

Healthy Schools Communications Resources

Topic: Mental Health

Dear School Administrator, please find below some basic messaging you are invited to use to promote the abovementioned topic among students, parents, and the general school community. Included are:

- Morning announcements
- Newsletter inserts
- Social media messages

Please choose messaging as appropriate for your school community. You can find images and graphics to support this messaging at hpePublicHealth.ca/newsletters-and-social-media.

If you have any questions, please do not hesitate to reach out to your Healthy Schools contact at HPEPH.

-HPEPH Healthy Schools Team

Morning Announcement Message	Audience
Mental Health Matters! Here's your message for the day – Did you know that mental health is important to all of us? When you have good mental health, you feel happy and positive, you do well in school, you have healthy relationships with family and friends, you can manage your feelings like being sad, worrying, or angry, and you can bounce back from a tough time. What does good mental health mean to you?	Elementary
Mental Health Matters! Here's your message for the day – Everyone has bad days or feels stressed sometimes. Not all stress is bad. Small amounts of stress can make you feel energized and help you get things done like school work or chores around the house. Stress isn't good for us when there is too much, or when it lasts for a long time. Learn more about stress and how you can handle it.	Elementary

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<p>Mental Health Matters! Here's your message for the day – Want an easy stress buster? Get active! Physical activity releases 'feel good' chemicals in the brain, which can decrease stress, help you sleep better, focus your mind, and boost your self-esteem. Try yoga, walking, or other sports you enjoy. Get out and enjoy nature too!</p>	<p>Elementary</p>
<p>Mental Health Matters! Here's your message for the day – It's important to take care of yourself! Did you know the amount of sleep that you should be getting and why it's important for your mental health? Kids 5-13 years old should be getting 8-10 hours each night. Lack of sleep is linked to feelings of sadness. To help improve your sleep, stay off screens for at least 30 minutes before bedtime, keep the lights low, and go to bed at the same time every night.</p>	<p>Elementary</p>
<p>Mental Health Matters! Here's your message for the day - It's okay to not be okay sometimes. We all get overwhelmed by how we feel or when things go wrong. Let parents or other adults you trust know how you're feeling. It can feel good to talk about it and they may have ideas that can help you to solve a problem or handle the feelings.</p>	<p>Elementary</p>
<p></p>	<p></p>
<p>A Mental Health message for the day – Did you know that being mentally healthy is more than just about your feelings? It means being able to cope with stresses that might come your way, being productive, and giving something back to the community. It's the ability that each of us has to think, feel and act so we can enjoy life. What does mental health mean to you? Start a conversation!</p>	<p>Secondary</p>
<p>A Mental Health message for the day – Everyone has bad days or feels stressed sometimes. It's not just you. It's normal to feel low, stressed, or anxious when we experience conflict, disappointment, or challenges. Some common causes of stress for students are family, friends, dating, school, hobbies, work, and world issues. Is there something causing you stress? Talk it over with someone you trust.</p>	<p>Secondary</p>
<p>A Mental Health message for the day – Not all stress is bad. It can make you feel energized and alert, confident, and help you get things done. Can you think of a time when feeling stressed helped you? Maybe to get that assignment done, take the test, or do that presentation? Stress becomes hard on our bodies and our mental health when there is too much of it, it lasts for a long time, and if we chose unhealthy ways to cope with it. Take time to learn more about stress.</p>	<p>Secondary</p>

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<p>A Mental Health message for the day – When was the last time you paid attention to your mental health? Just like our physical health, we need to look after our mental health. This is called self-care. Getting enough sleep, eating well, reducing screen time, and being active are everyday things you can do to take care of yourself.</p>	
<p>A Mental Health message for the day – What’s one of the best things you can do for your mental health? Sleep, sleep and more sleep! Did you know that the recommended length of sleep time for teens is 9 hours? Teens often have a lot of demands on their time, and it can sometimes be difficult to get a full 9 hours. Lack of sleep is linked to emotional challenges, such as feelings of sadness and depression. There are many tips to getting a good night’s sleep. To improve your night time sleep, avoid napping during the day, and try shutting off devices 30 minutes before bedtime, keeping the lights low, and avoiding stimulants like caffeine and nicotine. Are you getting your 9?</p>	Secondary
<p>A Mental Health message for the day - It’s okay to not be okay sometimes. We all get overwhelmed by how we feel or when things go wrong. If things are getting too much for you and you feel you can’t cope, ask for help. Talk to a trusted friend, adult, parent, teachers, social worker, or guidance counsellor.</p>	Secondary

