

Wear Green
for Mental
Health
Awareness Day



Why Green?

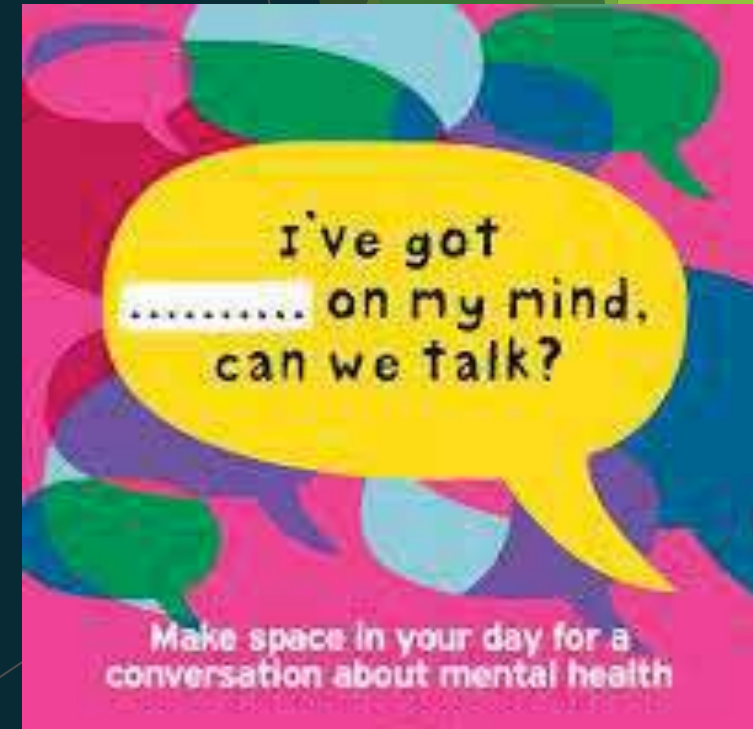
- ▶ Green is colour of nature- Growth and renewal.
- ▶ Green stands for life, healing, and fresh starts
- ▶ Allah SWT has given us nature... Green helps our mind find peace.
- ▶ The colour of the dome at Masjid- Nabawi and other masajids
- ▶ Today is about showing we care
- ▶ We're open to talking, and no one is alone.





What wearing green means

- ▶ “It’s okay to talk about mental health.”
- ▶ “No one should feel ashamed for needing support.”



What is Mental Health

- ▶ How we think, feel, and cope day to day
- ▶ Just like physical health, we all have it—and it needs looking after
- ▶ Mental health can go up and down, and that's normal
- ▶ We don't choose our mental health struggles. That's why it's so important to treat others with kindness and understanding.

Where do these feelings come from?



Why does mental health matter?

- ▶ Affects how you learn, focus, sleep, and feel
- ▶ Your confidence and how you relate to others
- ▶ 1 in 6 young people experience a mental health problem each week
- ▶ Talking early can prevent small issues from growing bigger

The ICEBERG: What is on the surface... what's happening below?



What's behind the smile?

You never truly know what someone else is going through, even if they look fine on the outside.



“What you see isn't always the full story. People might be struggling underneath. That's why kindness and understanding matter.”

Words and actions matter

- ▶ Words and actions carry weight, often more than we realise. A careless comment or cruel joke can stay with someone long after you've forgotten it.
- ▶ If I asked everyone in this room to write down the name of someone who's caused them pain, can you be completely sure your name wouldn't appear?
- ▶ That question isn't meant to shame—it's meant to make us reflect.



What Can You Do?

- ▶ Every student can support their own and others' mental health:
- ▶ Check in with friends—ask “How are you really?”
- ▶ Listen without judging—don't try to fix it, just be there
- ▶ Talk to someone if you're struggling—friend, teacher, counselor
- ▶ Take care of yourself: sleep, movement, hobbies, time offline
- ▶ Notice your emotions—it's okay to not feel okay

- ▶ We all have the power to lift others up or pull them down. Choose to be someone who makes others feel safe, heard, and valued.

Sticks and stones may break my bones,
But words can also hurt me.
Sticks and stones break only skin,
while words are ghosts that haunt me.
Pain from words has left its scar
on mind and heart that's tender.
cuts and bruises now have healed,
it's words that I remember.



How will you change today?

- ▶ Wearing green shows you care—but living green means you're ready to listen, to talk, and to support.
- ▶ You never know what someone's carrying beneath the surface. Be kind, speak up, and look after your mind.

Think, reflect, and be the change someone else might need today.

...For tomorrow, it maybe you that needs help.

“You don’t need to see a broken bone to know someone is hurting. Mental health is just as real.”

**“..WE WOULD NEVER TELL
SOMEONE WITH A BROKEN
LEG THAT THEY SHOULD
STOP WALLOWING AND GET
IT TOGETHER.**



**.. WE SHOULDN'T
TREAT MENTAL
HEALTH CONDITIONS
ANY DIFFERENTLY..”**



-Michelle Obama



MENTAL HEALTH MATCH

Duaa

Oh Allah, I ask you for wellbeing in this world and the hereafter

Oh Allah, protect me and my family from all types of illnesses and hardships.

Grant me the understanding to recognise that my actions and words have an impact.

Guide me to be kind and supportive

Never let me be the cause of another's pain or heartache.

Ameen