

Mental Health Promotion Messages for Secondary Schools



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

- Being mentally healthy involves being able to cope with stresses that might come your way, being productive, and giving something back to the community.
- Having good relationships in your life keeps you mentally healthy. Find ways to build stronger connections with those you love. Try:
 - spending time with those you love
 - turning off all electronics when you are with your friends and family
 - stopping and listening to what those around you are saying
 - admitting when you are wrong and making things right
- Positive thinking will improve your mental health. Each day take time to think about and appreciate the good things that happened that day, big or small.
- Thinking of things you are grateful for each day can boost your mental health.
- Helping others can be good for your mental health. It can lower your stress, increase your optimism and build your confidence. Get out there and find ways to help those around you today!
- Here are a few tips to keep you mentally healthy:
 - Eat healthy by following Canada's Food Guide.
 - Be active for 60 minutes every day.
 - Get enough sleep. Teens needs about 9-10 hours of sleep per night.
- Eating healthy foods can boost your physical and mental health. Some things you can do to ensure that you are on the right track are:
 - eat a healthy breakfast that includes 3 out of the four food groups
 - eat 5 servings of fruits and veggies per day
 - drink water
- Being aware of your emotions and dealing with them in a positive way is all part of being mentally healthy. Some ways to deal positively with your emotions include:
 - journaling
 - listening to music
 - talking to someone you trust



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

