Youth Empowering Students for Mental Health Promotion (YES4MH)

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Mental Health Promotion at School

- Schools play a significant role in supporting student mental health and well-being
 - Welcoming and inclusive environment
 - Student belonging and engagement
 - Mental health teaching and learning
 - Partnership opportunities
- WDG Public Health and local school boards have a strong partnership, providing foundation for collaborative planning and initiatives
 - Well-being and Health Youth (WHY) survey
 - Initiatives to promote upstream approach



About YES4MH



- Empower students to identify school priorities around mental health and wellness
- Guide student leaders in the development of peer-led initiatives
- Improve mental health literacy and reduce stigma
- Increase awareness of resources and supports
- Build capacity to create supportive and resilient school





EXAM TUTORING SESSIONS

COOKIES AND CRAM

eer tutors in senior grades are available for drop in tutoring on Friday, Monday, and Tuesday to help you study for upcoming exams and feel more prepared! If you're feeling overwhelmed, there will be a meditation place available in the drama room these days.

> FRIDAY, JANUARY 28: ROOM 125 MONDAY, JANUARY 20: ROOM 221 TUESDAY, JANUARY 30: ROOM 221

> > GOOD LUCK CELTICS!







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Planning for 2025-26 School Year



Continue to implement YES4MH, applying learnings from pilot



Enhance health equity focus



Maintain strong collaboration with school boards



Carry out alongside other mental health promotion strategies