



What is mental health?

Mental health includes our emotional, psychological and social well-being and it has a large impact on everyday life. Feelings, thoughts and actions are affected by our mental health every day. It can influence how we relate to others and deal with stress. Mental health can also play a role in the choices we make each day.

Here are some ways to help stay mentally healthy:

- Get enough sleep.
- Be physically active.
- Connect with other people.
- Develop good coping skills.
- Try and stay positive.
- Seek help when you need it.

Stigma can have an impact on mental health and seeking treatment. Stigma includes negative feelings or prejudice towards people with mental illness. Here are some of the ways you can help to reduce stigma:

- Normalize talking about mental health.
- Focus on using positive words and encouragement.
- Be supportive of people who are experiencing mental illness.
- Educate yourself and others.

Children's Wisconsin believes that caring for a child's mental and behavioral health is just as important as caring for their physical health. Visit childrenswi.org/shinethrough to learn more about what Children's is doing to detect needs sooner, reduce stigma and improve access to care.

Watch videos about mental and behavioral on Children's Wisconsin's YouTube channel.

childrenswi.org/schoolhealth
schoolhealth@chw.org

