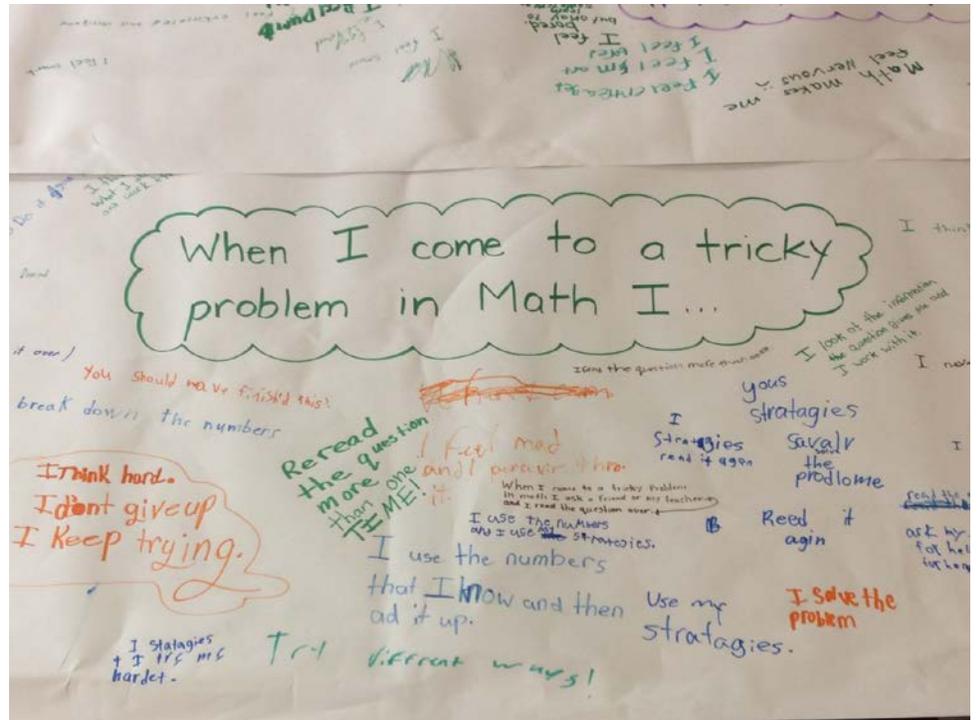




**Have you had that talk?...
Mental Health Matters**

Every student has mental health just as every student has physical health. Mental health occurs on a continuum and can involve a range of emotions that can impact our lives. One in 5 Canadian Students will experience a mental health difficulty each school year. That translates into 4 or 5 students in each of our classrooms. As schools move forward in supporting student mental health it is important that the conversation extend beyond the classroom. Parents and caregivers can play a key role in creating mental health awareness, breaking down stigma and helping students navigate services. Here are some resources you can use to assist with the 'mental health' conversation:



Ensuring students are aware of the many strategies to utilize when solving problems is foundational for them to have a growth mindset.

Visit our Mental Health Tapestry to see what other schools in the Board are doing to support mental health:

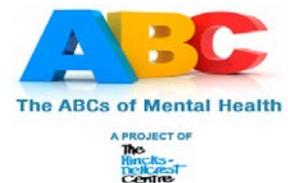
http://www.bgcdsb.org/about_bruce_grey_c_d_s_b/mental_health_matters



<http://www.time-to-change.org.uk/parents>



www.wecaregreybruce.ca



<https://www.hincksdellorest.org/ABC/Welcome>