

To: *Our colleagues throughout Quebec*
From: *The Lester B. Pearson School Board, Student Services Department*



Did you know that MAY 1-7 2011 is Mental Health Week?

Lester B. Pearson School Board's Student Services Department is proud to announce that it has been designated by the Minister of Education, Sports and Leisure as a Centre of Excellence for Mental Health. The Centre will develop capacity locally and will serve as a provincial resource to other English school boards in Quebec.

The **Centre of Excellence for Mental Health** is made up of a multidisciplinary team of professionals whose mandate will include assisting schools in the implementation of best practice approaches in prevention, intervention and research in the field of mental health. The team is hard at work in defining the services and activities of the new Centre of Excellence.



What is mental health?

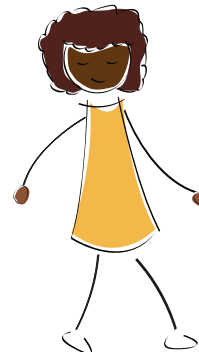
According to the World Health Organization, mental health is about more than the absence of illness. It is vital to individuals, families and societies. It is defined as "a state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community."

Mental health is about:

- Celebrating wellness
- Recovering after having faced adversity
- Striking a balance in our lives
- Developing the skills to cope with difficult circumstances
- Mental health is about hope!

Did you know?

- That one in 5 people will experience a mental health problem in the course of their life time?(Canadian Mental Health Association www.cmha.ca)
- That in Canada, only 1 in 5 children who need mental health services receives them? Stigma persists as a barrier to seeking treatment. (Mental Health Commission of Canada www.mentalhealthcommission.ca)
- That young people's mental health represents a significant educational issue due to its impact on learning and the important role that schools play in promoting and maintaining the mental health of children and youth?



Interested in knowing more about mental health? Try these helpful links...

- The Canadian Mental Health Association: www.cmha.ca
- The Mental Health Commission of Canada: www.mentalhealthcommission.ca
- National Institute of Mental Health: www.nimh.nih.gov
- The Ontario Centre of Excellence for Child and Youth Mental Health: www.excellenceforchildandyouth.ca
- The Centre for Addiction and Mental Health: www.camh.ca
- Mind Matters: www.mindmatters.edu.au

