



Government of the Republic of Trinidad and Tobago  
Office of the Prime Minister (Gender and Child Affairs)

unicef  
for every child

# MENTAL HEALTH & WELLNESS WORKBOOK





Government of the Republic of Trinidad and Tobago

**OFFICE OF THE PRIME MINISTER  
(Gender and Child Affairs)**



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3. Stand a chance to **WIN** prizes.

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## What is Mental Health?

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

## Why should we be concerned about mental health?

It:

- affects how we think, feel, and act as we cope with life.
- helps determine how we handle stress, relate to others, and make choices.

Mental health is important at every stage of life, from childhood and adolescence through adulthood.\*

## Have you felt worried, sad or stressed recently?

YES [ ] NO [ ]

If yes, here are 4 tips that can help you to deal with stress :

- Identify what makes you feel stressed or worried and plan for it in advance.
- Avoid things that make you feel stressed. These can include news, screen time and social media or anything or anyone that makes you feel worried.
- Give yourself positive self-talks such as “**Things will get better.**” “**I will get through this.**”
- Engage in fun, creative activities that relax you, e.g.: play, music, art, dance, singing, exercise, etc.



The tip I will try is:

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**Need more help? Contact the Ministry of Health at (868) 285-9126 ext. 2573 or visit the Mental Health Services Directory at: [www.health.gov.tt/sitepages/default.aspx?id=230](http://www.health.gov.tt/sitepages/default.aspx?id=230) to find support in your area.**

\* MedlinePlus, National Library of Medicine.

## Have you been coping well with school work recently?

YES [ ] NO [ ]

We all have problems coping sometimes. Here are 4 tips that can help:

- Talk to a parent/guardian or trusted adult if you feel overwhelmed with school.
- Ask some of your friends what they are doing to cope well with school.
- Keep a healthy and regular school routine e.g.: sleep early, eat healthily and play happily.
- Develop a school support plan with your parent, teacher and Student Support Services.



The tip I will try is:



**Need more help? Contact Student Support Services at <https://bit.ly/2U2qkfr> to talk to someone that can help you with your feelings, emotions, academic performance, and other needs.**

Do you have a trusted adult that you can talk to if you feel unhappy?

YES [ ] NO [ ]



We all need someone to share our challenges with sometimes. Find a **T.E.A.M.**:

**T**rustful Adult: Chat with a trusted adult, e.g. parent, guardian, teacher, principal, etc.

**E**xplore Professionals: Talk to a mental health professional that can give you support.

**A**sk Family: Chat with a close adult relative such as an aunt, uncle or grandparent.

**M**entors: Ask your parent or guardian to help you find a mentor to guide you.



The tip I will try is:

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Need more help? Connect with ChildLine in 3 ways: 1) Dial 131 or 800-4321 to talk to someone. 2) Visit: [www.childlinett.org](http://www.childlinett.org) to chat live with someone. 3) Download the “My ChildLine” app where you can record your feelings in a diary, play a calming game with ChildLine or a friend, or chat with someone who can help you.

Identify 3 trusted persons that you can talk to if you feel unhappy. List their names below:

1.

2.

3.

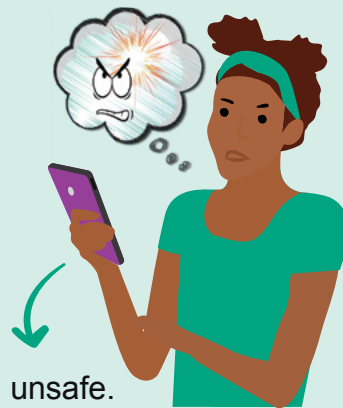


## Do you feel afraid or unsafe at home?

YES [ ] NO [ ]

We all need someone to share our concerns with. Here are 4 tips:

- Share your concerns with your parent, guardian or a trusted adult.
- Develop a safety plan with your parent, guardian or a trusted adult if you feel unsafe.
- Learn and save emergency contact numbers: **Children's Authority: 996 and Police: 999**
- Remind yourself that **NO ONE should make you feel unsafe or afraid**. It is your right.



**My Action**

The tip I will try is:

This image shows a single sheet of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

**Need more help? Contact the Children's Authority at: 996 or 800-2014 if you are experiencing abuse (physical, sexual or emotional) or neglect. Also visit [www.ttchildren.org](http://www.ttchildren.org) for more information.**

# ACTIVITIES TO PROMOTE GOOD MENTAL HEALTH



## The Mental Fitness Challenge!

Exercising (dancing, running, playing, etc.) releases happy hormones called endorphins which make you feel better.

### Exercise for at least 1 hour daily.

Try each activity and fill in the blanks below:

1. I can do \_\_\_\_\_ pushups without stopping (eg:10)
2. I can do \_\_\_\_\_ jumping jacks without stopping
3. I can run for \_\_\_\_\_ minutes without stopping
4. This week I will exercise \_\_\_\_\_ times a week for \_\_\_\_\_ minutes/hours



## Breathing to Feel Calm!

Try Me:

### 5-5-5 Calm Breathing Technique

Breathe in (5 seconds),  
Breathe out (5 seconds),  
Wait (5 seconds),  
Repeat!



