

## Mental Health & Wellness Resources for Schools K-12

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 local resources.

Resource	Grade	Description & Link
<b>ABCs of Youth Substance Use</b>	K-12	Recommended resources including <b>classroom-ready resources</b> , support and collaborative virtual professional learning community for educators. <a href="https://sites.google.com/bunyaad.ca/the-abcs/home">sites.google.com/bunyaad.ca/the-abcs/home</a>
<b>Anxiety Canada</b>	Gr 6-12+	Free resources about identifying anxiety and helping teens & young adults to cope with anxiety. <a href="http://www.anxietycanada.com">www.anxietycanada.com</a>
<b>Bringing Mental Health to Schools &amp; Teen Mental Health</b>	Gr 7-12	Free, online <b>classroom-ready resources</b> and training for educators. <a href="http://pdce.educ.ubc.ca/MentalHealth">pdce.educ.ubc.ca/MentalHealth</a> and <a href="http://teenmentalhealth.org">teenmentalhealth.org</a>
<b>Eating Disorder Supports &amp; Referrals</b>	K-12	Resources on supporting and finding services for families & youth. 250-519-5390 ext.36925 <a href="http://www.islandhealth.ca/our-services/eating-disorders-services">www.islandhealth.ca/our-services/eating-disorders-services</a>
<b>Everyday Anxiety Strategies for Educators (EASE)</b>	K-7	Curriculum-aligned anxiety prevention & resilience-building resources that fit into classroom routines & practices. Free Pro-D and <b>classroom-ready resources</b> for teachers/counsellors <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 mental wellness practices that can be easily incorporated into class including stress management, emotion identification, positive motivation, relationship, self-confidence & identity. <a href="#">School Mental Health Assist</a>
<b>FoundryBC</b>	Gr 6-12+	Wellness resources, services & supports for youth 12-24y. Includes resources for educators, youth & families about anxiety, depression, body image, substance use. <a href="http://foundrybc.ca">foundrybc.ca</a> <a href="#">Stop Wondering, Start Knowing Mental Health Video Resource (Gr 8-10)</a>
<b>Heart-Mind Online</b>	K-12+	Free resources including <b>classroom-ready resources</b> to support social- 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/ Canadian Institute Substance Use Research</b>	Gr 4-12	Wide range of free, curriculum linked learning materials including <b>classroom-ready resources</b> to teach substance use & gambling literacy, searchable by grade and/or subject. <a href="http://www.uvic.ca///cisur//helping-schools/iminds">www.uvic.ca///cisur//helping-schools/iminds</a>
<b>Here to Help</b>	All ages	Wide range of free, quality information and <b>classroom-ready resources</b> about mental health, mental illness and substance use. <a href="http://www.heretohelp.bc.ca">www.heretohelp.bc.ca</a>
<b>Kelty Mental Health</b>	All ages	Offers content and links to mental health resources & curriculum guides, social & emotional learning, teacher & staff well-being, and school mental health spotlights. <a href="https://keltymentalhealth.ca/school-professionals">https://keltymentalhealth.ca/school-professionals</a>
<b>Media Smarts</b>	K-12	Free media literacy resources including <b>classroom-ready resources</b> , online videos, games & training for educators. Searchable by topic or grade. <a href="http://mediasmarts.ca">mediasmarts.ca</a>
<b>Mental Health Literacy / Teen Mental Health</b>	Gr 7-10	Free, Canadian <a href="#">curriculum guide</a> with 6 interactive <b>classroom-ready resources</b> (print & video resources, powerpoint presentations & more. <a href="http://mentalhealthliteracy.org/educators">mentalhealthliteracy.org/educators</a>

