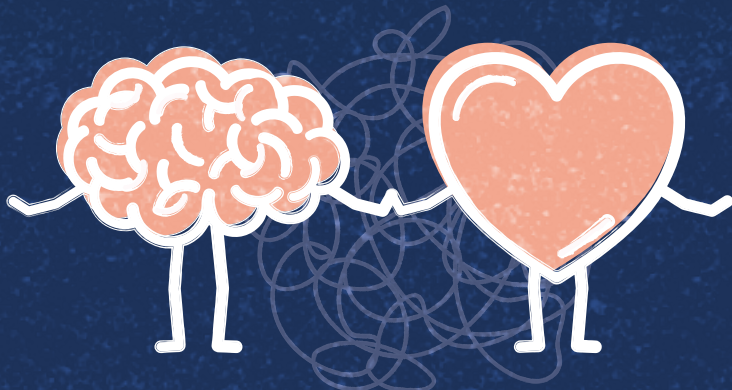


MENTAL HEALTH



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**



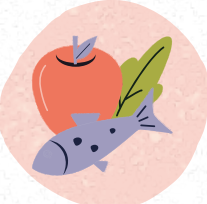
Make positive and meaningful **relationships** with others



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



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



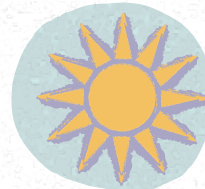
Have a healthy and varied **diet**



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
- Healthy Lifestyles
- 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/>