



Mental Health Online
Free Resources for Learning and Living Well During Mental Health Week and Every Week...

If you...	Then...
<ul style="list-style-type: none"> <input type="checkbox"/> Are curious about mental health <input type="checkbox"/> Ask yourself “<i>what exactly is mental health?</i>” <input type="checkbox"/> Need a simple, creative way to introduce the topic of mental health to others <input type="checkbox"/> Want to generate dialogue and discussion about mental health <input type="checkbox"/> Have six minutes to spare 	<p>Watch this innovative and educational video:</p> <p>Promoting Mental Health: Finding a Shared Language from the Centre for Addiction & Mental Health (CAMH):</p> <p>https://vimeo.com/130580621</p>
<ul style="list-style-type: none"> <input type="checkbox"/> Crave inspiration <input type="checkbox"/> Need self-help ideas <input type="checkbox"/> Want to know why kindness and compassion matter <input type="checkbox"/> Want to know how to “<i>be the change you want to see in the world</i>” <input type="checkbox"/> Want to inspire others 	<p>Watch and share this six minute video:</p> <p>Josh Opening Doors and Hearts: https://www.youtube.com/watch?v=PIHtuKc3Gjg</p>
<ul style="list-style-type: none"> <input type="checkbox"/> Enjoy a good Ted Talk <input type="checkbox"/> Question if success has to come at the expense of happiness <input type="checkbox"/> Want to know how to cultivate happiness in your work <input type="checkbox"/> Like some humour with your learning 	<p>View Shawn Achor’s popular 12 minute Ted Talk:</p> <p>https://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work</p>
<ul style="list-style-type: none"> <input type="checkbox"/> Need mental health week ideas and activities for the classroom or the school <input type="checkbox"/> Need <i>every day</i> mental health and wellness ideas for the classroom or school <input type="checkbox"/> Want to help foster resilience in children and youth 	<p>Download the Bounce Back (K-12) Activity Booklet (2nd Edition):</p> <p>https://www.healthunit.com/bounce-back</p>
<ul style="list-style-type: none"> <input type="checkbox"/> Are a parent or teacher <input type="checkbox"/> Are concerned about child stress and anxiety <input type="checkbox"/> Want to learn how to help foster healthy coping skills in children/youth <input type="checkbox"/> Want credible, reliable information from experts on child development and mental health 	<p>Check out this website :</p> <p>http://psychologyfoundation.org/ (Includes Kids Have Stress Too Series and Stress Lessons Toolkit –lesson plans, activity sheets, youtube videos)</p>
<ul style="list-style-type: none"> <input type="checkbox"/> Are young and interested in mental health <input type="checkbox"/> Want coping tips for managing <i>big feelings</i> <input type="checkbox"/> Like websites and phone apps designed for youth by youth <input type="checkbox"/> Want to know where to direct youth on-line 	<p>Check-out these websites and apps...</p> <p>https://www.anxietybc.com/ https://kidshelphone.ca/ https://www.mindyourmind.ca/</p> <div style="display: flex; justify-content: space-around; align-items: center;"> <div style="text-align: center;"> <p>BeSafe</p>  </div> <div style="text-align: center;"> <p>Mindshift</p>  </div> </div>