

Light Up the World Purple for Positive Mental Health

October 10th is World Mental Health Day. October 10th is also the day that Amanda Todd took her life after experiencing the effects of bullying. In honour of Amanda, and to raise awareness on the importance of positive mental health, communities around the world will be lighting up the globe purple on World Mental Health Day. In British Columbia monuments such as BC Place and Science World will be lit up purple. Show your support on October 10th by wearing purple or for more ideas on how you can support World Mental Health Day please click [here](#).

Mental health issues are not always easy to identify. DASH has recently partnered with Amanda's mother, Carol Todd, to promote the [Amanda Todd Legacy](#) and the many other programs and resources available in BC for mental health. These programs aid in detecting early signs of mental distress and the many ways to deal with them to increase positive mental health outcomes.

Carol Todd shares, "A close friend wrote these words to me: 'As you go forward in the days and months ahead, consider carefully what and how much can be done within the schools. Consider what families can do and what should be tolerated. Amanda's legacy should be one that teaches awareness and that our society will only succeed via tolerance, compassion, community, and forgiveness. It takes a village to raise a child.'"

If you are interested in learning more about positive mental health and how you can help, the programs below are a great place to start.

ERASE Bullying: A comprehensive and multi-pronged approach to promote positive mental health and wellness and prevent bullying and violent behaviours in schools. Please click [here](#) to access the ERASE website, which includes helpful tips and advice and a confidential online reporting tool for bullying.

Mindcheck.ca: An interactive website created to assist young people to identify and understand mental distress they may be experiencing and to link them to sources of help that will enable them to learn skills and strategies to manage these problems. To find out what resources they offer, click [here](#).

F.O.R.C.E Society: The F.O.R.C.E. Society for Kids' Mental Health provides families and professionals with information, tools, and tips on how to support and assist children with mental health difficulties. Click [here](#) to access their resources, such as the Mental Health Guide for Teachers.

Kelty Mental Health Resource Centre: BC's information source for children, youth and families who have mental health and substance use concerns. Click [here](#) for options for support and treatment in BC, tips for self-help and prevention, as well as a free monthly educational pinwheel series for families, educators and clinicians.

The above are just a sample of the many resources out there for mental health. Click [here](#) to visit the Healthy Schools BC website and discover all the rest!