



Leading Mentally Healthy Schools: Bank of key messages

How to use this document: pick and choose from this bank of messages when you want to talk about the need for mentally healthy schools, the Leading Mentally Healthy Schools resources, and School Mental Health Ontario's other related resources. Choose messages you deem appropriate for your board's situation and edit them to work for you.

About School Mental Health Ontario

- School Mental Health Ontario (smho-smso.ca) is a provincial implementation support team that helps school districts enhance student mental health through the use of evidence-informed strategies and services.
- School Mental Health Ontario provides resources, training, and support for system leaders, school administrators, educators, student support staff, and more. They also provide resources for students and parents/caregivers. Learn more at smho-smso.ca/about-us.
- School Mental Health Ontario offers a suite of resources and guidance to help school administrators lead a mentally healthy school. Find what you need at smho-smso.ca/school-administrators.

Overview of the Leading Mentally Healthy Schools suite of resources

- The Leading Mentally Healthy Schools suite of resources consists of an ebook, web content, and a course. Here's an overview:
 1. ebook: Leading Mentally Healthy Schools (sign up at smho-smso.ca/lmhs)
 - updated to replace 2013 version
 - 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
 2. school administrators section of smho-smso.ca (smho-smso.ca/school-administrators)
 - no subscription required
 - smaller, summarized chunks of information connected back to the ebook
 - contains tips and resources to help you with implementation





3. online course ([MH LIT -- Mental Health in Action for School Administrators](#))
 - **Note: we're in the process of updating the school administrators course to align with the new ebook. Download the ebook, and we will email you when the course update is live.**
 - an overview of all topics covered in the ebook
 - free, self-paced course
 - can be completed individually or with colleagues
 - certificate of completion

About the Leading Mentally Healthy Schools eBook

- Leading Mentally Healthy Schools describes the core components of developing, operating, and sustaining mentally healthy schools in Ontario. It's intended to support the needs of school administrators and system leaders in establishing the conditions to support and promote mental health and well-being in their school communities.
- Leading Mentally Healthy Schools is aligned with [Policy/Program Memorandum 169](#) and the requirement for school boards to provide culturally responsive, evidence-informed student mental health promotion, prevention and early intervention services within the broader system of care.
- The Leading Mentally Healthy Schools ebook was created by school administrators, for school administrators, with the support of school mental health professionals. This version is updated from the 2013 publication.
- Get your copy of the Leading Mentally Healthy Schools ebook at smho-smso.ca/lmhs.
 1. Sign up with your email address
 2. Click "Confirm my subscription" in the email you receive right after you sign up (if you don't see it in your inbox, check your spam folder). If you have any trouble with this process, please contact us at info@smho-smso.ca.
 3. Watch for an email from info@smho-smso.ca with your copy of the Leading Mentally Healthy Schools ebook.

Messages about the importance of bolstering student mental health in schools

- Schools in Ontario are well positioned to support student mental health. Leading mentally healthy schools is essential.
- Schools are an integral component of Ontario's overall system of care that seeks to support the mental health of every student.
- Good mental health is fundamental to a student's ability to learn, succeed, and reach their full potential.



What system leaders need to know

- Leading a mentally healthy school requires a proactive approach that begins with strong leadership and a commitment to ongoing learning, assessment, action, and reflection.
- School administrators have an essential role in leading mentally healthy schools.
- The [MH LIT – Mental Health in Action for School Administrators course](#) has been updated to align with the Leading Mentally Healthy Schools ebook. The course provides foundational information administrators can use to support the mental health and well-being of students.

What school administrators need to know

- Schools are the most common place where students access mental health supports. By committing to leading a mentally healthy school, you can help reduce the number of students in need of more intensive support and support students and families to get access to the help they need.
- Students have said they want more mental health learning at school. Evidence supports a school-wide commitment to teaching and learning about mental health.
- Your school can't solve all the societal challenges affecting mental health. But with intentional, collaborative effort, you can mitigate their impact and even rise above. This resource is designed to help you.
- When it comes to supporting the mental health of every student, little details go a long way. You can start making mentally healthy changes at your school right now and build a supportive community along the way.
- When it comes to leading a mentally healthy school, you're not expected to have all the answers. You help create the conditions for the broader school community – including students, staff, parents/caregivers, and community members – to work together.
- The Leading Mentally Healthy Schools ebook was written and organized into easy-to-navigate sections with busy school administrators in mind. Get the evidence and answers you need when you need them.
- The [MH LIT – Mental Health in Action for School Administrators course](#) and Leading Mentally Healthy Schools ebook include actionable ideas and information to help you support student health within your school community.

