

This is a transcript of the Be You Professional Learning domain video available at <https://beyou.edu.au/learn/mentally-healthy-communities>.

Professional Learning Domain: Mentally Healthy Communities

A mentally healthy community understands what mental health is, and why it is important for our children and young people. A mentally healthy community is characterised by strong supportive relationships between the people of that community – where everyone has the opportunity to be who they are and achieve their best possible mental health.

Building a mentally healthy community is key to enabling children and young people to achieve their best possible mental health.

Through every day interactions, early learning services and schools are well-placed to promote mental health, wellbeing and resilience in our children and young people.

As an educator, you have an important role in preparing children and young people for the changing nature of peer relationships – including through transitions between learning communities – and how to cope when those relationships break down.

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