## Mindfulness Travel

Close your eyes. → Picture your favourite place. → What are you seeing? → What are you hearing? → What are your hands touching? → What are you smelling?

Stay calm and keep your mind there without any other thoughts for 2 minutes, and draw what you imagined on the next page.

Draw the image you imagined in the space below:



The World Health Organization says that half of all mental health challenges start by age 14.

Reach out to ChildLine at 131 if you need help!







## Mental Health & Child Rights Cryptogram



Did you know that the UN Convention on the Rights of the Child was also developed to protect your mental health?  
Did you know that self-care is any activity that we choose to benefit our mental, emotional, social and physical health?  
Solve the puzzle to learn more on your rights and make one self-care promise for each.  
(View the answers upside down below).

<p>I have the right to be protected from harmful work.</p> <p>* ♥ ♦ ♦ * ★ ♦ ★ ♦ ★ ♥ ■ ★</p> <p>My Self care promise:</p> <p>E.g.: I promise to eat my fruits and vegetables regularly</p>
<p>I have the right to good health care.</p> <p>* ♥ ♦ ♦ * ★ ★★ ♦ ♥ ♥ ♦</p> <p>Self-care promise:</p>
<p>I have the right to share my views, opinions and thoughts in a respectful way.</p> <p>* ♥ ♦ ♦ * ★ ♥ ♦ * ♦ ★ * * * ♥ ♥ ★ ■ * ♥ ♦ ♦ ♥ ♦ ♥ ♥</p> <p>My Self care promise:</p>
<p>I have the right to play, rest and participate in culture and arts.</p> <p>* ♥ ♦ ♦ * ★ ♥ ♦ ♥ ♥ ♥ * * ♥ ♦ * ■ ■ ♦ ♥ ♥</p> <p>My Self care promise:</p>
<p>My family and friends should help do things in my best interest.</p> <p>♥ * ♥ * ♦ ★ ■ ♦ ★ * * * ♦ * ♦ ♦ ♦</p> <p>My Self care promise:</p>

a) I have the right to be protected from harmful work.  
b) I have the right to good health care.  
c) I have the right to share my view, opinions and thoughts in a respectable way.  
d) I have the right to play, rest and participate in culture and arts.  
e) My family and friends should help do things in my best interest.

**Try drawing, singing, dancing, playing games or writing a poem or words to express how you feel.**

**You are AMAZING. Go through the “A-MAZE-ING Maze” to find positive words to encourage yourself:**

# I AM A-MAZE-ING...



# MENTAL HEALTH WORD SEARCH PUZZLE

E P D O E V E R Y W Z L R I R  
 C S S O C I A L E E A I H N S  
 N Y Q L O E I L P N J F E C D  
 E C M E S H L T O C S E A L E  
 C H A E T B T I C H T S L U T  
 S O K F E N T L H I A E T D E  
 E L E I F O A E U L G C H E R  
 L O N T M E L T S D E I A S M  
 O G T E A P C R R H A O N T I  
 D I H K S L E T A O O H D R N  
 A C I M G H E C S O P C L E E  
 Q A N E T U T R V D R M E S F  
 S L K O F M L A T N E M I S P

MENTAL  
 HEALTH  
 INCLUDES  
 EMOTIONAL  
 PSYCHOLOGICAL  
 SOCIAL  
 WELL-BEING

AFFECTS  
 THINK  
 FEEL  
 ACT  
 COPE  
 LIFE  
 HELPS

DETERMINE  
 HANDLE  
 STRESS  
 RELATE  
 OTHERS  
 MAKE  
 CHOICES

IMPORTANT  
 EVERY  
 STAGE  
 CHILDHOOD  
 ADOLESCENCE  
 ADULTHOOD

Source: MedlinePlus, National Library of Medicine.  
 Courtesy of [wordsearchrus.com](http://wordsearchrus.com)

## Visit the Child Zone for More Topics & Resources

[www.opm-gca.gov.tt/childzone](http://www.opm-gca.gov.tt/childzone)



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COVID-19



CHILD ABUSE



CHILD RIGHTS



HIV + AIDS



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CHILDREN  
AT RISK



SUBSTANCE  
ABUSE



DISABILITIES



CHILD LABOUR



RECURSOS  
EN ESPAÑOL



PARENT  
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This workbook was created in collaboration with the following agencies. Follow us on social media for more helpful updates and information!



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The Ministry of Health @minhealthtt | ChildLine @childline\_tt | The Child Rights Ambassadors @childrightsambassadors

U-Report TT @ureportandt

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An electronic version of this workbook can be found on the website of The Office of the Prime Minister (Gender & Child Affairs)

[www.opm-gca.gov.tt/childzone](http://www.opm-gca.gov.tt/childzone)