

# Strategies and Services For Promoting Positive Mental Health in Children



## Encourage open communication

Create a safe and supportive environment where children feel comfortable expressing their thoughts and emotions.

## Teach coping skills

Help children develop healthy coping mechanisms to manage stress, anxiety, and other challenges they may encounter.

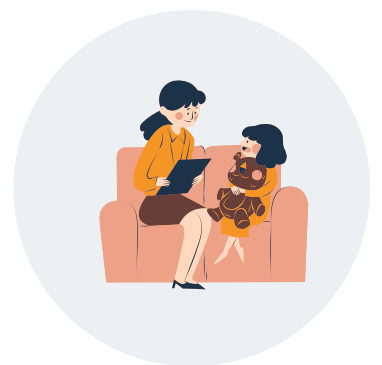


## Promote physical activity

Encourage regular physical exercise as it has been shown to have a positive impact on mental well-being.

## Provide social support

Foster positive social interactions and connections with peers and adults to help children feel valued and supported.



## Educate on mental health

Offer age-appropriate information and resources to help children understand and recognize their emotions and mental well-being.

## Identify and address issues early

Be proactive in identifying signs of mental health challenges and provide timely support and intervention.



## Access to professional help

Ensure access to [mental health services in northwest suburbs of Chicago](http://www.in2greattherapy.com) and services when needed, and raise awareness about the importance of seeking help when facing mental health concerns.

