





Children's Mental Health Week and Beyond!



Mental health is important for everyone!

During Children's Mental Health Week (May 5-11) and throughout the month of May, Durham Region Health Department would like to share the following strategies and helpful resources to support your school community focus on positive mental health and well-being. We encourage you to share your school well-being goals with your public health nurse so that we can customize any of these approaches for your school.

- Presentations/discussions for educators and parents (eg. stress management, mental health)
- Talking About Mental Illness (TAMI): Public health nurse support after TAMI sessions to create a whole school approach (for participating schools and school boards)
- Puzzle box interactive activities (train the trainer opportunities for student engagement)
- Student engagement and leadership groups for your school
- Messaging for announcements, school newsletters and activities in the school that promote mental health (see attached samples).
- Ideas for promoting mental health throughout your school and classroom
- Check out our website at www.durham.ca/mentalhealth
- We invite you to engage on our social media sites

 [facebook.com/durhamregionhealth](https://www.facebook.com/durhamregionhealth)  [instagram/durhamregionhealth](https://www.instagram.com/durhamregionhealth)  twitter.com/durhamhealth  [youtube.com/durhamhealth](https://www.youtube.com/durhamhealth) and participate in our #Say Hi in Durham campaign during the month of May.

To access these resources and more, contact your public health nurse at:
<https://www.durham.ca/en/health-and-wellness/resources/Documents/SchoolHealth/PHNSchoolAssignments.pdf>