

#1

## KEY POINTS

- Create safe environment
  - more training & resources
  - what's next - beyond the school
  - home-school connection
  - thinking has been shifted, not something that is easily solved
  - mental wellness as a whole
  - need ideas → children who have parents with MH issue
  - early intervention & sharing with wider community.
  - seeing an increase with behaviour - is this connected to MH
- MH = mental health

#2

- trauma, stigma

- lack of understanding

↳ it's ok to treat physical illness but

not mental illness

- Q - <sup>am</sup> ~~do~~ I taking the right action or making it worse

- inner resilience

- transition periods in child's life (vulnerable)

- it's about staff

wellness = Stigma

- addressing our own mental wellness & looking after ourselves