

Mental Health and Wellness

Curriculum Resources for Teachers

- ❖ [Elementary Mental Health Literacy Resource \(Grades 4-6\)](#). The Elementary Mental Health Literacy Resource (EMHLR) is the first of its kind classroom-ready resource designed for classroom teachers to teach students in grades 4-6 about mental health. Lesson plans include engaging core concept videos, student activities and options for diverse settings and learners. The EMHLR materials support in-person, online and hybrid model delivery.
- ❖ [Mental Health & High School Curriculum Guide \(Grades 7-10\)](#) is the first and only evidence-based Canadian mental health literacy curriculum resource designed to be delivered by classroom teachers (grades 7-10). The [Guide](#) includes six interactive web-based classroom-ready modules, a teacher self-study resource, lesson plans, print and video resources, PowerPoint presentations, evaluation options, and supplementary materials. A one-day face-to-face professional learning session for classroom teachers, and a two-day train-the-trainer workshop for Guide workshop facilitators build capacity for program sustainability.
- ❖ [Stigma-Free Mental Health \(Grades 4-12\)](#). The Stigma-Free Mental Health Society is a non-profit that offers educational tools and leadership that foster awareness of stigma, providing pathways to change. The [Student Mental Health Toolkit](#) offers a variety of resources to help students improve their mental wellness and combat stigma, especially around mental health. Resources teach students topics related to various stigmas and encourage EDI (equality, diversity and inclusion) in the classroom and include Mental Wellness Lesson Plans and Downloadable Resources for Grades 4-7 and Grades 8-12. Additional resources include:
 - [Virtual Stigma-free Presentations](#)
 - [Supporting Youth - Rural Mental Wellness Toolkit](#)
- ❖ [A Call to be Kind. The Compassionate Classroom: A Toolkit for Teachers \(Grades K-7\)](#). Created by the Canadian Mental Health Association, this toolkit is centered on the healing power of compassion and emphasizes that kindness is intrinsic to our humanity. Resources on: What is compassion; The mental health impacts of compassion; The practice of self-compassion; How to create compassionate classrooms; How to create compassionate workplace cultures; A week-long compassion journaling activity.
- ❖ [Stop Wondering, Start Knowing: A Mental Health Video Resource for Schools \(Grades 8-10\)](#). Created by Foundry, this resource includes a facilitation guide, video stories from youth with personal experience with mental health challenges, and links to additional resources and supports. It is designed for Grades 8-10 but can be for used for other groups at the discretion of the educator.

- ❖ [Strong Minds Strong Kids - Curricular Connections \(Grades 1-12\)](#). The Psychology Foundation of Canada's school-based programs have been developed to support teachers and others who work with school-age children in making an even greater impact on kids by providing our evidence-based professional training and programs on secure attachment relationships, stress management and resilience skills. The following Curriculum Connections illustrate alignment with BC's Mental Health in Schools Strategy and the HPE Curriculum:
 - [Kids Have Stress Too for Grades 1-3](#)
 - [Kids Have Stress Too for Grades 4-6](#)
 - [Stress Lessons for Grades 7-9](#)
 - [Stress Lessons for Grades 9-12](#)
- ❖ [Everyday Anxiety Strategies for Educators \(EASE\) \(Grades K-12\)](#) helps educators teach students strategies to address the thoughts, feelings and behaviours associated with anxiety, while also supporting social and emotional learning and the mental health literacy of educators. Educators get access to a collection of school-based, evidence-informed, curriculum-aligned, anxiety management and resilience-building classroom resources and online professional development courses for use with B.C. students in grades K-12, in both English and French, provided at no cost.
- ❖ [At My Best \(Grades K-3\)](#) is a free curriculum-supported web-based toolkit including lesson plans, games, music and videos for children in grades Kindergarten to Grade three to promote and develop children's overall wellness. At my Best combines physical activity, healthy eating and emotional well-being and aims to support children's optimal physical and emotional development by inspiring and motivating them to develop lifelong healthy habits. Sign up required to access the resources.
- ❖ [Kids Help Phone's Counsellor in the Classroom Program \(Grades 6-12\)](#) promotes the discussion of mental health and well-being among young people. It's available to students in Grades 6 through 12 across Canada. Classes that participate will learn about mental health, Kids Help Phone's services and how/where to seek support.
- ❖ [The Random Acts of Kindness Foundation: For Educators \(K-8\)](#) is a CASEL approved, evidence-based, social emotional learning curriculum used all over the world, with focuses on equity, teacher self-care, digital citizenship and kindness.
- ❖ UBC Faculty of Education: Social & Emotional Learning and Mental Health Literacy: [The Social & Emotional Learning Resource Finder](#) is a collection of social, emotional and mental health resources for educators and other adults who work with children and youth. The Resource Finder provides a variety of resources to help you learn about SEL, apply teaching methodologies and assess your efforts. UBC also offers [TEACH Mental Health Literacy - Free Online Course \(ubc.ca\)](#) and [LEARN - Professional Development & Community Engagement \(ubc.ca\)](#)
- ❖ [Anxiety Canada - Educator Resources](#) features downloadable resources for educators such as 'How to do Progressive Muscle Relaxation' and 'How to Address Test Anxiety' as well as Caretoons Animated Series that use fun, animated characters to introduce youth to different anxieties they may be experiencing.
- ❖ [Beyond Images: A Self-Esteem and Body-Image Curriculum \(grades 4-8\)](#). Created by Canada's National Eating Disorder Information Centre, these curricula, webinars, and tip sheets focuses on self-acceptance and building positive self-esteem, aimed at preventing eating disorders. Available in

