



## What is Positive Mental Health?

PMH is our personal sense of mental wellness. When it is supported, it leads to positive life changes. Positive Mental Health affects how we think, act and feel. We feel like we can enjoy life and face challenges.

PMH doesn't focus only on problems. It builds up positive factors that help people grow and develop.

## Pan-Canadian Joint Consortium for School Health



**Pan-Canadian  
Joint Consortium for School Health**  
Governments Working Across the Health and Education Sectors



**Consortium conjoint pancanadien  
pour les écoles en santé**  
Collaboration des gouvernements dans les secteurs de la santé et de l'éducation

<http://www.jcsh-cces.ca/>



**Pan-Canadian Joint Consortium for  
School Health**

# POSITIVE MENTAL HEALTH

For everyone. For everyday.



## Positive Mental Health and our Relationships

PMH recognizes that people have strengths and gifts. These gifts can be used to make positive changes in our lives.

Positive Mental Health is fueled through relationships that are genuine, supportive, caring and understanding. We support it in others by involving, encouraging and empowering them.



### What are Mental Fitness Needs?

We feel mentally fit when three needs are met. These needs are **Relatedness**, **Competency** and **Autonomy**.

**Relatedness:** is our connection to and closeness with others like friends and family.

**Competency:** is feeling that our strengths are recognized and used to meet our goals.

**Autonomy:** is having freedom to make choices and have a say in decisions that affect us.

## How do we Promote Positive Mental Health in Self and Others?

Positive mental health can be promoted in all of our relationships, including those in our home, school and community.

These positive relationships make us feel connected and that we are good at the things we do. They give us the chance to share our opinions and ideas. When this happens, we feel mentally well and are more likely to make our own choices and decisions.

We can help build up positive mental health in our relationships with others by:

- Encouraging others to share their thoughts and feelings without fear of being judged
- Helping and empowering people to come up with solutions to problems
- Looking for chances to help others find their strengths and use them
- Helping and encouraging others to try new things
- Making sure that group and community activities are fair and include everyone
- Reaching out to include people who do not feel like they are part of the group
- Building up positive relationships with neighbours, co-workers and community members.