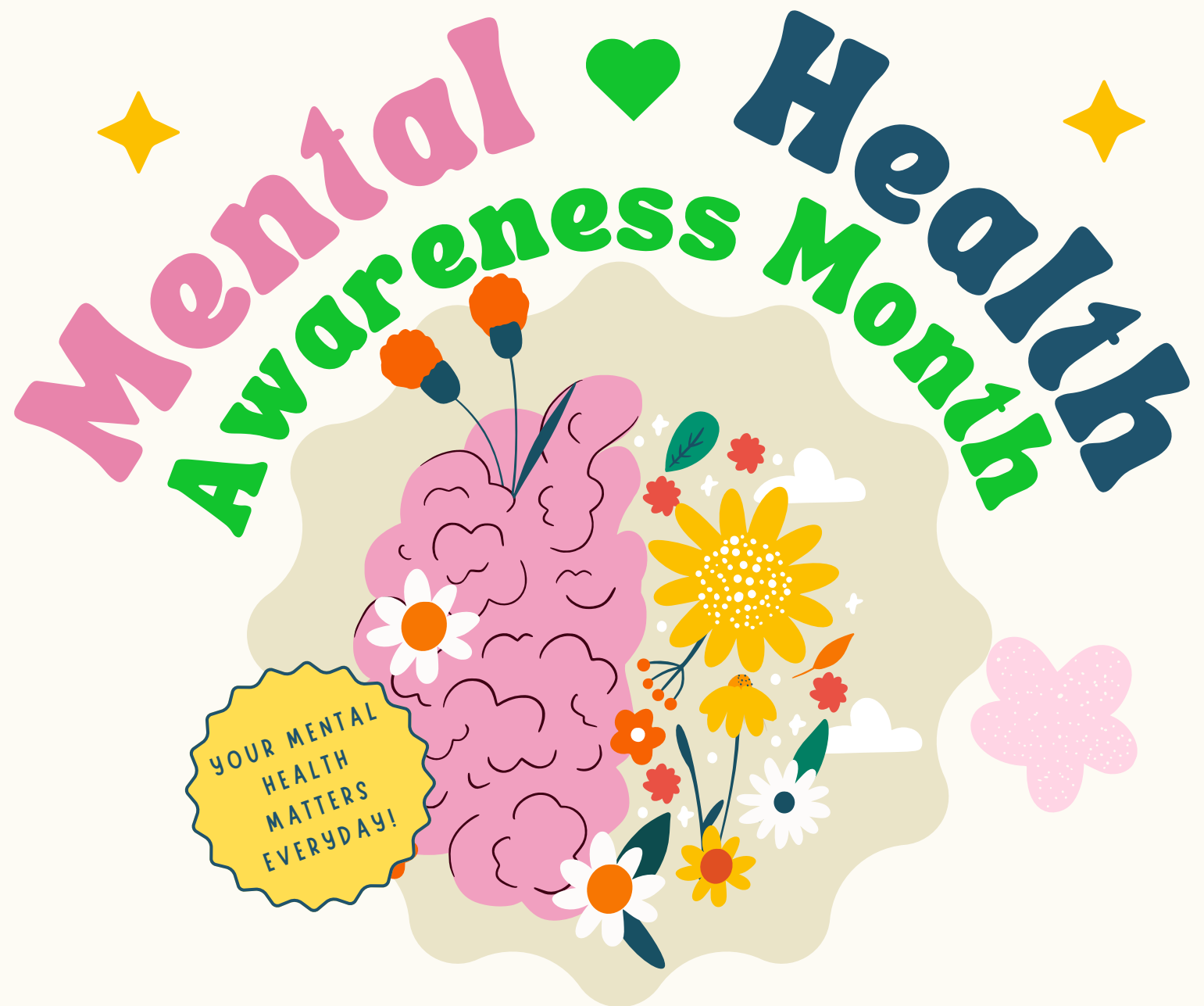


# Lakeview Elementary



**BE SEEN IN GREEN!**

**Please wear green on  
Friday, May 24th in support of  
Mental Health Awareness Month**



# UNDERSTANDING MENTAL HEALTH

## What is mental health?

Mental health is an important aspect of *everyone's* overall health and well-being.

**Mental health is “the way your thoughts, feelings, and behaviors affect your life.”<sup>2</sup>**

There are many terms related to mental health:



Positive mental health involves both high levels of well-being and low levels of distress.<sup>3</sup>



### **Well-Being**

Sense of belonging, social and emotional skills, happiness, etc.

### **Distress**

Anxiety, depression, negative emotions and thoughts after a loss or trauma, etc.

## Have a family conversation!

**We all have different ideas about mental health.**

How might our culture, beliefs, identities, values, experiences, and language influence how we:

**Think and talk about mental health?**

**Socialize and support each other?**

**Experience happiness?**

**Manage stress?**

**Seek out help or treatment?**



No matter what language you use, the most important thing is to create a family culture of safety for young people and their caregivers to talk and share openly about their mental health experiences—both in what to celebrate and what might need more support.

**Don't let concerns about the stigma of mental health issues get in the way of seeking help! Also, if you are more open, you can be part of the solution for everyone!**

“This is a really important topic, and as a young person I value how impactful it is to have parents in my life who care about my mental health and are doing everything they can to support it.”

*—California high school student*

## Many things impact our health and well-being

Where and how young people and families live, work, play, and learn can influence their health, including their mental health.

**Providing safe and supportive environments can help children foster:**

**A sense of belonging**

**High self-esteem**

**Feeling and being safe**