



## **What is mental health?**

Keeping children healthy and happy involves looking after their mental health as well as their physical health. Mental health is how we think or feel about ourselves and what is going on around us, and how we cope with the ups and downs of life.

Good mental health helps us to form positive relationships with others, handle challenges and be able to generally enjoy life. With good mental health, children think positively about themselves and learn and achieve better results at school.

Mental health difficulties affects children's behaviour, feelings, ability to learn, social relationships, as well as their physical health and wellbeing. Most people will experience mental health difficulties at some point in their life, including children. Getting help early for children's mental health difficulties is important. When children don't get help for mental health difficulties they can end up feeling bad about themselves.

Helping children to be mentally healthy is a major part of caring for kids. Our school can give you information and resources that can help you understand more about children's mental health and wellbeing. School staff can also help you find out what children's mental health services are available in your local area. If you have any queries please don't hesitate to contact the school on 44641158.

Information sourced from: [www.kidsmatter.edu.au/mental-health-matters](http://www.kidsmatter.edu.au/mental-health-matters)