

Greetings Falcons,

Happy Wellness Wednesday.

As Suicide Prevention and Awareness Month continues, let's focus on the topic of mental health. Mental health is all around us, but often is misunderstood. We all have mental health, and it is important at all stages of life, from childhood and adolescence through adulthood. Our mental health includes emotional, psychological, and social well-being. It affects how we think, feel, and act every day. It also helps determine how we handle stress, relate to others, and make choices.

Talking about mental health and suicide can be an uncomfortable and uncertain topic that may bring up different feelings, beliefs, and attitudes for everyone. Changing the narrative on mental health and suicide empowers conversations to start. In doing so, perceptions of mental health may shift towards that of hope and resilience. Talking about mental health and suicide in an honest and open way may decrease the risk of people experiencing struggles and increase the likelihood that they will seek help!

The [Mental Health Coalition](#) created this handout to explain just what mental health is and how to talk about it. Having everyday conversations about our mental health allows people to know that they are not alone, and that help is available when needed.

Having conversations around mental health can sometimes be uncomfortable, but it can also make a big difference. Not sure where to start? Check out these tips and tools from [Seize the Awkward](#) to help you start the conversation and what to do during and after the conversation.

We all have Mental Health, let's start talking about it!

Affirmation of the week:

I value my mental health as much as my physical health

Take care and be well,

Ms. McDougall