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Also available in French




### Elementary Classroom Resources



Title	Category	Description	Grade	Curriculum Linked
Alberta Health Services Mental Health Kit: Be Kind to Yourself and Others (Junior High Kit)	Online Kit	<p>The Mental Health Kit – Be Kind to Yourself and Others (Junior High Kit) is a curriculum-based teaching resource for students in grades 7-9. The purpose of the kit is to teach students about mental wellness.</p> <p><a href="http://www.albertahealthservices.ca/assets/programs/ps-7344-full-manual.pdf">http://www.albertahealthservices.ca/assets/programs/ps-7344-full-manual.pdf</a></p>	Gr. 7-9	√
Beyond Images	Online Resource and Curriculum	<p>Beyond Images is a turn-key curriculum developed by the National Eating Disorder Information Centre (NEDIC). The free online lesson plans for grades 4 through 8 address media literacy to help students make a positive difference in combating appearance-based bullying and negative stereotypes. The curriculum provides the opportunity to explore key issues in today's society around body image and self-esteem as well as media messaging, while developing critical thinking skills. Revised for 2016.</p> <p><a href="http://beyondimages.ca/">http://beyondimages.ca/</a></p>	Gr. 4-8	√



<p>Bounce Back...AGAIN, 2nd edition.</p> <p>Bounce Back Supplementary Resources, 2015</p>	<p>Online Resource, downloadable PDFs</p>	<p>Bounce Back Resources: include new and revised resources, ideas and suggestions to assist students in learning about resiliency, why resiliency exemplifies mental health and ways we can celebrate and promote resiliency in each other. The new supplementary resources support youth-led mental health awareness and anti-stigma initiatives in the school context. Resource includes whole school ideas and lesson plans that can be adapted for elementary or secondary classes.</p> <p><a href="https://www.healthunit.com/bounce-back">https://www.healthunit.com/bounce-back</a></p>	<p>Gr.1-12</p>	
<p>Can We Talk, Canadian Mental Health Association of Alberta and The Alberta Teacher's Association</p>	<p>Online Resource, downloadable PDF</p>	<p>The Can We Talk website includes information and classroom resources (including lesson plans) related to mental health.</p> <p><a href="http://canwetalk.ca/">http://canwetalk.ca/</a></p> <p><a href="http://canwetalk.ca/wp-content/uploads/2016/03/COOR-79I-2016-03-CWT-lesson-plans.pdf">http://canwetalk.ca/wp-content/uploads/2016/03/COOR-79I-2016-03-CWT-lesson-plans.pdf</a></p>	<p>Gr. 6-8</p>	
<p>Caught Caring</p>	<p>Online Resource</p>	<p>Caught Caring is a health promotion program developed to help promote positive mental health through character development. This resource was developed for elementary school teachers to guide them through a series of character development activities.</p> <p><a href="https://www.tbdhu.com/resource/caught-caring">https://www.tbdhu.com/resource/caught-caring</a></p>	<p>Gr.1-6</p>	<p>√</p>

