



SUPPORTING MENTAL WELLNESS

October, 2026

WORLD MENTAL HEALTH DAY: OCTOBER 10, LET'S EXPLORE MENTAL HEALTH TOGETHER!

World Mental Health Day is a reminder that mental health is just as important as physical health. This October, take a few moments each day to connect, talk, and learn together as a family.

PRACTICE HEALTHY HABITS TOGETHER

Healthy habits are easier to reinforce when you practice together, try:

- Take a walk or play outside
- Try deep breathing
- Share a meal
- Spend time doing something you enjoy together

Practicing coping skills before we need them helps us use them when challenges arise.

TALK ABOUT FEELINGS

Start the conversation by asking questions like:

- How are you feeling today?
- What helped you feel good today?
- What do you do when you're stressed?

REMEMBER

Strong family connections, open conversations, and healthy habits help children build resilience and support positive mental health. Every conversation matters. Let's explore mental health together this October!

Looking to Learn More?



SMH-ON Exploring Mental Health
Together

