

# MENTAL HEALTH: A HEALTHY STORY

There is no health without mental health. Mental health is a part of overall health as it changes throughout our lives. One in five students struggle with mental health challenges. It is important to talk to your children about their well-being and be able to [recognize signs of poor mental health](#).

## What are signs of poor mental health?

- Avoiding friends and family
- Rebelling against authority
- Not doing things previously enjoyed
- Frequent mood swings
- Getting significantly lower marks in school



## How can you support and help your child manage their mental health?

- Encourage your child(ren) to talk about their feelings
- Respect your child(ren)'s feelings
- Stay positive and avoid being judgmental
- Take your child(ren) to your family doctor to explore concerns
- [Learn more about Mental Health tips and information](#)

This material is provided by York Region Public Health. For more information on mental health, please visit [york.ca/healthyschools](http://york.ca/healthyschools). Your child can speak with a counsellor from Kids Help Phone over the phone or chat online by calling 1-800-668-6868 or [kidshelpphone.ca](http://kidshelpphone.ca).

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Public Health

1-877-464-9675

TTY 1-866-512-6228

[york.ca/healthyschools](http://york.ca/healthyschools)