Newsletter/Email Inserts	Audience
<p>Ready to use inserts “Child Mental Health...It Matters!”</p>	Elementary - Parents
<p>Child Mental Health...It Matters! Mental Health is important to all of us As parents and guardians, you can support your child’s mental health by:</p> <ul style="list-style-type: none"> • Taking care of yourself! • Building a warm and loving relationship. • Talking about emotions and positive ways to cope with stress. • Providing a healthy, less stressful home environment. • Noticing if your child is struggling with their emotions, thoughts, or behaviours and getting help early. 	Elementary - Parents
<p>Child Mental Health...It Matters! Helping your child with emotions It’s normal for children to experience different emotions. You can help your child by:</p> <ul style="list-style-type: none"> • Talking with them. 	Elementary - Parents

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<ul style="list-style-type: none"> • Really listening to their thoughts and feelings. • Accepting their emotions. Everyone has their ups and downs. • Teaching them about emotions, how to recognize them, and how to name them. • Teaching them ways to solve problems and to cope with stress. • Being a positive role model. Take care of your own mental health and model good self-care. 	
<p>Child Mental Health...It Matters! Understanding kids and stress</p> <p>Stress is a normal part of life for everyone – even kids! Some stress can be good – it helps us to get things done. However, too much stress that lasts for a long time can be hard on our bodies and our mental health.</p> <p>Stress in kids can show up in many ways, like a stomach ache or a headache. Some might act differently like becoming quieter or eating too much or too little.</p> <p>Parents can help by:</p> <ul style="list-style-type: none"> • Showing you love them and talking openly about their feelings. • Encouraging children to try calming activities like deep breathing or doing something active. • Being a good role model by using your own positive coping activities. • Talking with a teacher or health care provider if the stress continues. <p>To learn more about kids and stress visit: https://ontario.cmha.ca/documents/understanding-and-finding-help-for-stress/</p>	<p>Elementary - Parents</p>
<p>Child Mental Health...It Matters! Helping your child handle stress</p> <p>You can help your child learn to handle stress. Coping strategies are unique to each person and can be very simple. Help them to find what works for them.</p> <p>Try:</p> <ul style="list-style-type: none"> • Getting outdoors and enjoying nature. • Getting active – go for walks, dance or play. • Practicing slow, deep breathing together. • Cooking and eating as a family. • Going to bed at the same time each night. • Having quiet time on your own. <p>To learn more about kids and stress visit: https://ontario.cmha.ca/documents/understanding-and-finding-help-for-stress/</p>	<p>Elementary - Parents</p>

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<p>Child Mental Health...It Matters! It's all about relationships Positive parent-child relationships are the number one way to support children's mental health. Take time every day to build a warm and loving relationship with them by:</p> <ul style="list-style-type: none"> • Connecting with them by spending time together. • Telling and showing them they are loved and matter to you. • Supporting them to be their best and helping them grow from setbacks. <p>For more tips on building a relationship with your child – from infants to teenagers – visit https://www.cbc.ca/parents/learning/view/parent-psychology-attachment</p>	<p>Elementary - Parents</p>
<p>Child Mental Health...It Matters! Providing a healthy and less stressful home A healthy home base is important for child mental health and well-being. You can take steps to provide a less stressful home by:</p> <ul style="list-style-type: none"> • Learning to manage your own stress so that you can better care for your family and role model positive coping strategies. • Creating predictable family routines and including time for physical activity, healthy eating, sleep, and relaxation. • Using positive parenting techniques that strengthen your relationship with your child and managing behaviour and emotions in a positive, non-hurtful way. <p>Learn more about positive parenting at https://hpepublichealth.ca/positive-parenting/ Learn more about healthy habits for kids at https://hpepublichealth.ca/10-5-2-1-0/</p>	<p>Elementary - Parents</p>
<p>Child Mental Health...It Matters! Kids may need additional support for their mental health Children have different moods, thoughts and behaviours all the time – this is a normal part of growing up. However, sometimes children will struggle a little more than usual and may need extra support for their mental health.</p> <p>How do you know if you should be concerned? You know your child best. Think about your relationship WITH your child...</p> <ul style="list-style-type: none"> • W <u>When</u> did the concern start? • I How <u>Intense</u> is the concern for my child? • T What is the <u>Timing</u> and how often does it happen? • H <u>How</u> is the concern impacting my child in their daily life? 	<p>Elementary - Parents</p>

