Canadian Mental
Health Association
Manitoba and Winnipeg
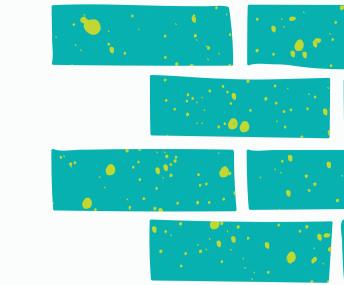*Mental health for all*

Youth Mental
Health Promotion

What is Mental Health?

Aim

To introduce students to the concept of mental health as an important part of our overall well-being and the importance of practicing simple, effective mental health promotion activities that can help reduce stress and prevent mental health problems.

Facilitator Resources

Facilitator script

Student Resources

Journal

Activity

- The Facilitator introduces the topic of mental health and guides students through conversation about what mental health is.

Facilitator Script

- Today we are talking about mental health.
- Do you know what mental health means? Mental health is how we feel, think, and act. It's about our emotions, how we deal with challenges, and how we treat others. Just like we take care of our bodies by eating healthy and staying active, we also take care of our minds by talking about our feelings, asking for help when we need it, and doing things that make us happy and calm.
- Taking care of our mental health means building good habits, just like we do for our bodies. These habits are called mental health promotion.
- Mental health promotion is the daily practice of good habits that help strengthen our mental health.
- Mental health is about our emotions - the way we feel. We might feel happy, sad, angry or scared. Sometimes we might even have feelings that we don't know how to name or describe.
- Mental health is also about our self-esteem - the way we feel about ourselves and the way we see our unique gifts and talents.