<p>Connect[ED]</p>  	<p>Kit</p>	<p>A web-based resource (hardcopy available in library) from Ophea that addresses Internet safety for students. It is designed to help students develop safe and healthy online behaviours, such as netiquette, security, personal privacy and relationships (e.g., recognizing and managing cyberbullying), in the same way they would in real life situations. It helps children apply real life behaviour to life online.</p> <p><a href="http://www.reallifeonline.ca/about/Overview.aspx">http://www.reallifeonline.ca/about/Overview.aspx</a></p>	<p>Gr.4-6</p>	
<p>Girls Boys and Media: A Gender and Digital Life Toolkit for Educators</p>	<p>Online Kit</p>	<p>Online toolkit includes lesson plans that help students reflect on gender stereotypes and how they shape the media that we consume and create including parent tip sheets.</p> <p><a href="http://www.commonsemmedia.org">www.commonsemmedia.org</a></p>	<p>Gr.3-12</p>	
<p>HEADSTRONG by the Mental Health Commission of Canada</p> 	<p>Online Kit</p>	<p>An evidence-based anti-stigma initiative (with toolkit, 2017) created by the Mental Health Commission of Canada (MHCC). It inspires youth ages 12-18 to Be Brave, Reach Out and Speak Up about mental health. HEADSTRONG is now a national initiative that teaches students how to reduce stigma and become mental health champions in their schools.</p> <p><a href="https://www.mentalhealthcommission.ca/sites/default/files/2017-05/School_Based_Activity_Toolkit.pdf">https://www.mentalhealthcommission.ca/sites/default/files/2017-05/School_Based_Activity_Toolkit.pdf</a></p>	<p>Gr. 7-12</p>	
<p>Healthy Buddies</p> 	<p>Kit</p>	<p>Healthy Buddies is a comprehensive school lead program that teaches student empowerment in making healthy lifestyle choices. It addresses physical activity, nutrition, and feeling good about yourself and also teaches social responsibility with some cultural pieces added.</p> <p>Go move! Go Fuel! Go feel good! B.C. Children's Hospital, 2008.</p> <p>Kit includes:</p> <ol style="list-style-type: none"> <li>1. Classroom resources bin</li> <li>2. Fitness loop bin</li> </ol>	<p>K-8</p>	





How I Decide	Online Lesson Plans	Resource dedicated to teaching youth thinking skills and strategies to make everyday habits, in-the moment choices, and deliberate decisions throughout their lives. Includes teacher resources on mindfulness such as videos and lesson plans. Specific content for elementary, middle and high school aged students.  <a href="http://www.howidecide.org/">http://www.howidecide.org/</a>	K-12	
Imagine a School Without Bullying	Kit	Resource developed by the partnership of the Region of Waterloo Public Health, Waterloo Catholic District School Board and Waterloo Region District School Board to further prepare local elementary schools in building safer, healthier school communities. The CD contains the files that create the manual as well as planning and assessment tools and resources that can be used to help guide school communities through their climate improvement process.	K-8	
Level Up- Ophea  	Online Resource	Level Up is a free online resource that supports educators and program leaders in promoting positive mental health and overall well-being with children and youth ages 6-18. Includes lesson plans, activity cards, videos and posters linked to the 2015 HPE curriculum.  <a href="http://teachingtools.ophea.net/activities/level-up">http://teachingtools.ophea.net/activities/level-up</a>	Gr. 1-12	√
My Toolkit: A to Z Wellness  	Online Resource	My Toolkit is an interactive online resource to help educate young adults about their mental health. The site was designed by <b>mindyourmind</b> and includes mobile apps, modules and Facilitator Guides. Topics: stress, wellness, substance use and starting high school.  <a href="https://mytoolkit.ca/">https://mytoolkit.ca/</a>	Gr.7-12	





<p>YouThrive- Ophea</p> 	<p>Online Resource</p>	<p>YouThrive is a free online resource developed to help build communities where young people thrive and realize their own abilities by contributing to society and taking control of their lives. Designed for community and school leaders throughout Ontario working with youth ages 12 to 19, YouThrive uses a health promotion approach in preventing risk-taking behaviour and supporting positive mental health.</p> <p><a href="http://teachingtools.ophea.net/supplements/youthrive">http://teachingtools.ophea.net/supplements/youthrive</a></p>	<p>Gr.7-12</p>	
<p>Kids have Stress Too!</p> 	<p>Kit</p>	<p>This resource kit has tools, tip sheets and activities for classroom teachers to use to help teach children how to recognize and deal with stress and promote self-regulation.</p> <p><a href="https://www.psychologyfoundation.org">https://www.psychologyfoundation.org</a></p>	<p>Gr 1-3</p>	
<p>Stress Lessons Toolkit</p> 	<p>Kit</p>	<p>This resource kit has tools, tip sheets and activities for classroom teachers to use to help teach children how to recognize and deal with stress and promote self-regulation.</p> <p><a href="https://www.psychologyfoundation.org">https://www.psychologyfoundation.org</a></p>	<p>Gr.4-6</p>	<p>√</p>
<p>Random Acts of Kindness Foundation</p>	<p>Online resource</p>	<p>Resource for educators which includes free K-8 lesson plans. Lead a kindness project or form a kindness club at your school. The curriculum features developmentally appropriate, standards-aligned lessons that teach kids Social Emotional (SEL) skills.</p> <p><a href="https://www.randomactsofkindness.org/for-educators">https://www.randomactsofkindness.org/for-educators</a></p>	<p>K-8</p>	

