

## Mental Health & Wellbeing Literacy: Resources for Schools

This list includes a range of resources to support educators, many of which are also suitable for youth and families. Most resources listed are free. Remember to also check your school district's website for more and/or local resources.

Resource	Grade	Description & Link
<b>Anxiety Canada</b>	Middle & Secondary	Free information and resources about identifying anxiety and helping teens & young adults to cope with anxiety. <a href="http://www.anxietycanada.com">www.anxietycanada.com</a>
<b>Being Me</b>	K-7	Free classroom lessons and activities to support positive body image & self-esteem. <a href="http://healthyschoolsbc.ca/healthy-schools-bc-resources/action-schools-bc-resources">healthyschoolsbc.ca/healthy-schools-bc-resources/action-schools-bc-resources</a>
<b>Beyond Images</b>	Grades 4-8	Free self-esteem & body image curriculum lesson plans that explore concepts of beauty and help students develop resilience against negative messaging. <a href="http://www.beyondimages.ca">www.beyondimages.ca</a>
<b>Booster Buddy</b>	Middle & Secondary	Free app to help young people improve their mental health. Includes daily quests that help to establish & sustain positive habits. <a href="http://www.islandhealth.ca///boosterbuddy-app">www.islandhealth.ca///boosterbuddy-app</a>
<b>Bringing Mental Health to Schools &amp; Teen Mental Health</b>	Grades 7-12	Free, online resources and training for educators. Educators learn about this classroom-ready, modular mental health curriculum resource and upgrade their own mental health literacy. Educators can then use this resource in their classrooms. <a href="http://pdce.educ.ubc.ca/MentalHealth">pdce.educ.ubc.ca/MentalHealth</a> and <a href="http://teenmentalhealth.org">teenmentalhealth.org</a>
<b>Everyday Anxiety Strategies for Educators (EASE)</b>	K-7	Curriculum-aligned anxiety prevention and resilience-building resources that fit into existing classroom routines and practices. Professional development and classroom resources for teachers and counsellors available free of charge <a href="http://www2.gov.bc.ca/gov/////child-teen-mental-health/ease">www2.gov.bc.ca/gov/////child-teen-mental-health/ease</a>
<b>Everyday Mental Health Classroom Resource</b>	K-8	Free, everyday mental wellness practices that can be easily incorporated into the classroom. Skills include stress management, emotion identification, positive motivation, relationship, self-confidence & identity. <a href="#">School Mental Health Assist</a>
<b>Foundry</b>	Grades 6-12 and older	Wide range of free health & wellness online resources and service centres in Victoria & Campbell River. Includes resources for anxiety, depression, body image, eating, substance use. <a href="http://foundrybc.ca/info-tools/mental-health-substance-use">foundrybc.ca/info-tools/mental-health-substance-use</a>
<b>Heart-Mind Online</b>	K-12	Free resources (including lesson plans) to support social and emotional learning. Themes include Anger, Anxiety, Conflict Resolution, Confidence, Empathy, Resilience, Self-Regulation. <a href="http://www.heartmindonline.org/resources/for-educators">www.heartmindonline.org/resources/for-educators</a>
<b>iMinds</b>	Grades 4-12	Wide range of free, curriculum linked learning materials and classroom-ready resources to teach substance use & gambling literacy, searchable by grade and/or subject. Examples: <a href="#">Rolling with Life's Challenges (Gr 6-8)</a> and <a href="#">Rat Park (Gr 6-7)</a> Many more lessons and resources available at <a href="http://www.helpingschools.ca">www.helpingschools.ca</a>
<b>Here to Help</b>	All ages	Wide range of free information and resources about mental health, mental illness and substance use. <a href="http://www.heretohelp.bc.ca">www.heretohelp.bc.ca</a>
<b>Kelty Mental Health Resource Centre</b>	All ages	Provincial resource centre that provides free mental health & substance use information including resources for school professionals and links to other resources. Examples: <a href="#">Stresslr App (Gr 4-6)</a> , <a href="#">Stop Wondering, Start Knowing Mental Health Video Resource (Gr 8-10)</a> <a href="#">HealthyMinds App</a> . 1-800-665-1822 <a href="http://keltymentalhealth.ca">keltymentalhealth.ca</a>

