

Background

The purpose of this list is to help teachers and schools promote a Comprehensive School Health (CSH) approach in a classroom setting. CSH is an internationally recognized, evidence-based approach for building healthy school communities. A healthy school community is one that supports the wellness of all of its members (e.g., students, teachers, staff, parents, administrators, community partners) and continuously strengthens its capacity as a healthy setting for living, learning and working.

This list is organized with two different categories of resources, 'Classroom Resources' and 'Supplementary Information'. The Classroom Resources can be used by the teacher in the classroom immediately and are applicable to teaching. Supplementary Information provides resources for teachers about a specific health topic.

This list is not meant to be an exhaustive list of resources available; but a selection of available resources reviewed by health professionals in Alberta Health Services. Please check with your local AHS contact for additional resources specific to your area. To find an AHS staff member who can support you, contact cshresources@albertahealthservices.ca

Questions or comments regarding this list can be directed to cshresources@albertahealthservices.ca. Please visit the [Teaching and Learning](#) section of the Alberta Health Services, [Comprehensive School Health Website](#) to see if there is a newer version of this list available.

Please Note:

The Provincial Teacher Resource List offers a selection of available resources reviewed by health professionals in Alberta Health Services (AHS). Teachers should always review content to determine appropriateness for their student population. If you are uncertain about the suitability of resources within your school, check with your administration.

AHS does not endorse or recommend any pharmaceutical company, commercial product, process, or service. The resources in this document are being presented as information only. This list is reviewed annually for accuracy of content.

Mental Health and Mental Illness

Classroom Resources

Can We Talk?

Grades 7-12	Theme:	Mental Illness, Stigma and Stress	<p>This website offers information for school professionals on the difference between mental health and mental illness, common mental illnesses, and how to support students and colleagues. Can We Talk? is a joint effort between the Alberta Teachers' Association, the Canadian Mental Health Association and Global Television.</p> <p>http://canwetalk.ca/</p> <p>Creating a Compassionate Classroom: http://canwetalk.ca/wp-content/uploads/2016/03/Can-we-talk-booklet.pdf</p> <p>LESSON PLANS FRANÇAIS</p>
	Organization:	Alberta Teachers Association, Canadian Mental Health Association, Global Television	

Healthy Mind - Healthy Body Series

Grades 1-12	Theme:	Mental Health (grades 3-6) Mental Health	<p>This is a series of curriculum resource guides with lesson plans on the brain, health, mental illness and mental health. The second edition list includes: "My Health and My Brain" (grades 1-3); "Did You Know, Daddy, I Feel Sad Sometimes" (grades 4-6); and, "I'm in Control" (grades 7-12). Note: Some security settings may block this website.</p> <p>www.brainsbeyondborders.ca/</p> <p>LESSON PLANS FRANÇAIS \$\$\$</p>
	Organization:	Brains Beyond Borders (Dr. Bianca Lauria-Horner)	

Heart-Mind Online

Grades K-9	Theme:	Mental Health	<p>The Heart-Mind Online Resources come from UBC's Heart Mind Dalai Lama Centre for Peace and Education. The collection of resources builds capacity in individuals and communities to support the Heart-Mind well-being of children, and promotes their positive social and emotional development. This website offers a variety of resources and lesson plans.</p> <p>http://www.heartmindonline.org/resources/for-educators</p> <p>LESSON PLANS</p>
	Organization:	AHS, Edmonton Public Schools, Edmonton Catholic Schools, Canadian Mental Health Association, The Hope Foundation	

Kids Have Stress Too - School Age Programs

Grades K-12	Theme:	Mental Health	<p>This is a series of school-age programs developed by educators, psychologists and stress experts across Canada. There are lesson plans developed for preschool and Kindergarten; grades 1-3; grades 4-6; and grades 7-9.</p> <p>Kids Have Stress Too - Children: https://psychologyfoundation.org</p> <p>Stress Lessons: Tools for Resiliency - Youth: https://www.psychologyfoundation.org/</p> <p>LESSON PLANS FRANÇAIS \$\$\$</p>
	Organization:	The Psychology Foundation of Canada	

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Classroom Resources

Mental Health and High School Curriculum Guide

Grades 10-12	Theme:	Mental Health Mental Illness	<p>This guide, developed in partnership with the Canadian Mental Health Association, focuses on training teachers to be comfortable with their own knowledge of mental health and mental disorders. By using the activities in the curriculum guide, teachers and students will explore the language of mental health and mental illness and learn about the causes, symptoms and approaches for dealing with different mental illnesses such as mood, anxiety, eating and psychotic disorders.</p> <p>http://teenmentalhealth.org/schoolmhl/school-mental-health-literacy/mental-health-high-school-curriculum-guide/</p> <p style="text-align: center;"> LESSON PLANS FRANÇAIS \$\$\$ </p>
	Organization:	Teen Mental Health (Dr. Stan Kutcher)	