<p>Reflections of me: The ETFO Body Image Project</p> 	<p>Video Kit</p>	<p>Integrated, whole school elementary curriculum package to address and promote positive body image. Elementary Teachers Federation of Ontario, 2003. Kit includes: 1. Lessons for each grade 2. Video 3. Resource materials 4. Parent handouts</p> <p><a href="http://www.etfo.ca">www.etfo.ca</a></p>	<p>K-8</p>	<p>√</p>
<p>School Mental Health ASSIST</p>	<p>Online resource</p>	<p>This resource is designed to support elementary educators (K-8) by offering a repository of high-quality everyday mental health practices that can be easily incorporated into classroom routines. It is the result of a collaboration between the Elementary Teachers' Federation of Ontario (ETFO) and School Mental Health ASSIST, with evidence/review support from the Centre for Addiction and Mental Health, Provincial System Support Program.</p> <p><a href="https://smh-assist.ca/emhc/">https://smh-assist.ca/emhc/</a></p>	<p>K-8</p>	
<p>The Student Body: Promoting Health at Any Size</p>	<p>Online Kit</p>		<p>Gr.4-6+</p>	<p>√</p>
<p>B.O.Y.S Building On Your Strengths Manual</p>	<p>Online Manual</p>	<p><a href="https://smh-assist.ca/emhc/">https://smh-assist.ca/emhc/</a></p>	<p>Gr. 7-8</p>	
<p>Supersize Me</p> 	<p>Kit</p>	<p>DVD and classroom discussion guide for the documentary of the director eating and drinking only from McDonald's menu for 30 days (2006)</p>	<p>Gr.6+</p>	



Hallmarks of Good Mental Health 	Kit	This program helps viewers recognize the 6 key qualities that define good mental health in adolescence. Human Relations Media, 2011. Kit includes: 1. DVD (16:00 mins) 2. Teacher's guide	Gr. 6+	
White Ribbon Draw the Line Lessons 	Online Lesson Plans	For parents, educators and students, a resource that focusses on sexual violence prevention. Developed in collaboration with ETFO.  <a href="http://www.dtl.whiteribbon.ca">http://www.dtl.whiteribbon.ca</a>	Gr. 4-12	✓

### Elementary Workshops

Title	Category	Description	Grade	Curriculum Linked
Can You Feel It	 	A resiliency program that aims to empower students to positively deal with and control their reactions to the stress in their lives, and empower themselves in healthy ways. This is a two 90 minute session interactive workshop led by a Public Health Nurse.	Gr. 5-8	
Kids Have Stress Too (Grade 1-3)	 	A learning resource developed to help teachers promote effective social-emotional development and stress management in their classrooms. It is a research-based program, developed by The Psychology Foundation of Canada is grounded in the science of early childhood and brain development. A Public Health Nurse is able to co-facilitate one or more of these sessions with the teacher.  <a href="https://www.psychologyfoundation.org/">https://www.psychologyfoundation.org/</a>	Gr. 1-3	✓









