**7.1 Mental Health, Mental Illness, and the Relationship Between Them**

**Parent/Guardian Communication**

A brief communication to share and continue the learning following student participation in the module.

Dear Parent/Guardian,

We are excited about our learning and wanted to make sure you heard about it, too! Today in connection with health and physical education, we participated in a module from the Ministry of Education about *mental health, mental illness, and the relationship between them*. We learned that mental health is something we all have. We also talked about mental health and mental illness being two separate yet connected concepts, and we discussed ways to care for our mental health, knowing this looks different for everyone.

Below are some questions to help you continue the conversation with your child(ren) and to be an active part of this meaningful learning. Talking about mental health is a great way to share information, reduce stigma, and support everyone’s mental health.

* What did you find interesting or helpful about what you learned?
* How are mental health and mental illness different?
  + What is something you do that helps support your mental health? What is something I can do to help support your mental health?

You are an important part of supporting your child’s learning about mental health and well-being.

Thank you for being part of our learning community!