English and French.

- ❖ [WE Charity Virtual Learning Centre for Educators](#) offers free resources, from teacher modules and professional development, to lesson plans and classroom activities and more. Focusing on youth volunteerism and service-learning in Canada, WE helps empower young people to take action on social issues in their communities and around the world.
- ❖ [The School Physical Activity and Physical Literacy Project](#) aims to build the capacity of B.C. elementary school educators to increase their confidence and competence in delivering quality physical activity and physical literacy opportunities at school, and support links to mental well-being. It includes free lesson plans and resources to support implementation of physical activity and physical literacy in the classroom and school.
- ❖ [Amazing Me: Elementary School Resources for Body Confidence \(Grades 4-5\)](#) empowers 4th and 5th grade students to be confident inside and out with evidence-based classroom resources focused on health, social-emotional learning (SEL), and body confidence.

Workshops and Guest Speakers

- ❖ [The Robb Nash Project](#) is an initiative that engages young people through the power of music and storytelling to inspire hope. Using a series of interactive video modules, customizable to accommodate middle school and high school aged students, the resource aids in-school educators and support staff to create cultural engagement and discussions around mental wellness.
- ❖ [Jack.org](#) is a national network of young leaders transforming the way we think about mental health. Trained youth speakers start mental health conversations in schools by delivering professional mental health presentations to their peers. They also educate audiences about the basics of mental health, share lessons on how to recognize signs of struggle in themselves and their peers, how to be there for those who might be struggling, and how to connect with resources, so that audiences have actionable next steps.
- ❖ [Roots of Empathy](#) is a long-standing evidence-based classroom program that has shown significant effect in reducing levels of aggression among school children, including bullying, while increasing prosocial behaviour such as empathy, kindness, caring and inclusion. At the heart of the program are a neighbourhood infant and parent who engage students in their classroom. Over the school year, a trained Roots of Empathy Instructor guides the children as they observe the relationship between baby and parent, understanding the baby's intentions and emotions. Through this model of experiential learning, the baby is the "Teacher" and a catalyst, helping children identify and reflect on their own feelings and the feelings of others.
- ❖ [Out in Schools: For Educators](#) provides fun, informative, and engaging workshops which will expand a school team's knowledge and confidence in supporting 2SLGTBQIA+ youth and integrating Sexual Orientation and Gender Identity (SOGI) curriculum into every day. Studies show that integrating [SOGI](#) into curriculum and policies improves the school climate for all students and reduces discrimination, suicidal ideation and suicide attempts.
- ❖ [Family Smart: Workshops for Schools](#): Using their Working Well Together Training Framework,

Family Smart has created 3 workshops that support the important relationship between homes and schools in supporting youth mental health. Workshops are 45 minutes and offered online (or in person in some communities) for a Pro-D day or staff meeting.

