

Year 6

Mental Health

Key Vocabulary

Stigma	A mark of disgrace associated with a certain occurrence.
Anxiety	A feeling of unease such as distress and worry.
Denial	A statement that something is not true.
Bereavement	The experience of losing someone close to us.
Coping Strategies	Behavioural and cognitive strategies to cope with surroundings and our environment.
Authority	The power or right to give orders or make decisions.
Assertive	Having or showing a confident and forceful personality.