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<b>MindUp</b>	K-8	<b>Classroom-ready resources</b> of emotional & cognitive tools to manage emotions & behaviours, reduce stress, sharpen focus and increase empathy & optimism. <a href="https://www.mindup.org">MindUp.org</a>
<b>Open Mind Youth Mental Health</b>	K-12	Free mental health tools and resources for educators, students and families, from the Doctors of BC. <a href="https://openmindbc.ca">openmindbc.ca</a>
<b>Positive Mental Health Toolkit</b>	All ages	Toolkit for positive mental health practices & perspectives within a school environment. Educator modules include Positive mental health, School Connectedness, Resiliency in School Environments, School Team Relationships and Assessing Comprehensive School Health <a href="https://wmaproducts.com/JCSH">wmaproducts.com/JCSH</a> (from <a href="https://www.jointconsortiumforhealth.ca">Joint Consortium for School Health</a> )
<b>Second Step</b>	Pre-K to Gr 8	<b>Classroom-ready resources</b> about social-emotional learning, bullying prevention and child protection. Schools/districts can purchase license to use. <a href="https://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, <b>classroom-ready resources</b> , programs & books. Searchable by focus, age group & content. <a href="https://www.SELresources.com">www.SELresources.com</a>
<b>Strong Minds Strong Kids Psychology Canada</b>	Pre-K-Gr 12	<b>Classroom-ready resources</b> to help students recognize and manage stress effectively and build emotional resiliency. Many free resources; some are a small cost. <a href="https://strongmindsstrongkids.org">strongmindsstrongkids.org</a>
<b>Teach Body Image</b>	K-8	Resources including <b>classroom-ready resources</b> to promote positive body image. <a href="https://teachbodyimage.com">teachbodyimage.com</a> See also <a href="https://www.mediasmarts.ca/teacher-resources">Mediasmarts.ca/teacher-resources</a> & <a href="https://www.jessieslegacy.com">JessiesLegacy</a>
<b>Ted Ed Videos &amp; Lessons</b>	Middle-Secondary	Award-winning, short, evidence-based, <b>video-based classroom-ready resources</b> searchable by subject (health, history, math, science, art & more) <a href="https://ed.ted.com">ed.ted.com</a>

### Supports & Services for Youth, Families & Community Agencies

<b>BC211 (24/7)</b>	Find health resources in your community. Call or text 2-1-1 <a href="https://www.bc211.ca">BC211.ca</a>
<b>Crisis Centre BC (24/7)</b>	<b>1-800-784-2433</b> or <b>310-6789</b> (no area code) or dial 9-1-1 <a href="https://www.crisiscentre.bc.ca">crisiscentre.bc.ca</a>
<b>FamilySmart</b>	Support for families with mental health challenges <a href="https://www.familysmart.ca">www.familysmart.ca</a>
<b>FoundryBC</b>	Wellness resources & support for people age 12-24 years <a href="https://www.foundrybc.ca">foundrybc.ca</a>
<b>Island Health Discovery Youth &amp; Family Substance Use Services</b>	Support for youth age 13-19 years, family members, friends and support people. <a href="https://www.islandhealth.ca/our-services/youth-family-substance-use-services/youth-family-substance-use-services/discovery-youth-family-substance-use-services">www.islandhealth.ca/our-services/youth-family-substance-use-services/youth-family-substance-use-services/discovery-youth-family-substance-use-services</a>
<b>Island Health Mental Health</b>	Local resources and services <a href="https://www.islandhealth.ca/learn-about-health/mental-health">www.islandhealth.ca/learn-about-health/mental-health</a>
<b>Kelty Mental Health Centre</b>	<b>1-800-665-1822</b> Support for BC youth, families &, agencies. <a href="https://www.keltymentalhealth.ca">www.keltymentalhealth.ca</a>
<b>Kids Help Phone (24/7)</b>	<b>1-800-668-6868</b> Live, online chat noon to 1am. <a href="https://www.kidshelpphone.ca">kidshelpphone.ca</a>
<b>Kuu-us Crisis Line (24/7)</b>	<b>1-800-588-8717</b> Support for Indigenous people in BC <a href="https://www.kuu-uscrisisline.com">www.kuu-uscrisisline.com</a>
<b>Youth in BC</b>	Online Chat noon to 1am and links to 24/7 crisis lines. <a href="https://www.YouthinBC.com">www.YouthinBC.com</a>
<b>Vancouver Island Crisis Line</b>	<b>1-888-494-3888</b> <a href="https://www.vicrisis.ca">www.vicrisis.ca</a>