

The Building Blocks of Mental Health Promotion

INDIVIDUALS

Fulfilment & contribution

Promote mindfulness, compassion, gratitude, personal growth, purpose & civic contribution.

Psychological skills

Foster mental health literacy, social and emotional competence, self-care and resilience & encourage help-giving and help-seeking for stress, psychological distress or suicidal ideation.

Healthy behaviours

Encourage regular physical activity, high quality diet, good sleep hygiene.

FAMILIES

Supports and connections

Promote secure attachment, positive parenting, social support, social participation and a sense of belonging.

COMMUNITIES

Safety

Ensure freedom from child abuse, gendered violence, racism and discrimination.

ORGANISATIONS

Material Basics

Ensure equitable access to food, adequate income, education, work, stable housing, and holistic healthcare.

GOVERNMENTS

The Environment & Culture

Protect the environment and support people to speak their language and practice their culture.

Prevention Strategies For Mental Health

E Durkheim



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