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<p>Parents can help! Check out this tip sheet from School Mental Health Ontario https://smho-smso.ca/wp-content/uploads/2021/05/Tip-Sheet-How-Do-You-Know-If-You-Should-Be-Concerned.pdf</p>	
<p>Child Mental Health...It Matters! Parents: Take care of yourself! One of the most important things you can do to support your child’s mental health is to take care of yourself. This will give you the energy and strategies you need to be there for your family. Try to:</p> <ul style="list-style-type: none"> • Make time for yourself. • Get enough sleep, eat well and be active. • Stay connected with family and friends. • Practice relaxation activities or mindfulness. <p>For tips on personal resilience, visit School Mental Health Ontario https://smho-smso.ca/wp-content/uploads/2020/04/TipSheet-Personal-Resiliency-During-Covid19-ENG.pdf</p> <p>For more info, check out this self-regulation video by the City of Hamilton https://www.youtube.com/watch?v=xBfsqQ9nMmA</p>	<p>Elementary - Parents</p>

Social Media Messaging	Audience
<p>Back to school! Back to routines! Maintaining family routines helps children feel more secure. As you ease back into school days, do your best to keep regular routines including mealtimes, homework and bedtimes. https://bit.ly/2C59xCv</p>	<p>Parents (Elementary)</p>
<p>Is your child starting kindergarten? Starting school can be stressful for some children and parents. Help your child manage this stress by listening, responding, and connecting. Learn more in the booklet, Let’s go to Kindergarten! https://bit.ly/3i5wLLH</p>	<p>Parents (of Kindergarten students)</p>
<p>This school year, you can take steps to boost your family’s resilience. Wondering where to start? Try to include physical activity, healthy eating and good sleep into your family’s daily routine. Learn about the 10-5-2-1-0 recommendations.</p>	<p>Parents (Elementary)</p>
<p>How can you help a child or teen to thrive? It’s simple...just be a caring adult in their life. Spend time with them, listen to them, help them to solve problems. A strong bond</p>	<p>Parents (Elementary and Secondary)</p>

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with just one adult can boost a young person’s ability to be resilient. Learn more at https://bit.ly/37kLrhZ	
Is your child or teen experiencing lots of mixed emotions? Check in with them often, really listen, and offer your support. For younger kids, try these: https://bit.ly/3gnFCEz For teens: https://bit.ly/3iug62s	Parents (Elementary and Secondary)
Is your teen stressed? Sources of stress for young people come from different things like school, work, relationships, friendships, and more. As parents it’s not always easy to know when teens are stressed. Learn more about teens and stress: https://bit.ly/3jEM8Jo	Parents (of teens)
Teenage years are full of changes. Being distant with parents is natural BUT your teen still needs you! Keep your relationship strong. Enjoy fun family outings, share in their interests, and talk with them. Learn more at https://bit.ly/2tvfW6I	Parents (of teens)
Parents – take care of yourself! It’s important for your own well-being and it will help you to have more patience and energy to spread to your family. Learn about personal resiliency tips: https://bit.ly/3i9Pvtp	Parents

Social Media Messaging – Secondary	Audience
For messages in addition to those included below, check out the prepared social media bundles from School Mental Health Ontario. Developed with the help of Ontario High School Students!	Secondary Students
Did you know there are different ways that we can feel stress? We can feel it in our bodies, our emotions, behaviours and in our thinking. These are called signs of stress. For example, some people may find it hard to concentrate, may feel irritable, and have trouble eating, others may have an upset stomach, headache, or have trouble sleeping. How do you feel stress?	Secondary Students
Self-care is an important part of wellness. Take time to discover what helps you to feel good and recharge. Eat well, hydrate, move, get good sleep, and do things you enjoy. Learn more about self-care: https://bit.ly/36XjgY0	Secondary Students

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<p>No problem is too big or too small! Reach out for help. Talk to a trusted friend, adult, parent, or teacher. Contact Kids Help Phone anytime 1-800-668-6868 or text CONNECT to 686868.</p>	Secondary Students
<p>It's okay to not be okay sometimes. We all get overwhelmed by how we feel or when things go wrong. If things are getting too much for you and you feel you can't cope, ask for help. Talk to a trusted friend, adult, parent, teachers, social worker, or guidance counsellor. Call Kids Help Phone at 1-888-668-6868 or text CONNECT to 686868</p>	Secondary Students