

# Mental Health and Wellness

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DISTRICT SCHOOL BOARD

*A Publication of Learning Services*

Overall, mental health exists to create positive and inclusive learning environments that provide mental health and wellness to maximize student learning outcomes. To achieve this aim, we offer a variety of services intended to raise awareness, create positive environments and deliver supports for students with mental health concerns.

Positive mental health is everyone's concern. A big part of our role is to build capacity to create caring communities. This is partially accomplished through advocacy to reduce the stigma of mental health problems so that those dealing with issues can feel acceptance and inclusion in their school and community. It also involves educating the community to identify mental health issues in students so that they can receive the support and intervention that they require to be healthy.

Students with positive mental health learn more easily. Those students who are experiencing mental health problems have a more difficult time with their learning and social development. Mental Health Services work with school teachers and administrators to:

- find ways to support student learning. In addition to offering knowledge of mental health problems, we also offer coaching to create environments that support well-being.
- provide students with skills so that they can successfully manage their emotional moods.
- help the student and their family navigate the community-based service system to access the appropriate support and intervention resources when students are demonstrating moderate to severe mental health concerns