

Mental Health Memo

Together We Are Resilient



Mental health is everyone's business, and we all have a role to play. As a parent, guardian, caregiver, or family member, you have a particularly special role in supporting child and youth mental health. Naturally, this begins with supporting your own child(ren) and young family members, to help them to grow into mentally healthy and resilient adults. Understanding the sorts of skills that help to support good mental health in an ongoing way, and how best to reinforce these skills as part of regular family life, can also help to start and keep young people on a good path.

Did you know? School Mental Health Ontario has a comprehensive school mental health action plan for a mentally healthy back to school which includes practical, evidence-based resources to help both school staff and you to promote and protect the mental of your child/youth. Click on the link to learn more:

<https://smho-smso.ca/back-to-school/>

As a parent, guardian, caregiver, or other family member, sometimes the most important thing you can do is to "be there" ... walking alongside as your child learns and grows, stumbles, and gets back up again. Inspiring hope and modeling resilience.

With this in mind, School Mental Health Ontario joined with some students to share a message:

<https://www.youtube.com/watch?v=1j7Os5hupG4>



For more information, please contact the RRDSB Mental Health Leader: tracey.idle@rrdsb.com