

## CSH Example: Positive Mental Health

Below are some best practice examples of the health professional's role<sup>1</sup> in supporting positive mental health through a CSH lens. These examples present some potential actions in each pillar<sup>2</sup> and should be considered within your capacity and role within your health authority. You can use these as a guide, or insert your own to best suit the unique needs of your setting.

- Support the school/district in developing policies that promote equity, safety, and diversity
- Participate on committees related to positive mental health

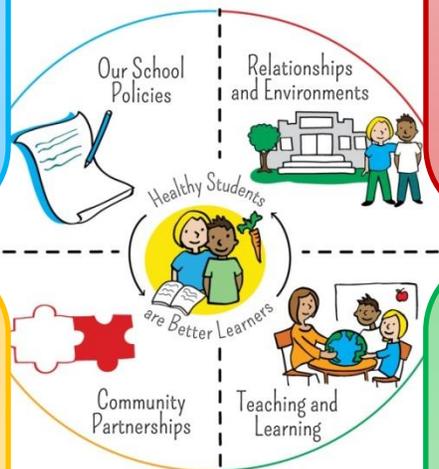
AND/OR

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- Facilitate linkages to community mental health promotion programs<sup>3</sup>
- Advocate for active parent and community participation in positive mental health initiatives

AND/OR

- \_\_\_\_\_



- Support the school/district to assess student perceptions of diversity and acceptance
- Advocate for the creation of safe and inclusive social environments
- Encourage and support student-led positive mental health initiatives

AND/OR

- \_\_\_\_\_

- Support the school/district to assess mental health literacy of students
- Provide and link to curriculum support resources on mental health awareness and literacy
- Support and facilitate mental health awareness projects for staff, students and families

AND/OR

- \_\_\_\_\_

1. Healthy Schools BC (2012). *Health sector support of comprehensive school health: Best practices implementation*. Directorate of Agencies for School Health BC, Vancouver, Canada.

2. For more best practice ideas on positive mental health refer to the CSH Resource for Health Professionals, available at [www.healthyschoolsbc.ca/hp](http://www.healthyschoolsbc.ca/hp)

3. Go to [healthyschoolsbc.ca/programs](http://healthyschoolsbc.ca/programs) for a growing list of programs and resources in your community.