Mental Health Kits

Grades 4-9	Theme:	Mental Health	<p>Both the Elementary Mental Health Kit and Junior High Mental Health Kit are collaborative projects between AHS Public Health, AHS Addictions and Mental Health, Edmonton Public Schools, Edmonton Catholic School District, Canadian Mental Health Association - Edmonton Region, and the Hope Foundation. These are curriculum-based teaching resources to teach students in Grades 4-6 and Grades 7-9 about mental wellness. The Junior High Mental Health Kit is available in French.</p> <p>Elementary: http://www.albertahealthservices.ca/info/Page13368.aspx Junior High: http://www.albertahealthservices.ca/info/Page13367.aspx</p> <p style="text-align: center;">FRANÇAIS</p>
	Organization:	Alberta Health Services (AHS), Edmonton Public Schools, Edmonton Catholic Schools, Canadian Mental Health Association, The Hope	

Talking About Mental Illness: Teacher Resource

Grades 10-12	Theme:	Awareness of Mental Illness	<p>This guide assists teachers in implementing the “Talking About Mental Illness” program in their classroom. This is an evaluated program that improves students’ knowledge and attitudes about mental health and mental illness. It is designed to reduce stigma and increase help seeking.</p> <p>https://www.camh.ca/-/media/files/guides-and-publications/tami-teachers-guide.pdf</p>
	Organization:	Centre for Addiction and Mental Health, Canadian Mental	

Teen Mentoring Toolkit

Grades 7-12	Theme:	Welcoming, Caring, Respectful and	<p>The Teen Mentoring Toolkit is a resource designed for schools and community organizations choosing to engage students in creating a welcoming, caring, respectful and safe community through positive mentoring relationships. This toolkit identifies key areas for consideration as well as evidence-based practices, strategies and tools for planning, implementing and evaluating a quality teen mentoring program.</p> <p>https://albertamentors.ca/peer-mentoring/introduction/</p>
	Organization:	Alberta Mentoring Partnership	

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Supplementary Information for Teachers

Anxiety BC

Theme:	Anxiety	The educator section of this webpage is designed to assist teachers in becoming more knowledgeable about how anxiety presents in students within the academic setting. The youth section of the webpage offers self help resources for youth. www.anxietybc.com/
Of Interest:	Signs of Anxiety, Self Help for Students	

Blue Wave - BC's Canadian Mental Health Association

Theme:	Anxiety, Depression,	This website is designed to help youth identify mental illness and support them in getting help. http://www.bluewavebc.ca/
Of Interest:	Self Help for Students	

CASEL Guide: Effective Social and Emotional Learning Programs

Theme:	Mental Health Promotion	The CASEL Guides offer evidence based reviews of a number of social and emotional learning programs. The reviews help schools decide what might be best suited for their school. There is both an elementary school edition and a middle school/high school edition available. The website has additional information on how to implement a universal implementation approach to social and emotional learning. www.casel.org/guide
Of Interest:	Evidence-based Evaluations of Social and Emotional Learning Programs	

Children Mental Health Ontario

Theme:	Mental Illness	This webpage contains resources about the most common mental health problems present in today's classrooms, including anxiety and mood disorders, AD/HD, and behavioural disorders. You will find tips on early identification and intervention, practical suggestions on accommodating and responding to kids with mental health problems, and ways to combat stigma in the classroom. www.kidsmentalhealth.ca/professionals/mh_for_teachers_classrooms.php
Of Interest:	Strategies to Improve Classroom Behaviours	

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Depression & Anxiety - Youth/Parent

Theme:	Mental Illness Identification, Mental Health Self Help	These resources provide additional information and encourage help seeking if a teacher/counsellor/nurse suspects a teen has depression and/or anxiety. Topics include: sleep, relaxation, creativity, nutrition, physical activity, depression/anxiety and substance use. These resources may be viewed on line (via email) and ordered at: https://dol.datacm.com
Of Interest:	Depression and Anxiety	

Login ID: mentalhealthresources

Password: mh2016

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Supplementary Information for Teachers

Kids Help Phone - Canadian

Theme:	Mental Illness and Mental Health Information	Kid's Help Phone is a free, national, confidential, anonymous, 24 hour telephone, and counselling service. Call 1(800) 668-6868 (toll free)
Of Interest:	Crisis Line Self Help for Students	www.kidshelpphone.ca/ FRANÇAIS

