**7.3 Mental Health, Substance Use, 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,

Today we participated in the final mental health learning module from the Ministry of Education. It was about substance use and its connection to mental health, as well as potential effects, risks, and harms related to substance use. We also talked about how to make healthy decisions for ourselves and sources of support, should we need it.

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?
  + Where do you and your peers learn about substance use? Were the things you’d heard before this lesson true? Did anything you learned today surprise you?
  + What guides you when you are making important decisions? *This is a great time to talk to your child about their goals, plans, and what is important to them, and to share a strength you see in your child.*

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!

