

Attn: Parents & Families!
Help St Paul School be a
Children's Mental Health Matters School
Wednesday May 8, 2019
is "Shine Green and Say it Loud
for Mental Health" day

**Encourage your child to wear the color green
to support awareness of the importance of
children's mental health.**

Fast Facts about Children's Mental Health

- ❖ Mental health refers to a person's overall social, emotional, behavioral and psychological well-being. It impacts how we think, feel, and act, including how a child:
 1. Feels about himself/herself
 2. Relates to other children and adults
 3. Handles change, stress and other life situations
- ❖ One in five children experience a mental, emotional or behavioral health problem before age 18. These problems affect children of all demographic groups, regardless of education, income, race or culture.
- ❖ Up to 70% of school-aged children with a diagnosable mental illness do not receive treatment. Early intervention is the best way to prevent long-term or severe conditions into adulthood.
- ❖ Children's Mental Health Awareness Week is a great time to learn more about children's mental health and to check out available resources to help ensure all children have the opportunity to be successful in school, at home, in the community, and in their future adult lives.
- ❖ Read more about the signs and symptoms of mental health problems and find resources at www.cmho.org, www.cmha.ca, www.mentalhealthweek.ca
- ❖ You can speak to your schools Child and Youth Counselor and or your Family Doctor for more information and community resources.

