Small, repeatable actions can protect your energy and help you reset.



Pause and reset

01

Take regular breaks. Try deep breathing, meditation, yoga or gentle stretching.



Move and restore

02

Build activity into your routine. A short walk during a break or after school counts.



Protect your boundaries

03

Set realistic priorities. Separate work from personal time and avoid taking work home where possible.



Stay connected

04

Build a support network. Share how you feel with trusted colleagues, friends or family.



WHEN SELF-CARE IS NOT ENOUGH

Asking for help is a strength.

If you feel overwhelmed or are struggling with your mental health, consider speaking to a counsellor or mental-health professional. Reaching out early can make a difference.

REMEMBER

Self-care is valuable, but it is not a substitute for professional support.

You do not have to face this alone.

If you are feeling overwhelmed or struggling, speak to a UTU representative. We are here to support you.

