

MENTAL HEALTH MEMO: FAMILIES HAVE A SPECIAL ROLE IN SUPPORTING CHILD & YOUTH MENTAL HEALTH

We all want our children to feel mentally well, grow up happy and to learn how to navigate life's challenges, but it's not always easy to know what to do. Sometimes, in spite of our best efforts, children and youth will struggle with their emotions, thoughts, or behaviours. Knowing the signs of difficulty and getting help early can make all the difference.

Every school within the Rainy River District School Board has a dedicated Mental Health Clinician. According to the 2018-2019 RRDSB School Climate Survey, however, only 40% of students reported that they would ask for help and 60% reported knowing who to get help from at school for a mental health or emotional problem.

School Mental Health Ontario (SMHO) have identified the role parents and family can play in supporting child and youth mental health:

- Support social-emotional skill development and overall well-being.
- Know the signs of mental health problems.
- Help your child to access support if you think professional help is needed.
- Be there for your child through the ups and downs of life.
- Take care of your own mental health and model good self-care!

To learn more about how Ontario's schools are supporting student mental health and to access resources go to:

<https://smho-smso.ca/parents-and-families/>

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