<p>Stress Lessons Toolkit (Grade 4-6)</p>   	<p>Resources aimed at helping teachers create an emotionally healthy environment in their classroom by promoting self-regulation and effective stress coping skills in their students. These resources can be booked out through the TBDHU library and some can be downloaded through The Psychology Foundation of Canada website. A PHN is able to co-facilitate one or more of these sessions with the teacher.</p> <p><a href="https://www.psychologyfoundation.org/">https://www.psychologyfoundation.org/</a></p>	<p>Gr. 1-8</p>	<p>√</p>
<p>Youth Mental Health Awareness Champions (YMHAC)</p> 	<p>A positive mental health promotion workshop following a comprehensive school health model. Students are "trained" to be mental health champions in their schools and are encouraged to plan and carry out their own initiatives related to positive mental health. This could be facilitated as a full day training session or as two 90 minute session interactive workshops led by a Public Health Nurse.</p>	<p>Gr. 7-8</p>	<p>√</p>




**Secondary Classroom Resources**






Title	Category	Description	Grade	Curriculum Linked
<p>Stress Lessons Toolkit: From Stressed Out to Chilled Out</p> 	<p>Online Resource</p>	<p>The aim of this resource is to help educators create teachable moments to introduce stress management strategies and skills and build emotional resiliency in their students and themselves.</p> <p><a href="https://www.psychologyfoundation.org">https://www.psychologyfoundation.org</a></p>	<p>Gr. 7-9</p>	<p>√</p>
<p>Stress Lessons: Tools for Resiliency</p> 	<p>Online Resource</p>	<p>A resource designed for educators to help their students develop resilience while teaching them stress management strategies.</p> <p><a href="https://www.psychologyfoundation.org">https://www.psychologyfoundation.org</a></p>	<p>Gr. 9-12</p>	<p>√</p>





<p><b>Bully No More</b>-a program developed by mental health professionals to help schools, organizations, and families deal with the challenging problem of bullying.</p>	<p><a href="http://bullynomore.co/">http://bullynomore.co/</a></p>
<p><b>Bully No More.</b> Part of Human rights Education: Amnesty International. Includes anti bullying kits for schools, resources and information.</p>	<p><a href="http://bullynomore.in/">http://bullynomore.in/</a></p>
<p><b>Canadian Mental Health Association (CMHA).</b> CMHA facilitates access to the resources people require to maintain and improve mental health and community integration, build resilience, and support recovery from mental illness.</p>  	<p><a href="https://cmha.ca/">https://cmha.ca/</a></p>
<p><b>Canadian Public Health Association (CPHA).</b> Online assessment toolkit for Bullying, Harassment and Peer Relations at School. This online video kit provides a standard way to measure the nature and prevalence of school peer relationship problems, standards for quality programs, and a common set of tools to assess the impact of school based programs.</p>  	<p><a href="https://www.cpha.ca/sites/default/files/uploads/resources/antibullying/assessment_toolkit_e.pdf">https://www.cpha.ca/sites/default/files/uploads/resources/antibullying/assessment_toolkit_e.pdf</a></p>
<p><b>Canadian Red Cross.</b> Information for youth, parents, educators and professionals on issues affecting youth such as bullying and cyberbullying, healthy relationships and respect.</p>  	<p><a href="http://www.redcross.ca/what-we-do/violence-bullying-and-abuse-prevention/youth">http://www.redcross.ca/what-we-do/violence-bullying-and-abuse-prevention/youth</a></p>
<p><b>Caring for Kids: Canadian Pediatric Society.</b> Information for parents from Canada's Paediatricians.</p>  	<p><a href="http://www.caringforkids.cps.ca">http://www.caringforkids.cps.ca</a></p>

