



# Wellbeing

Schools play a key role in promoting mental health in all children and young people. It is important to create positive environments that build resilience, encourage inclusivity and belonging and help everyone participate at every level. Education protects and supports a person's mental health across a lifetime.

## We can help your school achieve best practice in wellbeing by:

- Supporting you to develop a Mental Wellbeing Policy
- Providing newsletter, social media and website content
- Providing FREE access to a suite of health education resources
- Supporting you to create safe and inclusive school environment
- Supporting professional development for school staff
- Providing referral pathways to local health services, including BCH and headspace Ballarat

Mental health promotion in schools is about creating positive, safe and supportive environments, and providing opportunities to build and practice relationship skills, resilience and social and emotional competencies. All staff can be involved in mental health promotion as it relates to every area of the school – the culture, policies, curriculum and activities.

### HOW TO GET INVOLVED:



Meet with us to discuss how your school can get involved



Email us:  
[healthpromotion@bchc.org.au](mailto:healthpromotion@bchc.org.au)  
to arrange a time

