

Mental Health Promotion Messages for Elementary Schools



The following messages can be used for announcements, posters, newsletters, etc. to promote mental health throughout your school.

- Being mentally healthy means being able to be the best you that you can be and being able to handle anything that might come your way. One way to keep mentally healthy is by spending time with people you love. So, be sure to spend as much time with your family and friends as you can.
- One way to stay mentally healthy is to look on the bright side of things. Instead of saying “I can’t do it” say “I can’t do it, yet”.
- You can stay physically and mentally healthy by:
 - Eating healthy snacks like fruit and veggies.
 - Being active for 60 minutes every day.
 - Getting enough sleep. Kids need about 9-10 hours of sleep per night.
- Helping others can build your confidence and make you feel good about yourself. Get out there and find ways to help those around you today!
- We all have a role to play in keeping those at our school mentally healthy. One way is to be kind and fair to others.
- A way to keep your friends and family mentally healthy is to make them feel good about themselves. You can do this by telling them things that you like about them, and by thanking them for all the nice things they do for you.
- Solving a tough problem can make you feel good about yourself and boost your mental health. The steps you take to solve the problem are just as important as the solution. So, don’t give up, working through a problem is good for you!
- It is important to be aware of your emotions and how you are dealing with them. Some good ways to deal with your emotions are:
 - Talking to a grown-up you trust about how you are feeling.
 - Taking a deep breath when you are mad.
 - Finding a quiet spot to sit and think things through.



Durham Health Connection Line
905-668-2020 or 1-800-841-2729
durham.ca/mentalhealth



If you require this information in an accessible format,
contact 1-800-841-2729

