

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.

Classroom-ready resources are highlighted in yellow.

Most resources listed are free. Remember to also check your school district's website for local resources.

Resource	Grade	Description & Link
Anxiety Canada	Gr 6-12+	Free resources about identifying anxiety and helping teens & young adults to cope with anxiety. www.anxietycanada.com
Bringing Mental Health to Schools & Teen Mental Health	Gr 7-12	Free, online classroom-ready resources and training for educators. pdce.educ.ubc.ca/MentalHealth and teenmentalhealth.org
DASH BC Mental Wellbeing	K-12 & Adults	Many resources including infographics with easy tips for student and staff mental wellness DASHBC/Resources
Eating Disorder Supports & Referrals	K-12	Resources on supporting and finding services for families & youth. - www.islandhealth.ca/our-services/eating-disorders-services - www2.gov.bc.ca///mental-health-support-in-bc/body-image-and-eating-disorders - KeltyEatingDisorders.ca
Everyday Anxiety Strategies for Educators (EASE)	K-7	Curriculum-aligned anxiety prevention and resilience-building resources that fit into classroom routines and practices. Professional development and classroom-ready resources for teachers and counsellors free of charge www2.gov.bc.ca/gov/////child-teen-mental-health/ease
Everyday Mental Health Classroom Resource	K-8	Free mental wellness practices that can be easily incorporated into class including stress management, emotion identification, positive motivation, relationship, self-confidence & identity. School Mental Health Assist
FoundryBC	Gr 6-12+	Wellness resources, services & supports for youth 12-24y. Includes resources for educators, youth & families about anxiety, depression, body image, substance use. foundrybc.ca Stop Wondering, Start Knowing Mental Health Video Resource (Gr 8-10)
Heart-Mind Online	K-12+	Free resources including classroom-ready resources to support social- emotional learning. Themes include anger, anxiety, conflict resolution, confidence, empathy, resilience, self-regulation. www.heartmindonline.org/resources/for-educators
iMinds/ Canadian Institute Substance Use Research	Gr 4-12	Wide range of free, curriculum linked learning materials including classroom-ready resources to teach substance use & gambling literacy, searchable by grade and/or subject. www.uvic.ca///cisur//helping-schools/iminds
Here to Help	All ages	Wide range of free, quality information and classroom-ready resources about mental health, mental illness and substance use. www.heretohelp.bc.ca
Media Smarts	K-12	Free media literacy resources including classroom-ready resources , online videos, games & training for educators. Searchable by topic or grade. mediasmarts.ca
Mental Health Literacy / Teen Mental Health	Gr 7-10	Free, Canadian curriculum guide with six interactive classroom-ready resources , print & video resources, powerpoint presentations & more. mentalhealthliteracy.org/educators

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MindUp	K-8	Classroom-ready resources around emotional & cognitive tools to manage emotions and behaviours, reduce stress, sharpen concentration and increase empathy & optimism. MindUp.org
Open Mind Youth Mental Health	K-12	Free mental health tools and resources for educators, students and families, from the Doctors of BC. openmindbc.ca
Positive Mental Health Toolkit	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 wmaproducts.com/JCSH (from Joint Consortium for School Health)
Second Step	Pre-K to Gr 8	Classroom-ready resources about social-emotional learning, bullying prevention and child protection. Schools/districts can purchase license to use. www.secondstep.org
Social & Emotional Learning (SEL) Resource Finder	All ages	A collection of SEL resources from UBC, for educators and others who work with children & youth. Includes, classroom-ready resources , programs & books. Searchable by focus, age group & content. www.SELresources.com
Strong Minds Strong Kids Psychology Canada	Pre-K-Gr 12	Classroom-ready resources to help students recognize and manage stress effectively and build emotional resiliency. Many free resources; some are a small cost. strongmindsstrongkids.org
Teach Body Image	K-8	Resources including classroom-ready resources to promote positive body image. teachbodyimage.com See also Mediasmarts.ca/teacher-resources & JessiesLegacy
Ted Ed Videos & Lessons	Middle-Secondary	Award-winning, short, evidence-based, video-based classroom-ready resources searchable by subject (health, history, math, science, art & more) ed.ted.com

Supports & Services for Youth & Families	
BC211 (24/7)	Find health resources in your community. Call or text 2-1-1 BC211.ca
Crisis Centre BC (24/7)	1-800-784-2433 or 310-6789 (no area code) or dial 9-1-1 crisiscentre.bc.ca
Compass BC	1-855-702-7272 Support for community care providers www.compassbc.ca
FamilySmart	Support for families with mental health challenges www.familysmart.ca
FoundryBC	Wellness resources & support for people age 12-24 years foundrybc.ca
Island Health Mental Health	Local resources and services www.islandhealth.ca/learn-about-health/mental-health
Kelty Mental Health Centre	1-800-665-1822 Support for families and youth (provincial) www.keltymentalhealth.ca
Kids Help Phone (24/7)	1-800-668-6868 Live, online chat noon to 1am. kidshelpphone.ca
Kuu-us Crisis Line (24/7)	1-800-588-8717 Support for Indigenous people in BC www.kuu-uscrisisline.com
Youth in BC	1-866-661-3311 Online chat also available. www.YouthinBC.com
Vancouver Island Crisis Line	1-888-494-3888 www.vicrisis.ca