

MENTAL HEALTH MATTERS

Taking care of our mental health is important – for kids and adults! Here's some information about mental health and how you can support your child's mental wellbeing.

MENTAL HEALTH VS. MENTAL ILLNESS

These two terms are often used to describe the same thing, but they actually have different meanings.

MENTAL HEALTH

- The state of your mental and emotional wellbeing
- How well you are able to handle the demands and challenges of life, your relationships with others, and your view of yourself.

MENTAL ILLNESS

- According to the National Alliance Of Mental Illness, mental illness is a condition that affects a person's thinking, feeling or mood.
- Mental illnesses can vary and may or not affect a persons' functioning.

HOW KIDS CAN IMPROVE MENTAL HEALTH

- Spend time in nature
- Spend time with loved ones
- Do an activity they enjoy
- Exercise
- Do something to help someone
- Get enough sleep
- Try something new
- Limit time spent on technology

HOW YOU CAN HELP

- Listen to your child – to the big things and the small things
- Do something together that your child enjoys
- Set and enforce boundaries around technology
- Give your child meaningful praise
- Don't be afraid to seek professional help

WARNING SIGNS TO LOOK FOR:

- Sudden changes in weight or appetite
- Complaints of stomachache
- Changes in sleeping habits
- Becoming more isolated
- Difficulty concentrating

