

## World Mental Health Day

October 10, 2018

On behalf of OSTA-AECO, the Co-Chairs of the Student Well-Being Working Group, Madison McKinney and Laura Oris-Naidenova, would like to take the time to recognize World Mental Health Day.

All across the world, children and adults are struggling with mental health issues. In Canada, 1 in 5 people will experience a mental illness in their lifetime. Today, these statistics are more prevalent in our daily lives due to the presence of social media and technology and the significant role they play in our growth. As young people who are continuously growing in our learning and exposure to a world in secondary education and beyond, we must educate ourselves on recognizing illness and develop strategies to deal with stresses and problems as they arise.

Mental health is defined by the World Health Organization as a state of well-being in which every individual realizes his or her own potential, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.

This generation will be the most forward-thinking and impactful yet. We have more accessibility to mental health and wellness resources than ever before. In addition to this, society is consistently developing our social awareness, which ultimately affects both our personal and educational lives.

Throughout the year, the Student Well-Being Working Group will be working in conjunction with the community and students to bring a strongly rooted sense of both mental and physical well-being.

Today marks a new beginning for the improvement of the quality of mental health advocacy and its many facets. We welcome you to join us on our journey of facilitating and encouraging a safe and prosperous environment and society which aims to better everyone's well-being each and every day.

Yours Truly,

Madison McKinney & Laura Oris-Naidenova

Student Well-Being Working Group Co-Chairs