



## Mental Health

### Curriculum Support Health Resources for Schools

Positive mental health and emotional well-being are closely related to the development of psychological and emotional resilience. Resilience involves being able to recover from difficulties or change and to function as well as before and then move forward. It is often referred to as the ability to “bounce back” from difficulties or challenges. Resilience is promoted by healthy lifestyles, but it also depends on many other things. Our lives are affected by a variety of individual characteristics, family circumstances, and community and environmental factors, some of which increase our resilience by protecting us from emotional and psychological harm and some of which reduce it by exposing us to emotional and psychological risks. Behaviours that promote mental health are not always correlated with the prevention of mental illness, which can also have a biological component. However, learning about mental health and emotional well-being helps students understand and manage the risk and protective factors that are in their control so that they will be better able to build and maintain positive mental health.

#### ***Manuals and Curriculum Resources***

- **Everyday Mental Health Classroom Resource** – This resource is designed to support elementary educators (K-8) in this role by offering a repository of high-quality everyday mental health practices that can be easily incorporated into classroom routines. <https://smh-assist.ca/emhc/>
- **Supporting Educator Mental Health Literacy Tutorial Series** – This series has been developed by a range of education professionals at school boards in an effort to build knowledge and understanding about mental health and wellness at school. <https://smh-assist.ca/online-learning/>
- **PREVNet (Promoting Relationships & Eliminating Violence Network)** – PREVNet is a national network of leading researchers and organizations, working together to stop bullying in Canada. <https://www.prevnet.ca/bullying/educators>
- **OPHEA (Ontario Physical and Health Education Association):** Ophea supports quality implementation of the Health and Physical Education (H&PE) Curriculum, elementary and secondary <https://www.ophea.net/Opheas-HPE-Curriculum-Supports>
- **Promoting Connectedness School Toolkit:** Created by Middlesex-London Health Unit these toolkits for both elementary and secondary help find strategies to increase connectedness and student sense of belonging to their schools. <https://www.healthunit.com/school-toolkits>



## **Teaching Tools**

**Do we have any resources for mental health?**

### **Family Support**

- We Care Grey Bruce - [www.wecaregreybruce.ca](http://www.wecaregreybruce.ca)
- Canadian Mental Health Association - <https://cmha.ca/branches/grey-bruce-branch>

### **Youth Support**

- Kids Help Phone: Free 24 hour bilingual talk and texting service where Canadian youth can access mental health support. **Phone:** 1-800-668-6868, **Text:** TALK to 686868 (English) or TEXTO to 686868 (French) [www.kidshelpphone.ca](http://www.kidshelpphone.ca)
- We Care Grey Bruce – [www.wecaregreybruce.ca](http://www.wecaregreybruce.ca)
- LGBT Youthline 1-800-268-9688 <https://www.youthline.ca/>
- Calm in the Storm App - <http://calminthestormapp.com/>
- Wellness Emotional Support (WES) for Youth (online counselling) <https://wesforyouthonline.ca/>
- BounceBack: Youth and Adults 15+ can learn skills to help manage worry and anxiety, combat unhelpful thinking, and become more active and assertive through these telephone sessions. Free to anyone in Ontario with a valid health card. <https://bouncebackontario.ca/bounceback-for-primary-care-providers/>
- Talk4Healing: A 24/7 helpline for Indigenous women in Northern Ontario, 13 Indigenous languages available, along with English and French. **Talk or Text:** 1-855-554-HEAL <http://www.talk4healing.com/>

This is a reference list (not a comprehensive list) of community resources.

For more information or to request resources, please contact Grey Bruce Health Unit at 1-800-263-3456 or visit <https://www.publichealthgreybruce.on.ca>