

SJHN- Bell Let's Talk- 2021

On Thursday, January 28th 2021, the St. John Henry Newman community participated in “**Bell Let's Talk Day**” in order to help drive progress in mental health. The Newman Health and Wellness Council provided staff with a variety of resources through sites like “School Mental Health Ontario” to share with students and help start the conversation about the importance of positive mental health.

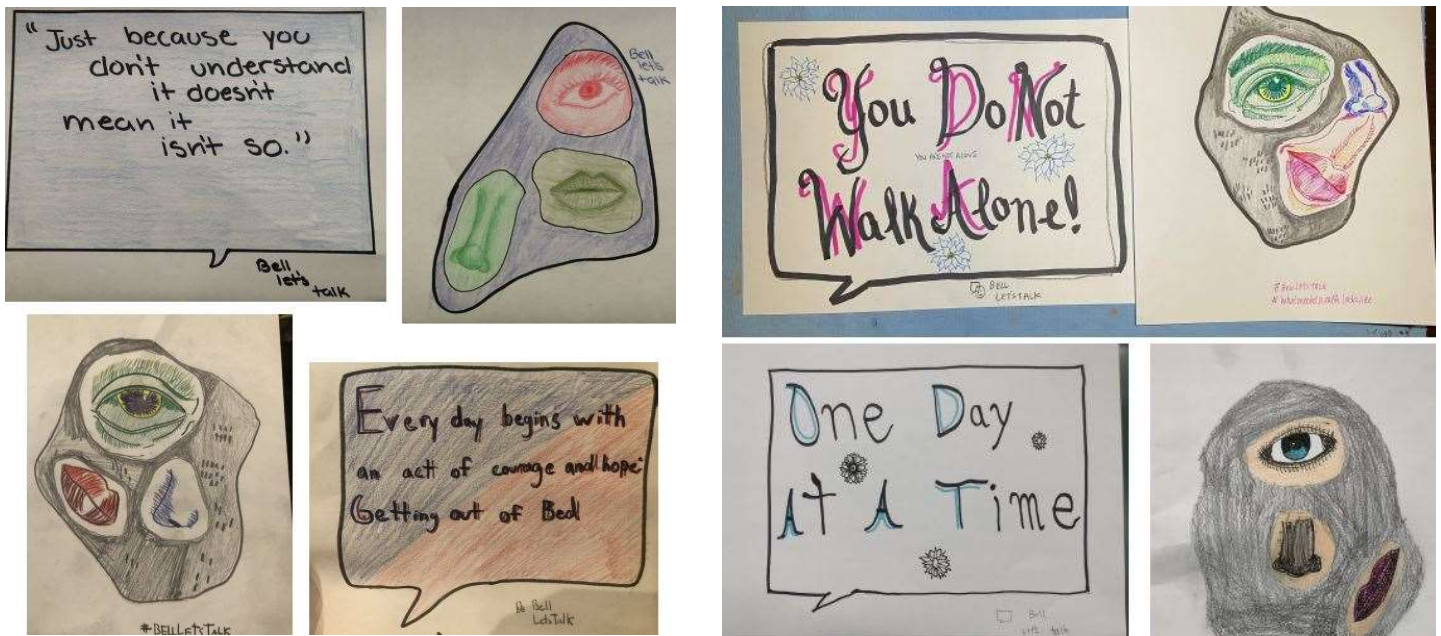
Now more than ever, every action counts. COVID-19 has affected every aspect of our lives, including our mental health. According to the Canadian Mental Health Association, 38% of Canadians say their mental health has declined due to COVID-19, and people already struggling with their mental health were two times more likely to say their mental health has declined due to the pandemic.

The St. John Henry Newman Student Council took to social media and shared their positive tips to help manage stress and promote well being in their video “Mental Health Matters.”

In various classes such as Mrs. Truyen's, Mrs. Pettorossi's and Ms. Marino's, students shared their voice through positive messages and artistic expression. Ms. Marino was impressed with her students work calling it a proud teaching moment. She explained that the students “used their talents as artists to advocate for mental health awareness and shared their work on social media.”

Ms. Marino added that “The students were able to use the techniques learned in their art class as they composed abstract portraits that showed that people who struggle with mental health sometimes don't feel comfortable fully revealing who they truly are.”

Both the Student Council and the Newman Health and Wellness Council hope to keep the positive and important conversation about Mental Health going in the months ahead.



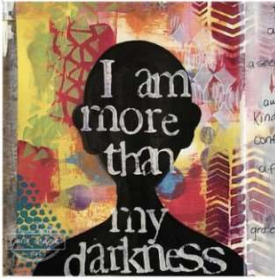
Make your mental health your #1 priority!



Mental health is incredibly important, especially in life today as many peers struggle as we try to get through this pandemic and many people with pre-existing mental health issues lose the environment, tools, the things that helped with their mental health before the pandemic, myself included. Mental health is something that needs to be talked about and dealt with much more now with the rise of people suffering with mental health issues and with mental health issues being the highest in terms than it ever has been before. If you are struggling with dealing with your mental health just try to remember the people, activities, things, animals, etc. that made you happy and left the burden of those uncomfortable feelings behind in the moment. I can definitely say that doing has helped me get through the past year of this pandemic, specifically for me, my dog and the horses I've spent so much time with and ride, although I haven't been able to be with those horses much this year because of lockdowns I still get to see pictures of them and remember all the memories I have of them that will soon continue.
#BellLetsTalk



"Just because no one else can heal or do your inner work for you, doesn't mean you can, should, or need to do it alone"
-Lisa Olivera



LEAN ON ME, WHEN YOU'RE NOT STRONG AND I'LL BE YOUR FRIEND I'LL HELP YOU CARRY ON FOR IT WON'T BE LONG TIL I'M GONNA NEED SOMEBODY TO LEAN ON

Good things will happen if you put in the work.



Stay Healthy physically, mentally and emotionally



Love yourself a little extra right now. You are growing, healing, learning and discovering yourself, all at once. Believe in yourself. You've got this <3
#BellLetsTalk



If you have a broken leg, you can easily identify the problem and put a cast on it. Mental illness however, is much harder to detect and treat. There's no one, definite way of going about it. Mental health is something we all have. We should prioritize it just as much as our physical health.



This too shall pass. All the feelings and thoughts that keep you up at night and that make you feel insignificant and useless, they will pass. The problems you are facing will pass, you will jump over or even narrowly miss the obstacles on your path of being a human, so long as you get over them. All the pain you are feeling is temporary. Life isn't just a struggle. One day, you will be a better person because of what you have been through. So my challenge to you is please make it to that day. Yes, I know it might seem difficult. But you have so much left to accomplish, and so much left to become. You have so much potential. You have the chance to get on the front page of the news rather than the obituaries. So please, for me, keep trying to live. Because one day, life itself shall pass. And if you succumb to your twisted mind, you will miss out on so much of it.



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