Mental Health First Aid Course

Theme:	Mental Health Crisis	This is a 14-hour course designed for adults who interact with youth. The program covers mental health problems as well as crisis situations. The program is designed to help you recognize symptoms, provide initial help and guide towards professional help.
Of Interest:	Mental Health First Aid	https://www.mhfa.ca/en/course-types \$\$\$

Mental Health Help Line - Alberta Health Services

Theme:	Access to Mental Health Professionals	Health Link, Alberta Health Services, provides confidential or anonymous service, crisis intervention, and referrals to other agencies within Alberta. Call 811 (toll free)
Of Interest:	Self Help for Students	http://www.albertahealthservices.ca/amh/amh.aspx

Mental Health Matters

Theme:	Mental Health	These resources promote literacy on different aspects of mental health concepts and skills that teachers can use to support student mental health.
Of Interest:	Mental Health Literacy Campaign	https://education.alberta.ca/mental-health/what-is-mental-health/ FRANÇAIS

Mind Your Mind

Theme:	Mental Illness and Mental Wellness	This is an award winning, non-profit mental health program that engages youth, young adults and the professionals who serve them to co-develop reliable and relevant resources. It is designed to reduce stigma and increase access and use of community, professional, and peer-based resources.
Of Interest:	Website for Youth (14-24)	www.mindyourmind.ca/

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Supplementary Information for Teachers

Mental Health Online Resources for Educators (MORE)

Theme:	Mental Illness and Mental Health	MORE modules on child and adolescent mental health issues are developed for teachers and other school staff working in Kindergarten to Grade 12. Each module is entirely online and are designed in short, manageable time blocks that participants can fit into their busy schedules.
Of Interest:	Online Education Resources	http://www.hmhc.ca/more.html

Mind Organization

Theme:	Mental Health and Mental Illness	This website from the United Kingdom offers general information and booklets on several mental health and mental illness topics.
Of Interest:	Information for Students and Teachers	http://www.mind.org.uk/information-support/a-z-mental-health/

Need Help Now

Theme:	Cyber Bullying	This website is designed to support youth who are experiencing online exploitation and bullying. It includes content addressing how to help stop the spread and exploitation of sexual pictures, videos and information.
Of Interest:	Self Help for Students	www.needhelpnow.ca FRANÇAIS

Online Continuing Professional Development Course - Alberta Health Services

Theme:	Addiction and Mental Health	These web-based courses are free for Alberta professionals who work with children and teens in the areas of addiction and mental health.
Of Interest:	Online Professional Development	http://www.albertahealthservices.ca/info/Page4723.aspx

Recipe for Stress

Theme:	Stress and Mental Health	This webpage offers information on the effects of stress on physical and mental health. It also includes stress management strategies.
Of Interest:	Understanding the Effects of Stress	http://humanstress.ca/stress/understand-your-stress/sources-of-stress/ FRANÇAIS

Supporting Positive Behaviours in Alberta Schools - Alberta Government

Theme:	Mental Health	These documents provides an integrated school-wide approach with classroom management, and individual student support strategies that are aimed to improve behaviour outcomes in schools. Enter search terms: supporting positive behaviours. Login required.
Of Interest:	Environmental strategies that support mental health	www.learnalberta.ca/ FRANÇAIS

Mental Health and Mental Illness

Supplementary Information for Teachers

The ABCs of Mental Health - Website

Theme:	Mental Illness	The ABCs of Mental Health provides two, web-based resources - one for teachers and one for parents to help answer questions about the behaviour of children and adolescents. The resources include ideas for promoting the mental health of children and adolescents, information about how children change as they get older, descriptions of behaviours that might indicate a problem, and practical suggestions for steps to take. http://www.hincksdellcrest.org/abc/welcome FRANÇAIS
Of Interest:	Identifies Unusual / Innapropriate Behaviour for a Particular Age or Developmental Stage.	

Safe and Caring Schools

Theme:	Mental Health	This webpage provides resources to support welcoming, caring, respectful and safe learning environments as part of the Education Act. https://www.alberta.ca/safe-and-caring-schools.aspx
Of Interest:	Creating Social Environments that	

When Something's Wrong: Strategies For Teachers - Canadian Psychiatric Research Foundation

Theme:	Mental Illness	This handbook is used to give teachers strategies to cope and assist with a student who has behaviour difficulties. It is not a diagnostic tool. www.kidsmentalhealth.ca/documents/res-cprf-teachers-2007.pdf
Of Interest:	Strategies, Improve Classroom Behaviours	