



# Family Newsletter: Mental Health and Well-being for Learning



## Mental Health Literacy

### Communication as a tool for well-being

Communication is a core part of Mental Health Literacy, helping children understand their feelings, make sense of their experiences, and express themselves with confidence.

When adults model healthy communication, children learn to share their thoughts and emotions in safe, respectful ways. Over time, these skills build confidence, strengthen relationships, and support overall well-being.

One important part of healthy communication is having the language to name how we feel. [Brené Brown](#), a leading researcher on emotions, shares in her book - [Atlas of the Heart](#) - that many people can identify only three emotions—happy, sad, and angry—out of the 87 important emotions highlighted in her research. Being able to name a wider range of emotions helps people better regulate their feelings and communicate them more clearly to others.



### Understanding Communication and Mental Health

- **Why it matters** – In Mental Health Literacy, communication is a key skill. Children who can name their feelings and express themselves clearly are better able to manage stress, navigate peer conflict, and seek help when needed.
- **Adult tip** – Focus on connection before correction. When children feel heard and understood, they are more open to guidance and problem-solving.



### Helping Children Name and Express Feelings

- **Why it matters** – When children don't have the words to express their feelings and needs, their behaviour often speaks for them. Behaviour is a form of communication.
- **Adult tip** – Use simple language to label emotions (“It looks like you’re feeling left out”). Encourage children to expand beyond “mad” or “sad” to build emotional vocabulary.



### Building Listening Skills

- **Why it matters** – Feeling heard helps children feel safe and valued, which supports emotional regulation.
- **Adult tip** – Show active listening by giving full attention, reflecting back what you hear, and encouraging your child to do the same with others.

### Supporting Regulated Communication

- **Why it matters** – When emotions are intense, communication becomes much harder.
- **Adult tip** – Teach children to pause before responding. Simple strategies like taking a breath or a short break can help them return to the conversation more calmly.

### Family Activities to Support Communication Skills:

- Practice a daily check-in: “What was something that felt good today? Something that felt hard?”
- Role-play common peer situations and practice what to say
- Create a “feelings word list” together and add new words over time
- Use books or shows to talk about how characters feel and communicate
- Model communication by sharing your own feelings in simple, appropriate ways

# Mental Health Supports

## Rapid Access Counselling (RAC)

Family Service Saskatchewan's [Rapid Access Counselling Program](#) is delivered through a partnership of member agencies in communities across Saskatchewan.

Counselling sessions are available to children, youth, adults, and families in Saskatchewan. Virtual counselling is available to support families.

For more information and to book an appointment: [www.counsellingconnectsk.ca](http://www.counsellingconnectsk.ca)



## Kids Help Phone (KHP)

[Kids Help Phone](#) (KHP) is always here for young people in Saskatchewan and across Canada – any day, any time, day or night. KHP's e-mental health services are free, multilingual and confidential. If you know a young person who is struggling with a problem, big or small, you can encourage them to contact KHP for support - by calling, texting or going online (see details in graphic below).

KHP offers support without obstacles, help with any hardship and support in any moment of need. The following links provide more KHP information:

- KHP helps kids understand [mental health](#).
- In 2023, over 50 Canadian musicians created a song in support of KHP's [Feel Out Loud](#) mental health movement.

**KHP** KIDS HELP PHONE **Feel Out Loud**

Join the movement at [KidsHelpPhone.ca](http://KidsHelpPhone.ca)

<b>Call.</b> 1 800 668 6868	<b>Text.</b> 686868	<b>Online Message.</b> <a href="http://KidsHelpPhone.ca">KidsHelpPhone.ca</a>
--------------------------------	------------------------	--

## Sask Ag Matters

[Sask Ag Matters](#) offers free mental health support services for Saskatchewan agriculture producers. This program offers free mental health support services for Saskatchewan agriculture producers, their family members and agricultural workers.

Each individual is financially covered for six hours of therapy per year with trained and registered mental health professionals who have a background in farm culture.