

Mental Health Support Resources for the Classroom Teachers

Open Minds, Healthy Minds

Ontario's Comprehensive Mental Health and Addictions Strategy

Open Minds, Healthy Minds offers a comprehensive approach to transforming the mental health and addiction systems through a clear mission, forward-thinking vision and long-term strategies for change. The Strategy aims to strengthen services, create a responsive and integrated system and build awareness and capacity within communities.

http://www.health.gov.on.ca/en/common/ministry/publications/reports/mental_health2011/mentalhealth_rep2011.pdf

Stress Lessons Classroom Toolkit

Stress Lessons is a free classroom resource that is designed for educators of students in grades 4 to 6.

Stress Lessons is built on an experiential, hands-on learning approach. Its aim is to help educators create teachable moments to introduce stress management strategies and build emotional resilience.

http://www.morethanmedication.ca/en/stress_lessons/insiders?educators

Mental Health and High School Curriculum

School-aged youth are a vulnerable population. They are in a period their lives that is crucial in their mental health development. Canadian youth spend more time in school than anywhere else outside the home. Schools are often challenged to deal with youth mental health, but are seriously under equipped and inadequately supported to handle this responsibility. The curriculum guide provides a complete set of educational tools to increase understanding of mental health and mental disorders among both students and teachers.

teenmentalhealth.org

Kidding Around: Connecting kids to happiness, laughter and humor

Created for educators and parents with structured research- and evidence-based practices and 40 activities to use with kids of all ages. These resources will add to the repertoire of teachers as they provide a curriculum that builds student capacity. Kidding Around may also have a positive impact on your own well being.

This book assists by:

- providing strategies to promote mental health literacy and well being
- making the connections between happiness, laughter and humor
- blending the happiness and positive psychology movements
- focusing on appreciative education and helpful humor
- eliminating humor that isn't fun (e.g., when teasing becomes bullying)

Student mental health skills and well being are twin, high priority issues receiving increased attention by many committed groups. It is time to move beyond awareness and forward into mental health literacy action. Kids need more knowledge and strategies that enhance their resiliency and emotional well being.

<http://shop.plpnetwork.com/kidding-around-connecting-kids-to-happiness-laughter-and-humor/>