

# SHAC: Mental Health Moments

## WHO CAN PARTICIPATE:

- District 6 Students

## SHARE YOUR STRENGTHS -

Mental Health is something that everyone has and learning how to care for it can be challenging. Therefore, the Student Health Advisory Council (SHAC) would like to highlight all the ways we can improve our mental health. Share your self-care activities with us. Let's inspire each other one story at a time!



one  
day  
at a  
time

<https://forms.gle/FwNGARM34bf6zL7M6>