

Child and Youth Mental Health Resources for Educators

Websites

Canadian Institute for Substance Use Research: Helping Schools

helpingschools.ca

Helping schools seeks to help educators stimulate students to think differently about drugs and to explore the meaning of drugs in human experience. These resources include health education modules, evidence-based promising practices and tools to support positive school initiatives.

Healthy Schools BC

healthyschoolsbc.ca/category/11/positive-mental-health
healthyschoolsbc.ca/category/13/substance-use

A list of programs and supports for positive mental health and substance use. School connectedness is a protective factor for student wellness. For practical strategies related to fostering school connectedness, visit healthyschoolsbc.ca/key-focus-areas/school-connectedness/.

Open Mind BC

openmindbc.ca/teachers

An information hub containing mental health tools and resources for youth, families and teachers.

Social and Emotional Learning (SEL) Resource Finder

selresources.com

The Faculty of Education at the University of British Columbia has created this online resource about social and emotional learning (SEL) and mental health (MH) in children and youth. The site is targeted to adults who work with children and youth including teachers, school administrators, after-school program facilitators, and coaches.

Teach BC

teachbc.bctf.ca

TeachBC is an online resource of teaching materials, lessons, and research relevant to the K-12 BC curriculum. For mental resources visit teachbcd.bctf.ca/list_mentalhealth

Teenmentalhealth.org

teenmentalhealth.org/care/educators

Comprehensive and evidence-based mental health literacy resources for educators, students and school staff. Resources are customizable based on student and school community needs.

Toolkits & Lesson Plans

Stop Wondering, Start Knowing: A Mental Health Video Resource for Schools

foundrybc.ca/schools

A video-based resource to help build understanding and begin a dialogue about mental health and substance use in classrooms and schools. This resource includes a facilitation guide, video stories from youth with lived experience with mental health challenges, and discussion activities.

Exploring Stress and Stresslr.ca; What's in Your Worrybox?

teachbc.bctf.ca

Instructional samples for that provide opportunities for students (ages 9-11) to explore what stress is, why it happens, what they can do to manage it and available resources. teachbcd.bctf.ca/list_stresslr

Child and Youth Mental Health Resources for Educators (cont.)

Breathr: Breathing and Mindfulness Instructional Samples

teachbc.bctf.ca

A selection of six instructional samples for different grade levels that provide opportunities for students to explore and practice mindfulness. These quick and simple exercises can help to refocus students. Visit teachbcdb.bctf.ca/list_breathr

The Mental Health and High School Curriculum Guide

teenmentalhealth.org/curriculum

An evidence based global mental health literacy resource designed for teacher application in grades 9 and 10. The guide is completely web-based and includes teacher self-assessment/self-study; classroom ready lesson plans and materials; animated videos; PowerPoint presentations; and other supplementary resources. A teacher's training program on its use is also available.

Transitions

teenmentalhealth.org/toolbox

An evidence-based Canadian resource designed to assist students in the transition from secondary to post-secondary schooling. It is designed for application in grade 12 and for use in orientation packages for first year post-secondary students. It is available in a variety of forms including hard copy monograph; hard copy passport; ebook; and app for iPhone.

Pan Canadian Joint Consortium Mental Health Toolkit

jcshpositivementalhealthtoolkit.com

A toolkit designed to promote positive mental health perspectives and practices in the school context. The toolkit is meant to facilitate a shift in practice and set in motion a process for engaging school and community strengths in fostering the positive development of children and youth.

Mental Health Commission of Canada (MHCC) HEADSTRONG Toolkits

mentalhealthcommission.ca/English/headstrong (*Click on 'Related Documents' tab at the bottom of the page*)

The Mental Health Commission of Canada (MHCC) has developed toolkits to assist schools in planning mental health related initiatives. The toolkits provide information and ideas to help schools design and implement an anti-stigma youth summit and create and sustain school-based activities.

Support Services

Kelty Mental Health Resource Centre

Tel: 604-875-2084 | Toll-Free: 1-800-665-1822

keltymentalhealth.ca/education | keltycentre@cw.bc.ca | [youtube.com/user/KeltyMentalHealth](https://www.youtube.com/user/KeltyMentalHealth)

The Kelty Mental Health Resource Centre offers information, resources, help with system navigation, and peer support to children, youth and families dealing with mental health and substance use challenges across BC. The Centre also provides resources and peer support to individuals of any age struggling with an eating disorder.