**8.1 – Mental Health and Stigma**

**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 stigma related to mental health and mental illness and ways to help reduce stigma. We also discussed words we can use when talking about mental health and mental illness.

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?
* Why do you think there is stigma about something that so many people experience?
* Are there things I can do or not do to make it easier to talk about 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!

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