



Supporting your child's mental health

What is mental health?

Mental health is a state of well-being that allows a person to realize their own potential, cope with the normal stresses of life, work productively and fruitfully, and contribute to their community. It is not just the absence of mental illness, but a positive state of mind.



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Supporting your child's mental health is a key part of their overall well-being. It involves creating a supportive environment, recognizing signs of mental health issues, and seeking professional help when needed.