



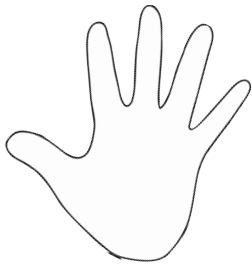
Hello Everyone,

October is **Mental Health Month**, a time when the Australian community comes together to raise awareness, reduce stigma and promote better mental health for all.



Five People I Trust

On the outline below, write the name of a person that you trust along each of the fingers. These can be people who listen to you, believe you and do things to help you. Then, draw a picture of them on the palm of the hand.



Mental health is an essential component of overall wellbeing, just as important as physical health. Often when we hear or talk about mental health, it's when we or someone else is struggling. But mental health isn't just about tough times - it's also about recognising our feelings, knowing how to take care of our emotions and building supportive connections that we can reach out to in tricky times.

In our Respectful Relationships lessons this week, children have identified five trusted adults they can speak to when they are feeling sad or overwhelmed. Encouraging open conversations and helping young people know where to turn to for support, are key foundations for positive mental health.

EMERGING MINDS: WHAT IS CHILD MENTAL HEALTH?



<https://emergingminds.com.au/families/understanding-and-supporting-childrens-mental-health/>

(Click on the link above to be taken to the Emerging Minds website)

Knowing what positive mental health looks like, and how to tell if a child might need some extra support, helps us nurture and protect children's mental health when they're young. It also sets the foundation for good health and wellbeing throughout their lives.

Emerging Minds have developed a collection of resources to share some of the most important things they know about children's mental health – from science and research, the lived experience of families, and the learnings of health professionals and practitioners who support children and families.

These resources will be helpful if you:

- wonder what mental health 'looks like' in children
- thought infants and children didn't have mental health
- want to know more about what shapes a child's mental health
- are curious about children's emotions and behaviours
- are unsure whether a child's reactions or behaviours are 'normal' for their age and experiences, or might be signs of mental health difficulties
- want to know what you can do to nurture positive mental health in your child
- want to know how you can support a child who's dealing with challenges

SCHOOL TV

SPECIAL REPORT: World Mental Health Day



“ World Mental Health Day is marked every year on 10 October as a reminder of the importance of mental health to our overall wellbeing.

Parents and caregivers play a central role in shaping the mental health of their children. World Mental Health Day is an opportunity to pause and reflect on the pressures young people face in today's world and how we can best support them. Whether it's helping children find balance between school, technology, and rest; encouraging open conversations about feelings; or modelling healthy coping strategies ourselves - small steps at home can make a big difference.

By engaging with resources and discussions on this day, families can strengthen their understanding of mental health and contribute to a culture where seeking help is seen as a sign of strength, not weakness.

This Special Report highlights the importance of World Mental Health Day and offers practical suggestions for how your family can acknowledge and support it together.”

Here is the link to your Special Report https://samaryborough.catholic.schooltv.me/wellbeing_news/special-report-world-mental-health-day-au

BE YOU: BEYOND BLUE



We continue to work with Be You this term to engage in staff professional development, building our capacity and shared understanding in supporting the mental health of our students.

Kind Regards,
Anna Gardiner

Mental health services and supports

Beyond Blue 24/7 mental health support service 1300 22 4636 beyondblue.org.au	headspace Online support and counselling to young people aged 12 to 25 1800 650 890 (9am-1am daily) For webchat, visit: headspace.org.au/eheadspace	Kids Helpline 24/7 crisis support and suicide prevention services for children and young people aged 5 to 25 1800 55 1800 kidshelpline.com.au	1800RESPECT 24/7 support for people impacted by sexual assault, domestic violence and abuse 1800 737 732 1800respect.org.au
Lifeline 18 24/7 crisis support and suicide prevention services 13 11 14 lifeline.org.au	Suicide Call Back 24/7 crisis support and counselling service for people affected by suicide 1300 659 467 suicidecallbackservice.org.au	Mensline 24/7 counselling service for men 1300 78 99 78 mensline.org.au	QLife LGBTI peer support and referral 1800 184 527 (6pm-10pm daily) qlife.org.au (online chat 2pm-12am daily)

If you are concerned about someone at risk of immediate harm, call 000 or go to your nearest hospital emergency department.

