

## Mental Health Literacy: Free Online Resources for Educators

This list includes a wide range of resources to support student learning around mental health literacy. It includes classroom-ready lessons plus resources to share with students & families. Although it does not include resources specific to sleep, nutrition & physical activity, these areas are also important for mental wellness.

Resource	Grade	Description & Link
<b>Being Me</b>	K-9	Classroom lessons and activities to support positive body image & self-esteem. <a href="http://www.healthyschoolsbc.ca/program/242/being-me-promoting-positive-body-image">www.healthyschoolsbc.ca/program/242/being-me-promoting-positive-body-image</a>
<b>BC FRIENDS</b>	Elementary to Middle	A 10 week classroom-based, anxiety prevention & resiliency program. Three levels available: Fun FRIENDS (K/Gr 1), Child (Gr 4/5) & Youth (Gr 6/7) <a href="http://www.healthyschoolsbc.ca/program/327/bc-friends-program">www.healthyschoolsbc.ca/program/327/bc-friends-program</a>
<b>Booster Buddy</b>	Secondary	An app from Island Health to help young people improve their mental health. A series of daily quests help to establish & sustain positive habits. <a href="http://www.viha.ca/cyf_mental_health/BoosterBuddy.htm">www.viha.ca/cyf_mental_health/BoosterBuddy.htm</a>
<b>Cycles</b>	Secondary	Classroom-ready video based resource that encourages teens to talk about cannabis. <a href="http://www.uvic.ca/research/centres/carbc/publications/helping-schools/cycles/index.php">www.uvic.ca/research/centres/carbc/publications/helping-schools/cycles/index.php</a>
<b>Healthy Buddies</b>	Elementary	Empowers children to live healthier lives. Three components: Physical Activity or Go Move, Nutrition or Go Fuel, Mental health or Go Feel Good! <a href="http://www.healthyschoolsbc.ca/program/364/healthy-buddies">www.healthyschoolsbc.ca/program/364/healthy-buddies</a>
<b>Healthy Living Toolkit for Families</b>	All ages	Resources to help children & youth with mental health challenges develop healthy living habits. <a href="http://keltymentalhealth.ca/toolkit-families">keltymentalhealth.ca/toolkit-families</a>
<b>Healthy Minds</b>	Middle-Secondary	Problem-solving app for youth & young adults to help deal with emotions and cope with stress. <a href="http://www.theroyal.ca/mental-health-centre/apps/healthymindsapp/">www.theroyal.ca/mental-health-centre/apps/healthymindsapp/</a>
<b>HealthySchoolsBC</b>	K-12	Many resources to support schools using a whole school or comprehensive school health approach. Search for resources on specific topics, find out about grants and healthy schools success stories! <a href="http://www.HealthySchoolsBC.ca">www.HealthySchoolsBC.ca</a>
<b>Heart-Mind Online</b>	K-12	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 (Centre for Addictions Research of BC at UVic)</b>	Gr 4-12	Wide range of (new) curriculum linked learning materials and resources for counsellors, policy makers, and parents. Consultation and other support geared to helping schools/districts address substance use in schools, is available. <a href="http://www.helpingschools.ca">www.helpingschools.ca</a>
<b>Here to Help</b>	All ages	Wide range of 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 mental health & substance use information, resources & peer support for children, youth & families, plus resources for school professionals. 1-800-665-1822 <a href="http://keltymentalhealth.ca/">keltymentalhealth.ca/</a>
<b>Kids have Stress Too &amp; Stress Lessons</b>	Grades K-3, 4-6, 7-9	Tools & activities for the classroom. Helps children to recognize and deal with stress. The Psychology Foundation also has helpful resources for parents and tools for adults to help manage their own stress! <a href="http://www.psychologyfoundation.org">www.psychologyfoundation.org</a>
<b>Media Smarts</b>	K-12	Hundreds of free media literacy resources including classroom ready lesson plans, online educational games & training for educators. <a href="http://www.healthyschoolsbc.ca/program/516/media-smarts">www.healthyschoolsbc.ca/program/516/media-smarts</a>

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<b>MindShift</b>	Middle-Secondary	App from Anxiety BC, designed to help teens and young adults cope with anxiety. <a href="http://www.anxietybc.com/resources/mindshift-app">www.anxietybc.com/resources/mindshift-app</a>
<b>MindCheck</b>	Middle-Secondary	Designed to help youth check out how they're feeling and quickly connect to mental health resources and support. Includes a stress check quiz & tips for managing stress. <a href="http://www.healthyschoolsbc.ca/program/442/mindcheckca">www.healthyschoolsbc.ca/program/442/mindcheckca</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 & increase empathy & optimism. <a href="http://www.healthyschoolsbc.ca/program/418/mindup">www.healthyschoolsbc.ca/program/418/mindup</a>
<b>Positive Mental Health Toolkit</b>	All ages	Promotes positive mental health practices & perspectives within a school environment, from the Joint Consortium for School Health. <a href="http://www.healthyschoolsbc.ca/program/417/jcsh-positive-mental-health-toolkit">www.healthyschoolsbc.ca/program/417/jcsh-positive-mental-health-toolkit</a>
<b>Roots of Empathy</b>	K-Middle	Classroom-based program to reduce aggression & increase social/emotional competence & empathy. <a href="http://www.healthyschoolsbc.ca/program/415/roots-of-empathy">www.healthyschoolsbc.ca/program/415/roots-of-empathy</a>
<b>School Connectedness Action Guide</b>	K-12	Evidence-based practices and promising innovations for creating a school community where everyone feels safe, seen, heard, supported, significant & cared for. <a href="http://healthyschoolsbc.ca/key-focus-areas/school-connectedness/">healthyschoolsbc.ca/key-focus-areas/school-connectedness/</a>
<b>Social &amp; Emotional Learning (SEL) Resource Finder</b>	All ages	A collection of SEL resources from UBC Faculty of Education, 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>Stresslr</b>	Grades 4-6	App from Kelty Mental Health to help children learn about stress and develop healthy strategies to deal with stress. <a href="http://keltymentalhealth.ca/node/3263">keltymentalhealth.ca/node/3263</a>
<b>Teach BC</b>	K-12	BC Teachers' Federation hosted online database of teaching materials, lessons and research relevant to the K-12 BC Curriculum <a href="http://teachbc.bctf.ca/">http://teachbc.bctf.ca/</a>
<b>Ted Ed Videos &amp; Lessons</b>	Middle-Secondary	Award-winning educational videos by talented educators and animators, plus accompanying suggested lesson plans (Watch, Think, Dig Deeper, Discuss). <a href="http://www.youtube.com/user/TEDEducation">www.youtube.com/user/TEDEducation</a>
<b>Youth Action Grants</b>	Age 12-19 years	Grants of up to \$500 for youth-led projects aimed at improving youth health, from the McCreary Centre Society. <a href="http://www.mcs.bc.ca/ahs_youth_resources">www.mcs.bc.ca/ahs_youth_resources</a>
<b>WITS</b>	K-3	Program aimed at preventing peer victimization by creating responsive school, community & home environments. <a href="http://www.healthyschoolsbc.ca/program/363/wits-programs">www.healthyschoolsbc.ca/program/363/wits-programs</a>
<b>Phone &amp; Live Chat Support</b>		
<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>	
<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>	

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This list shows only a few of the many resources available.  
For more ideas and support, contact your Island Health Healthy School Team at your local health unit [www.viha.ca/children/school\\_years/healthy\\_schools/](http://www.viha.ca/children/school_years/healthy_schools/)