

# What is Mental Health?

Mental health is our mental wellbeing. It affects our ability to cope with everyday stresses and the happenings of life. Mental health affects how we think, feel and act.

Mental health is something that we all have— just like we have all have physical health.

Everyone's mental health goes through times it is really good and times it is not so good— just like physical health!



When we need help with our mental health there are people we can talk to help just like we talk to a doctor when we're sick. Talk to family, friends, teachers, Family School Liaisons, BEST Wellness Coaches, a therapist, or your family doctor.

You can check out help lines like: kids help phone 1-800-668-6868

Or apps like:



What's Up



Mind shift



Calm



Breathe 2 Relax

