

Mental Health Awareness Week

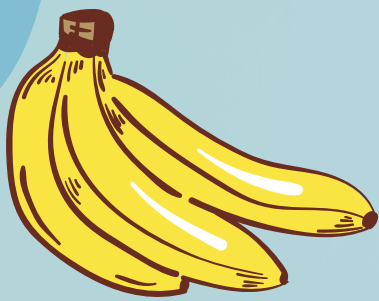
MAY 2-8, 2022

Partners in Education cares about mental health. Learn why mental health matters and what steps you can take to promote wellness. Check out PIE's [Mental Health Resources](#) here.



#GETREAL

"Mental health includes emotional, psychological and social well-being. It can influence: How you feel about yourself, the world and your life. Your ability to solve problems and overcome challenges." - [HereToHelpBC](#)



CONSUME
HEALTHY FOOD



MANAGE STRESS
& EXERCISE



GET A
GOOD SLEEP



REACH OUT &
TALK



GRAB YOUR
TOOLKIT TODAY!

[SD47 HUB](#)