<p><b>Centre of Addiction and Mental Health (CAMH).</b> The Centre of Addiction and Mental Health is Canada's largest mental health and addiction teaching hospital and research centre. CAMH combines clinical care, research, education, policy development and health promotion to help transform the lives of people affected by mental health and addiction issues.</p>  	<p><a href="http://www.camh.ca/en/hospital/Pages/home.aspx">http://www.camh.ca/en/hospital/Pages/home.aspx</a></p>
<p><b>Centres for Disease Control and Prevention (CDC).</b> Information, research and resources on bullying</p>	<p><a href="http://www.cdc.gov/violenceprevention/youthviolence/bullyingresearch/">http://www.cdc.gov/violenceprevention/youthviolence/bullyingresearch/</a></p>
<p><b>Child Development Institute.</b> A children's mental health agency in Toronto which provides a range of Evidence-Based programming and services (that are evidenced based) for children ages 0-18 and their families.</p>  	<p><a href="http://www.childdevelop.ca">http://www.childdevelop.ca</a></p>
<p><b>Children's Mental Health Ontario (CMHO).</b> Site representing Ontario's publicly-funded Child and Youth Mental Health Centres and includes resources for youth, parents, educators and other professionals.</p>  	<p><a href="https://www.cmho.org/education-resources/teacher-resources">https://www.cmho.org/education-resources/teacher-resources</a></p>
<p><b>Children's Hospital of Eastern Ontario (CHEO)-</b> Programs and Services, Mental Health Topics and Conditions</p>  	<p><a href="http://www.cheo.on.ca/en/mentalhealthtopicsandconditionsAZ">http://www.cheo.on.ca/en/mentalhealthtopicsandconditionsAZ</a></p>
<p><b>Cybertip.</b> Operated by The Canadian Centre for Child Protection, it is Canada's tipline for reporting the online sexual exploitation of children. Includes information and other support services to help Canadians stay safe.</p>  	<p><a href="http://www.cybertip.ca">http://www.cybertip.ca</a></p>

<p><b>eMentalHealth.ca.</b> Mental Health services and community supports.</p> 	<p><a href="http://www.ementalhealth.ca/">http://www.ementalhealth.ca/</a></p>
<p><b>Foundry.</b> Represents community agencies, government, donors, youth and young adults, and families coming together to improve the wellness of BC's young people. Offers young people aged 12-24 health and wellness resources and supports including apps and tools related to substance use and mental health, stress and healthy living.</p>	<p><a href="https://foundrybc.ca/">https://foundrybc.ca/</a></p>
<p><b>Government of Ontario-Ministry of Education.</b> Curriculum and supportive resources around; Mental Health, Bullying Prevention, Personal Safety and Injury Prevention and Mental Health.</p> 	<p><a href="http://www.edu.gov.on.ca/eng/teachers/curriculum.html">http://www.edu.gov.on.ca/eng/teachers/curriculum.html</a></p>
<p><b>Hamilton Public Health Services.</b> Resources and information around bullying.</p> 	<p><a href="http://old.hamilton.ca/phcs/Teachers/HPS/Hot-Topics/bullyingInTheClassroom.asp?keyword=bullying">http://old.hamilton.ca/phcs/Teachers/HPS/Hot-Topics/bullyingInTheClassroom.asp?keyword=bullying</a></p>
<p><b>Hands</b> (formally known as Algonquin Family and health network.) Accredited organization dedicated to improving the life experiences of families and developmentally challenged adults.</p> 	<p><a href="http://www.thefamilyhelpnetwork.ca">www.thefamilyhelpnetwork.ca</a></p>
<p><b>Here is the Deal.</b> A local resource with information for teens and parents on mental health and addictions. Site is also available in Ojibway.</p> 	<p><a href="http://www.heresthedeal.ca">http://www.heresthedeal.ca</a></p>

**iMinds** helps students develop awareness of themselves, their relationships and their environment. iMinds also helps them acquire the skills to manage all those dimensions that impact on their health and wellness. By addressing all three areas, students develop healthy connectedness—a sense of both autonomy and social belonging. It is based on a constructivist approach to teaching and learning where teachers are not required to be "experts" on drugs or mental health. Some resources available in French.

<http://www.uvic.ca/research/centres/carbc/publications/helping-schools/iminds/index.php>

**Joint Consortium for School Health** The Pan-Canadian Joint Consortium for School Health is a partnership of 25 Ministries of Health and Education across Canada working to promote a Comprehensive School Health approach to student wellness/well-being and achievement/success for all children and youth. The site includes a Positive Mental Health toolkit which has been designed to promote positive mental health practices and perspectives within the school environment.