Additional Resources for Schools

- ❖ [Language Matters: An Introductory Guide for Understanding Mental Health and Substance Use: A Resource for Educators and School Communities](#). This guide was developed by the Ministry of Education and Childcare in partnership with BC Children’s Hospital’s Health Promotion and Health Literacy team and aims to "develop a common language and understanding of mental health and substance use terms to improve mental health literacy and reduce stigma".
- ❖ [BC Network of Child and Youth Advocacy Centres](#). Child and Youth Advocacy Centres (CYACs) are collaborative services designed to provide a coordinated response to child abuse and crimes against children and youth. CYACs serve a number of [communities](#) in the Interior Region, including Kamloops and area, the North Okanagan, Kelowna, West Kelowna and Lake Country, and the West Kootenay region. CYACs ensure a coordinated, trauma-informed, culturally safe response to all forms of violence against children and youth.
- ❖ [Foundry BC](#) and [Foundry Virtual Services](#) make it easy for young people to find youth-friendly, welcoming and appropriate services – by simply walking into their local Foundry centre, accessing Foundry’s virtual services, or by exploring the tools and resources online. Foundry reaches young people earlier – before their health concerns have a severe impact on their health and well-being.
- ❖ [Kelty Mental Health Resource Centre - School Professionals](#) provide resources and information to people working to support mental health in the school community including teachers, counsellors, administrators, district staff, community partners and public health professionals. Resources include the [‘Taming Worry Dragons’ Classroom Manual: A Psychoeducational Group Program for Prevention of Anxiety](#) that can be purchased or borrowed.
- ❖ [Expect Respect & A Safe Education \(ERASE\)](#) all about building safe and caring school communities. This includes empowering students, parents, educators and the community partners who support them to get help with challenges, report concerns to schools, and learn about complex issues facing students, including [racism](#) and [mental health and well-being](#).
- ❖ [Compass Mental Health](#) helps care providers – including teachers, school counselors, and EAs – access a range of educational resources, toolkits, and webinars on child and youth mental health and substance use. They also provide support/clinical consultation by phone on particular cases at: 1-855-702-7272.
- ❖ [Positive Mental Health Toolkit](#) is an online resource created by the Pan-Canadian Joint Consortium for School Health that promotes positive mental health practices and perspectives within a school environment. The toolkit is designed to help schools and communities apply their strengths to foster positive growth and development of children and youth.
- ❖ [Indigenous Youth Wellness – Education Resources](#) includes links to Indigenous Youth Wellness Videos, youth grants to run Youth Wellness Programs, Ask Auntie and Cuystwi: Indigenous Youth

Wellness Facilitator Guides, and more.

- ❖ [Healthy Schools BC](#) houses a number of evidence-based resources to support students' mental wellbeing. Strong scientific evidence demonstrates that increased student connection to school decreases bullying and other negative behaviors while promoting educational motivation, classroom engagement, academic performance, school attendance and completion rates. Learn how BC schools and districts are helping students feel more connected to their school. Find resources and tips on making your own school or district more caring and welcoming.
- ❖ [PreVenture: A Preventative Mental Health Program for Teens \(Grades 7 and 8\)](#) is a prevention program for youth that uses personality-focused interventions to promote mental health and reduce the risk of substance use. PreVenture workshops are designed to help students learn useful coping skills, set long term goals, and channel their personality traits towards achieving them, so that they can thrive in all areas of their lives. If your school/District is interested in implementing PreVenture, please contact the Healthy Schools team at healthyschools@interiorhealth.ca to discuss the support we may be able to provide for Facilitator training and workbooks.
- ❖ [Heart-Mind Online](#) provides evidence-informed knowledge, insight and resources that support educators in responding to the social and emotional learning needs of students. As a portal to both research and emerging practices, this tool aligns with the broader, pro-active initiatives across school systems.
- ❖ [WITS Programs](#) bring schools, families and communities together to create responsive environments that help children deal with bullying and peer victimization. WITS has two components: the WITS Primary Program (Kindergarten to Grade 3), and the WITS LEADS Program (Grades 4 to 6/7). Resources are also available in French.
- ❖ [Rolling With ADHD](#) was created at BC Children's Hospital and includes information on ADHD and a unique video resource library for teachers where a team of ADHD specialists offer bite-sized insights, ideas and strategies to help teachers roll with ADHD in the classroom.
- ❖ [McCreary Centre Society: Reports and Resources](#) includes downloadable documents related to youth health, including the [BC Adolescent Health Survey](#) provincial results and related special reports.
- ❖ [Media Smarts: Canada's Centre for Digital Media Literacy](#) includes [Teacher Resources](#) on many topics, including those related to Media and Mental Health, such as '[A Guide for Trusted Adults – supporting girls' concerns online](#)', '[Screen Time and Well-being Fact Sheet](#)', and '[Avatars and Body Image](#)'.
- ❖ [Embody BC](#) is a provincial program with evidence-based [Resources for Professionals](#) to support teachers and other supportive adults to build the confidence to help children develop a positive body image and a healthier relationship with food.
- ❖ [Play: Child and Youth Mental Well-Being Resources](#), created by BC Healthy Communities, recognizes that play is essential for child development. It promotes mental well-being through brain development, stress relief, physical activity, and time outdoors.

