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<p>z ÿ Z ÿ z ÿ _ ÿ - É</p>	<p>Mental health is something we all have, and we all want good mental health for ourselves and those we care about. There are many factors that problems with our mental health from time to time, and there are strategies and supports that can help us to get back on track.</p> <p>to enjoy life. With the support they need, people with mental illness can have good mental health.</p>
<p>Đ ÿ ¼ ÿ z ÿ Z ÿ ± ÿ Z ¼ ¼</p>	<p>There is no one right way to maintain good mental health, and it is beliefs, and strategies that work best for us.</p> <p>Noticing changes in our mental health can help us know when to use certain strategies.</p> <p>Getting help when we need it is also an important strategy to take care of our mental health.</p>

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are learning about at school, and you can practice a few strategies together (e.g., breathing strategies,



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ÿ ÿ There are a number of supports, services, and people around to help you support your child.

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<i>Classroom teacher, principal, special education resource teacher, guidance counsellor, child and youth worker, social worker, etc.</i>	<i>Aunties, Uncles, Elders, Grandparents, Guardian, Friendship Centers, Community Agencies, Church, Mosque, Community Centers, etc.</i>	- ÿ î Z . p Z ± r ÿ ;
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