**7.2 Understanding Signs of a Mental Health Problem and How to Seek Support**

**Parent/Guardian Communication**

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

Dear Parent/Guardian,

We are continuing our mental health learning journey! Today in connection with health and physical education, we participated in a second module from the Ministry of Education about possible signs of mental health problems and when/ how to seek support. We talked about words we can use to ask for help. We continued to discuss ways to care for our mental health and the importance of having different strategies available for different circumstances.

Below are some questions to help you continue the conversation and be a 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?
  + What are some people, places, and things that make you feel supported with your mental health? Is there anything else you need?
  + If you needed support what are some ways you could start the conversation? *This is a great time to remind your child they can always share concerns with you.* “I’m here to listen whenever you need me.”
  + What strategies did you learn to help take care of your mental health? *You might consider making a list together of things that provide your child with comfort, a sense of calm, feelings of joy, etc. and share strategies that do the same for you.*

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!