<http://www.jcshpositivementalhealthtoolkit.com/>



**Kelty Mental Health.** The Kelty Mental Health Resource Centre is a provincial resource centre that provides mental health and substance use information, resources, and peer support to children, youth and their families from across BC. We also provide peer support to people of all ages with eating disorders. All of the services are free of charge, and they can reach over the phone, in person, or through email.

<http://keltymentalhealth.ca/>














**Kids Help Phone.** A National organization with supportive resources and information for young people. The toll free number is available 24/7 for individuals to call for support.

<http://kidshelpphone.ca>  
[1 800-668-6868](tel:18006686868)



<p><b>Kids Health-</b> A website for children, teens, parents and educators with information on various issues affecting kids and teens health</p>	<p><a href="http://kidshealth.org/">http://kidshealth.org/</a></p>
<p><b>Kidpower Teenpower Fullpower International®</b> is a global non-profit leader dedicated to providing empowering and effective child protection, positive communication, and personal safety skills for all ages and abilities. Includes free online library, K-12 curriculum, in-person workshops and professional consulting.</p>	<p><a href="https://www.kidpower.org/about-us/">https://www.kidpower.org/about-us/</a></p>
<p><b>Media Smarts-</b>Canada's Centre for Digital and Media Literacy. Includes research and teacher and parent resources.</p> 	<p><a href="http://www.mediasmarts.ca/">http://www.mediasmarts.ca/</a></p>
<p><b>Mental Health Commission of Canada (MHCC).</b> Leads the development and dissemination of innovative programs and tools to support the mental health and wellness of Canadians.</p> 	<p><a href="https://www.mentalhealthcommission.ca/English">https://www.mentalhealthcommission.ca/English</a></p>
<p><b>Mind your Mind-</b> A website for youth and emerging adults to access info, resources and tools during tough times. Includes ideas for self management and coping skills.</p>	<p><a href="http://mindyourmind.ca">http://mindyourmind.ca</a></p>
<p><b>National Eating Disorder Information Centre Canada (NEDIC).</b> A Canadian non-profit organization providing resources on eating disorders &amp; weight preoccupation, prevention and treatment.</p>	<p><a href="http://www.nedic.ca">http://www.nedic.ca</a></p>
<p><b>National Eating Disorder Association (NEDA).</b> An American organization, NEDA supports individuals and families affected by eating disorders, and serves as a catalyst for prevention, cures and access to quality care.</p>	<p><a href="http://www.nationaleatingdisorders.org">www.nationaleatingdisorders.org</a></p>

<p><b>Ophea-</b> Teaching tools, lesson plans, parent educational resources to support classroom learning around various topics.</p> 	<p><a href="http://teachingtools.ophea.net/">http://teachingtools.ophea.net/</a></p>
<p><b>Parents for Children's Mental Health.</b> Support, resources, workshops and fact sheets for parents who have children affected by mental health issues.</p>	<p><a href="http://www.pcmh.ca/">http://www.pcmh.ca/</a></p>
<p><b>Reaching In, Reaching Out (RIRO).</b> Includes evidence-based programs that teach resiliency thinking and coping skills to adults and young children under the age of 8.</p>	<p><a href="http://www.reachinginreachingout.com">http://www.reachinginreachingout.com</a></p>
<p><b>Region of Waterloo: Public Health and Emergency Services.</b> Resources and information around bullying.</p>	<p><a href="http://chd.region.waterloo.on.ca/en/childFamilyHealth/bullying.asp">http://chd.region.waterloo.on.ca/en/childFamilyHealth/bullying.asp</a></p>
<p><b>RBC-Children's Mental Health Project.</b> Since 2008, the RBC Children's Mental Health Project has helped hundred's of organizations dedicated to providing early intervention, increasing public awareness and reducing the stigma of mental health.</p>	<p><a href="http://www.rbc.com/community-sustainability/commitment-to-youth/?tab=health-project">http://www.rbc.com/community-sustainability/commitment-to-youth/?tab=health-project</a></p>
<p><b>Mental Health Commission of Canada (MHCC).</b> Leads the development and dissemination of innovative programs and tools to support the mental health and wellness of Canadians.</p> 	<p><a href="https://www.mentalhealthcommission.ca">https://www.mentalhealthcommission.ca</a></p>
<p><b>Net Cetera.</b> Chatting with Kids About Being Online: Resources for parents and teachers.</p>	<p><a href="https://www.consumer.ftc.gov/features/feature-0004-net-cetera-chatting-kids-about-being-online">https://www.consumer.ftc.gov/features/feature-0004-net-cetera-chatting-kids-about-being-online</a></p>
<p><b>School Mental Health ASSIST</b> is a provincial implementation support team designed to help Ontario school boards to promote student mental health and well-being.</p> 	<p><a href="https://smh-assist.ca/">https://smh-assist.ca/</a></p>

