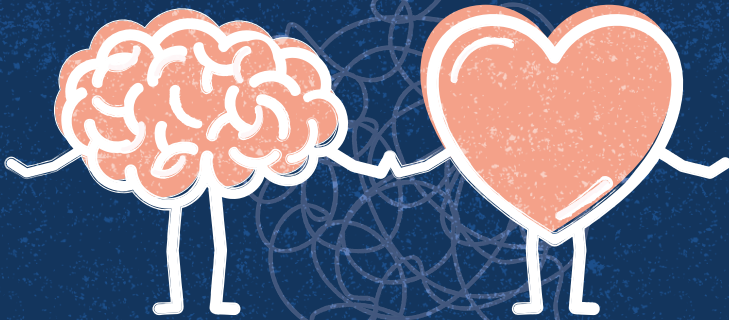


# MENTAL HEALTH



## WHAT IS IT?

Mental health is the **state of well-being** in which your child can reach his potential and **cope with ordinary life situations** and the stresses they produce.

Mental health is therefore a state of complete physical, mental and social wellness.

Source : <https://aqpamm.ca/les-grands-types-de-maladies-mentales/>

IT IS NOT JUST THE **ABSENCE** OF MENTAL ILLNESS.



### EARLY CHILDHOOD [ ages 0-6 ]

This is a time when your child rapidly develops **skills** that will have a major impact on mental health throughout his life. It is therefore essential that his various needs be met.



### CHILDHOOD [ ages 6-12 ]

During this period of **learning**, your child has access to a new world of experiences and new freedoms. It is a time of **discovery** and independence.



### ADOLESCENCE [ ages 12-18 ]

This is an intense period of **change** along with physical, social, cognitive and emotional development. It is also a time of experimentation when **identity** is being formed.

# HOW TO MAINTAIN GOOD MENTAL HEALTH?



Get enough  
**sleep**



Make positive and  
meaningful **relationships**  
with others



Develop skills for  
coping with and  
**managing stress**



Organize the use of time,  
making sure to schedule  
**free time**



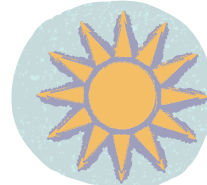
Have a healthy and  
varied **diet**



Play a sport or be  
physically **active**



**Help**  
others



**Laugh**  
frequently



Have enjoyable or  
relaxing **activities**



**Get professional**  
help if necessary



Consult the other Info Sheets for advice and tips on these topics:

- Managing stress and anxiety
- Healthy lifestyles & habits
- Social isolation
- Social and emotional Skills
- Substance Use

or find the Toolbox section on our website : <https://rapcotenord.ca/>

## FOR MORE INFORMATION ON THIS TOPIC

### Encouraging my child's mental health

 <https://sante-mentale-jeunesse.usherbrooke.ca/je-suis-un-parent/favoriser-sante-mentale-enfant/>  
(in French only)

 <https://www.mouvementsmq.ca/trucs-et-astuces/jeunes> (in French only)

 <https://fondationjeunesentete.org/en/family-toolkit/>