

# Health Chatter



## Getting in early for good mental health and wellbeing

Keeping children healthy and happy involves looking after their mental health as well as their physical health. Mental health is how we think or feel about ourselves and what is going on around us, and how we cope with the ups and downs of life.

Good mental health helps us to form positive relationships with others, handle challenges and be able to generally enjoy life.

With good mental health, children think positively about themselves and learn and achieve better results at school.

<https://www.kidsmatter.edu.au/mental-health-matters/social-and-emotional-learning>



For further information: [www.wacountry.health.wa.gov.au/schoolhealth](http://www.wacountry.health.wa.gov.au/schoolhealth)

**Hip pocket help guide:** [A guide to services available to young people in WA - PDF 2MB](#)

If you have any concerns regarding your child or your own mental health, please speak to your GP or Community Health Nurse