<p><b>Stop Now And Plan (SNAP).</b> The SNAP program teaches children and parents how to effectively regulate emotions, use self-control and solve problems. This is a researched, evidence-based program to help develop critical emotional and behavior regulation.</p>  	<p><a href="https://childdevelop.ca/snap/home">https://childdevelop.ca/snap/home</a></p>
<p><b>St. Joseph's Care Group.</b> A local community support for those struggling with eating disorders, addictions and other mental health issues.</p>  	<p><a href="http://www.sjcg.net/services/mental-health_addictions/main.aspx">http://www.sjcg.net/services/mental-health_addictions/main.aspx</a></p>
<p><b>PREVNet. Promoting Relationships and Eliminating Violence Network.</b> An umbrella network of 130 leading Canadian research scientists and 62 national youth-serving organizations working to promoting relationships and eliminate violence. Includes tools, research, factsheets, workshops and additional resources.</p>  	<p><a href="http://www.prevnet.ca/bullying">http://www.prevnet.ca/bullying</a></p>
<p><b>Public Health Agency of Canada/Health Canada.</b> Includes surveys and reports on health behaviours of school-aged children.</p>  	<p><a href="http://www.phac-aspc.gc.ca/hp-ps/dca-dea/prog-ini/school-scolaire/behaviour-comportements/">http://www.phac-aspc.gc.ca/hp-ps/dca-dea/prog-ini/school-scolaire/behaviour-comportements/</a></p>
<p><b>Safe @ School.</b> Information and resources for violence prevention and the creation of safe, strong and free schools and communities. Includes bullying prevention and equity and inclusive education. All resources available in French.</p>  	<p><a href="http://safeatschool.ca/">http://safeatschool.ca/</a></p>
<p><b>Teach Resiliency</b> is an online library that has practical and evidence-informed resources and tools to support mental health in our classrooms and schools—for students as well as educators.</p>  	<p><a href="https://www.porticonetwork.ca/web/teach-resiliency/about">https://www.porticonetwork.ca/web/teach-resiliency/about</a></p>














<p><b>Teach Safe Schools.</b> Provides evidence based information and techniques to assist the school community in the prevention of school violence.</p>	<p><a href="http://www.teachsafeschools.org">www.teachsafeschools.org</a></p>
<p><b>The Psychology Foundation of Canada-</b> Includes programs, workshops and resources for parents, educators and employers around stress and how to cope with stress</p>	<p><a href="https://psychologyfoundation.org/">https://psychologyfoundation.org/</a></p>
<p><b>The Centre for Addiction and Mental Health (CAMH).</b> Canada's largest mental health teaching hospital and one of the world's leading research centres. Website includes information on mental health and mental illness, research, programs and services.</p>	<p><a href="https://www.camh.ca/">https://www.camh.ca/</a></p>
<p><b>Wellhead</b> WellAhead is a Canadian philanthropic initiative that aims to improve child and youth mental health by integrating social and emotional wellbeing into K-12 education. WellAhead is focused on long-term change – shifting culture, structures, priorities, and practices of schools and the education system at-large to better incorporate social and emotional wellbeing as a key role.</p>	<p><a href="https://www.wellahead.ca/">https://www.wellahead.ca/</a></p>
<p><b>YouThrive.</b> ABC's of Mental Health. Resource for teachers which provides prevention and early intervention information.</p>	<p><a href="http://www.youthrive.ca/abcs-mental-health-teachers-resource">http://www.youthrive.ca/abcs-mental-health-teachers-resource</a></p>

