



# Mental health

Mental health is more than the absence of mental illness; it is a state of wellbeing where people can meet their learning potential, can cope with normal stresses & feel connected to community and friends. Promoting mental health & wellbeing in education settings helps students take advantage of opportunities & choices, flourish in their education journey, build resilience and develop life skills.

## We can help your school achieve best practice in the Mental Health & Wellbeing priority area by:

- helping you develop a Mental Health & Wellbeing policy for the school
- providing newsletter articles, social media and website content
- providing resources and referral pathways to local health services at BCH and headspace Ballarat
- providing FREE access to a suite of health education sessions & resources
- professional development and support for teaching staff

When a culture of wellbeing is prioritised across the whole school community, positive social norms and behaviours are built between leaders, school staff, teachers, educators, students and their families, and a sense of belonging and inclusivity is woven through everything the school already does.

### HOW TO GET INVOLVED:



Email us:  
[healthpromotion@bchc.org.au](mailto:healthpromotion@bchc.org.au)



Meet with us to discuss the program & how to get started (call 03 5338 4500 to arrange a time to chat)



[www.bchc.org.au](http://www.bchc.org.au)



We're creating a healthier school

