

# Leading Mentally Healthy Schools

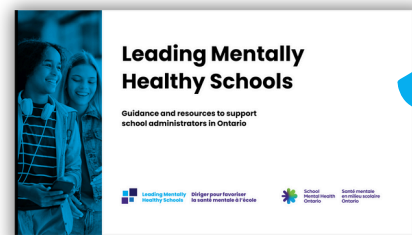
## A resource suite for school administrators

Good mental health is fundamental to a student's ability to learn, succeed, and reach their full potential. Schools in Ontario are well positioned to support youth mental health, and so mentally healthy schools are essential.

You're not expected to have all the answers, but you can start creating the conditions for the broader school community (students, parents/caregivers, staff, community members) to work together to improve student mental health.

## Download your guide to leading mentally healthy schools.

1. Visit [smho-smso.ca/lmhs](https://smho-smso.ca/lmhs).
2. Sign up with your email address.
3. Confirm your subscription (check your spam folder!).
4. Check your inbox for your copy of Leading Mentally Healthy Schools.



## You're not alone in this work!

We've updated our suite of resources for school administrators to help you lead with confidence.



### ebook

- digital, downloadable, clickable
- a fulsome reference document with data and resource links
- designed with a busy school administrator in mind to access content as and when needed
- get on the mailing list for related articles, case studies, feedback opportunities, and more



### Web content

- [smho-smso.ca/school-administrators](https://smho-smso.ca/school-administrators): new web section with content for school administrators
- summarized chunks of info. connected back to the ebook
- bookmark your favourite pages and resources



### Online course

- [MH LIT – Mental Health in Action for School Administrators](#): an overview of all topics covered in the ebook
- free, self-paced learning
- can be completed individually or with colleagues
- certificate upon completion



School  
Mental Health  
Ontario

Santé mentale  
en milieu scolaire  
Ontario



Leading Mentally  
Healthy Schools

Diriger pour favoriser  
la santé mentale à l'école