

Mind your health

Mental health is an important part of our overall health. It influences how we think, what we feel, and how we behave. Our mental health can greatly impact our relationships, self-esteem, and ability to learn new things. Mental health challenges can happen to anyone, at any age, and in any situation.

Did you know: 1 in 5 students experience mental health challenges?

This is why it is so important to talk to your children about mental health and learn how to recognize the signs of when they might be struggling.

Possible signs of poor mental health:

- Avoiding friends and family
- Rebelling against authority
- Losing interest in activities they once enjoyed
- Frequent mood swings
- Significant drop in school marks

How parents can support their child's mental well-being:

- Encourage children to talk about their feelings
- Respect their feelings and emotions
- Stay positive and avoid being judgmental
- Take children to their family doctor to explore concerns

Your child can speak over the phone or chat online with a counselor from Kids Help Phone at 1-800-668-6868 or kidshelpphone.ca

For more information visit [Grand Erie Public Health's website](http://GrandEriePublicHealth.ca).