- ❖ [Outside Play: Tool for Teachers](#) is designed for elementary school teachers. There are four themes to explore which offer valuable insights and hands-on resources to begin locating play and learning outdoors.

Resources for Students, Parents and Families

- ❖ [Kelty Mental Health – Healthy Living resources](#) can help families tackle common challenges that children and youth with mental health challenges may face.
- ❖ [Bounce Back BC](#) is a free skill-building program designed by the Canadian Mental Health Association to help adults and youth 13+ manage low mood, mild to moderate depression, anxiety, stress or worry. Delivered online or over the phone with a coach, you will get access to tools that will support you on your path to mental wellness.
- ❖ [Here to Help: Mental Health and Substance Use Information](#) can help you find quality information, learn new skills, and connect with key resources in BC. Explore strategies to help you take care of your mental health and use substances in healthier ways, find the information you need to manage mental health and substance use problems, and learn how you can support a loved one.
- ❖ [Mental Health 101](#) created by the Centre for Addictions and Mental Health, this series of free online tutorials are a starting point for learning about mental health, including anxiety disorders, bipolar disorder, depression, harm reduction, diversity and health equity, and more.
- ❖ [Justice Education Society of BC – Families Change](#) website provides online guides for kids, teens and parents who are going through a family break up.
- ❖ [Confident Parents: Thriving Kids](#) is a free telephone based coaching program offered by the Canadian Mental Health Association. Sessions are available to all BC parents for 6, 10 or 14 weeks. Physician referral is required.
- ❖ [Rolling With ADHD: for Teens and Families](#) was created at BC Children’s Hospital and includes information on ADHD, a free eight-module series that covers practical tools and strategies for caregivers of children with ADHD, and practical information, tips and strategies to help teens with ADHD feel less overwhelmed with school and more empowered and supported.
- ❖ [Kelty Eating Disorders](#) provides information about prevention and treatment of eating disorders, connections with a Parent Peer Support Worker, clinical tools and education, and a resource library.
- ❖ [National Eating Disorder Information Centre](#) provides information and operates a national toll-free helpline (1-866-NEDIC-20) and instant chat (nedic.ca) to support individuals across the country with information, referrals and support.

Crisis Resources

- ❖ **For serious or immediate concerns about a youth harming themselves:** Talk to a doctor, mental health centre, hospital emergency department (9-1-1) or one of these crisis phonelines, internet chat, and/or text support:
 - Suicide crisis: 9-8-8 (24/7)
 - **OR**
 - 1 800 SUICIDE (1-800-784-2433)

- ❖ **Emotional support, information, and referrals for mental health concerns:** 310-6789 (24 hours)
 - [Youth in BC](#)
 - [Youthspace.ca](https://youthspace.ca)

- ❖ **Indigenous Toll-Free Crisis and Support Line:**
 - KUU-US Crisis Support Line: 1-800-588-8717
 - **OR**
 - Youth line: 250-723-2040

- ❖ **Child & Youth Mental Health Walk-in Intake Clinics:**
 - Learn more about the [Walk-in Intake Clinics](#) and find a location near you.

- ❖ **More help and support that youth can access directly:**
 - [Kids Help Phone](#)
 - [Foundry.ca](https://foundry.ca)
 - [Familysmart.ca](https://familysmart.ca)
 - [Your Life Counts](#)

- ❖ **Warning signs:** Know the signs that a child or teen might be thinking about suicide:
 - [HealthLink BC: Warning Signs of Suicide in Children & Teens](#)

- ❖ **Additional information:**
 - [Coping with Suicidal Thoughts](#)
 - [Centre for Suicide Prevention: Info for Parents](#)



The Interior Health Healthy Schools Team endeavours to include free or low cost, evidence-based resources recommended by our health and school partners, especially those that align with the B.C. Curriculum. This is not an exhaustive list of all the resources available on this topic and we encourage educators to ensure each resource is appropriate for their class or school. Please contact us with any suggested changes or additions at healthyschools@interiorhealth.ca

To explore other Toolkits, visit [Healthy Schools Teaching Toolkits](#).