## Displays and Other Resources

Title	Description
<p>Bullying Prevention -What Parents Need to know.</p>	<p>Book written by Dr. Wendy Craig, Dr. Debra Pepler, Dr. Joanne Cummings. Book includes contributions from researchers at PREVNet (Promoting Relationships and Eliminating Violence Network)</p>



Pan-Canadian Joint Consortium for School Health-Positive Mental Health Toolkit	<a href="http://www.wmaproducts.com/jcshfulltoolkit/index.html">http://www.wmaproducts.com/jcshfulltoolkit/index.html</a>
Music to improve relaxation. Audio CD 	Audio CD 61 min. / May, Daniel --Toronto ON: 2005. Stress and Physical Activity. Scientifically designed music to improve relaxation through the development of an Alpha brainwave state.
Shapesville 	Book that teaches children that it is ok to be different and to celebrate those differences (2004).
<b>Apps and Displays</b>	
MindShift App Free 	App designed to help youth manage and cope with anxiety. <a href="https://www.anxietybc.com/resources/mindshift-app">https://www.anxietybc.com/resources/mindshift-app</a>
Guided Mind App Free 	Relax and get guided through meditations on a variety of topics dealing with the stresses and challenges of day-to-day life. <a href="http://www.innerhealthstudio.com/guided-mind-app.html">http://www.innerhealthstudio.com/guided-mind-app.html</a>
Be Safe App Free 	App that allows users to create a digital Safety Plan and informs people about local community mental health and addictions resources <a href="https://mindyourmind.ca/interactives/be-safe">https://mindyourmind.ca/interactives/be-safe</a>
Breathr App 	App that introduces users to a variety of mindful practices while teaching interesting facts about the brain science behind those practices. <a href="http://keltymentalhealth.ca/breathr">http://keltymentalhealth.ca/breathr</a>
Mind Your Mood App Free 	Allows youth and young adults to track their moods securely on their phone. Features: a choice of 7 mood-faces and 28 mood-words, so you can be as specific as you want. Scale to measure intensity of your moods, both positive and negative and built-in email functionality so you can email your mood log to your counsellor for discussion.  <a href="https://mindyourmind.ca/interactives/mind-your-mood">https://mindyourmind.ca/interactives/mind-your-mood</a>
Headspace App Free to try 	App that helps individuals learn the essentials of meditation and mindfulness. Free to try. Possible cost if preferring to have more selection.  <a href="https://www.headspace.com">https://www.headspace.com</a>
Healthy Minds App 	HealthyMinds is a problem-solving tool to help deal with emotions and cope with the stresses you encounter both on and off campus.  <a href="http://www.healthymindsapp.ca/">http://www.healthymindsapp.ca/</a>

<p>Stop, Breathe, Think App Free trial</p>		<p>An app to help individuals check in with how they're feeling and try short activities while tuned into their emotions.</p> <p><a href="https://www.stopbreathethink.com/">https://www.stopbreathethink.com/</a></p>
<p>thinkFull App</p>		<p>Includes life tips for relieving stress, solving problems and living well in general. Allows users to record stress levels with life events to build self awareness, personalize life tips that help achieve healthy life balance, recognize stressful patterns.</p> <p><a href="https://mindyourmind.ca/interactives/thinkfull">https://mindyourmind.ca/interactives/thinkfull</a></p>
<p>Are You Seeing Clearly</p>		<p>pull up banner display</p>
<p>Workplace Mental Health</p>		<p>pull up banner display</p>
<p>Stressed</p>		<p>pull up banner display</p>
<p><b>For additional information on these resources, call your Schools Public Health Nurse.</b></p>		
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