You may already know that the Comprehensive School Health (CSH) approach improves physical health. Here are 8 benefits of using the CSH approach to promote mental health that may surprise you:

**Higher Grades**
Using the CSH approach to improve mental health can improve overall academic achievement.

**Better Behaviour**
When educators, parents and other partners use the CSH approach to nurture positive mental health, classroom misbehaviour decreases and positive behaviour, such as cooperation, empathy and respect increases.

**Improved Wellbeing**
Using the CSH approach to create a safe and caring school decreases rates of depression, and improves mood and wellbeing among students and staff. Everyone feels better when they can work and learn in a positive environment.

**Greater Social & Emotional Skills**
Students’ social and emotional skills grow when coordinated and purposeful action is taken to create a caring climate. Classrooms are filled with students who manage their emotions, build strong relationships and make responsible decisions.

**More Motivation**
A comprehensive approach to mental health promotion improves students' motivation to learn and make positive contributions to the school and community.

**Increased Connection to School**
Applying the CSH approach to support positive mental health results in students who feel more connected to school. Increased school connection helps students cope with anxiety and reduces risky behaviours.

**Improved Attendance**
Creating a positive school culture results in lower absenteeism, fewer suspensions and more overall time in classrooms.

**Better Self-Regulation**
Using the CSH approach to foster a positive school culture helps students recognize and cope with stressors.