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<b>Media Smarts</b>	K-12	Hundreds of free media literacy resources including classroom ready lesson plans, online videos, games & training for educators. Searchable by topic or grade. <a href="http://mediasmarts.ca">mediasmarts.ca</a> and <a href="http://www.common sense media">www.common sense media</a>
<b>MindUp</b>	K-8	Classroom lessons to provide children with emotional & cognitive tools to help manage emotions and behaviours, reduce stress, sharpen concentration and increase empathy & optimism. <a href="http://MindUp.org">MindUp.org</a>
<b>Open Mind Youth Mental Health Resources</b>	K-12	Free mental health tools and resources for educators, students and families, from the Doctors of BC. <a href="http://openmindbc.ca">openmindbc.ca</a>
<b>Positive Mental Health Toolkit</b>	All ages	Toolkit for positive mental health practices & perspectives within a school environment. Five modules including Positive mental health, School Connectedness, Resiliency in School Environments, School Team Relationships and Comprehensive School Health <a href="http://wmaproducts.com/JCSH">wmaproducts.com/JCSH</a>
<b>Roots of Empathy</b>	K-Middle	Classroom-based program to reduce aggression & increase social/emotional competence & empathy. <a href="http://rootsofempathy.org">rootsofempathy.org</a>
<b>Second Step</b>	Pre-K to Grade 8	Resources & lesson plans about social-emotional learning, bullying prevention and child protection. Schools/districts can purchase license to use. <a href="http://www.secondstep.org">www.secondstep.org</a>
<b>Social &amp; Emotional Learning (SEL) Resource Finder</b>	All ages	A collection of SEL resources from UBC, for educators and others who work with children & youth. Includes instructional activities, lessons, programs & books. Searchable by focus, age group & content. <a href="http://www.SELresources.com">www.SELresources.com</a>
<b>Stress Lessons and Tools for Resiliency</b>	Grades 4-12	Classroom-ready resources including lesson plans and hands-on activities to help students recognize and manage stress effectively and build emotional resiliency. Many free resources, some are a small cost. <a href="http://psychologyfoundation">psychologyfoundation</a>
<b>Ted Ed Videos &amp; Lessons</b>	Middle-Secondary	Award-winning, short (~5 min.) evidence-based, video-based lessons searchable by subject. Format: Watch (the video), Think (2 or 3 questions), Dig Deeper (additional resources) and Discussion (Guided discussion, view others' Q & A). Examples <a href="#">An exercise in self-compassion</a> , <a href="#">How sugar affects the brain</a> Many more lessons at <a href="http://ed.ted.com">ed.ted.com</a> (including about math, history, science & more).
<b>WITS</b>	K-3	Program aimed at preventing peer victimization by creating responsive school, community & home environments. <a href="http://witsprogram.ca">witsprogram.ca</a>

More resources	
<b>Crisis Line (24/7)</b>	<b>310-6789</b> (no area code needed) <a href="http://www.crisislines.bc.ca">www.crisislines.bc.ca</a> or call 911
<b>FamilySmart</b>	Support for families with mental health challenges <a href="http://www.familysmart.ca">www.familysmart.ca</a>
<b>FetchBC</b>	Searchable community health services directory <a href="http://south-island.fetchbc.ca">south-island.fetchbc.ca</a>
<b>Island Health Mental Health</b>	Find local resources and services <a href="http://www.islandhealth.ca/learn-about-health/mental-health">www.islandhealth.ca/learn-about-health/mental-health</a>
<b>Kids Help Phone (24/7)</b>	<b>1-800-668-6868</b> Live chat also available. <a href="http://www.kidshelpphone.ca">www.kidshelpphone.ca</a>
<b>Youth in BC</b>	<b>1-866-661-3311</b> Live chat also available. <a href="http://www.YouthinBC.com">www.YouthinBC.com</a>
<b>Vancouver Island Crisis Line</b>	<b>1-888-494-3888</b> <a href="http://www.vicrisis.ca">www.vicrisis.ca</a>