



Overview for School Mental Health and Student Support Staff

What are the modules?

Two 60-minute modules/lesson plans have been provided by the Ministry of Education to support mental health literacy expectations within the Grade 10 Career Studies (GLC20) curriculum. The modules are available in both in-person and online learning formats. Educators play a crucial role to guide and facilitate the learning, regardless of the format used.

CAREER STUDIES (GLC20)		
10.1	<p>Strategies for Managing Stress and Navigating Balance</p> <p>Supports students to plan for navigating school/work/life balance by identifying signs of stress and affirming, analyzing, and possibly expanding helpful strategies they can embed into daily routines, both now and in the future.</p>	<p>[A1.2] Identify a range of strategies to manage stress as they navigate a healthy school/life/work balance; explain how they have used such strategies in their lives so far and how they might apply them in the future; and recognize signs that could indicate stress is becoming problematic</p>
10.2	<p>Knowing When, Where, and How to Seek Support</p> <p>Helps students to recognize signs that could indicate stress is becoming problematic and know where and how to seek support, should they need it. It also offers opportunities to identify barriers to help-seeking and consider ways to address them.</p>	<p>[A1.2] Identify a range of strategies to manage stress as they navigate a healthy school/life/work balance; explain how they have used such strategies in their lives so far and how they might apply them in the future; and recognize signs that could indicate stress is becoming problematic</p> <p>[A1.3] Identify people, resources, and services in the school and the community that can provide support when a person is experiencing mental health concerns and describe how to access these supports</p>



What additional resources are available?

Several additional educator supports have been created to complement the lessons, including:

- An accompanying Educator Guide designed to enhance educator confidence and offer practical support for teaching about mental health.
- Prepared notes to support communication with parents/caregivers.
- Student organizers and information to support the learning.
- Activities to check in with students and wrap up the learning in a positive way that helps students transition to the next part of their day.
- Tips that keep educator well-being in mind.
- Implementation supports, including an administrator tip sheet, prepared slide decks, template communication materials, and more.

Mental health learning has been part of the Career Studies course for several years and underwent updates in 2024. Now lesson plans created by mental health professionals and educators are available to help! It is not anticipated that teaching about mental health will be distressing for students and the modules have been carefully designed to support thoughtful delivery of the content for both in-person and online learning.



Keeping the focus on literacy

As always, educators are not expected to be mental health experts. They already have an important role in promoting positive mental health and building the mental health literacy of students through teaching curriculum. The modules have been thoughtfully designed to assist them in staying within this role.

Supports in the modules:

- The focus is on wellness. Students are reminded that the focus of the learning is on learning about stress and stress management, and when supports may be needed and how to access them. If there is a personal situation a student would like to speak about, they are encouraged to see the teacher after class.
- Guiding prompts and language are provided for educators to draw on, including educator discussion guides and ready-made videos and slide decks.
- Students are provided with information regarding supports during the modules.

Supports in the Educator Guide:

The Educator Guide has been prepared with input from practicing educators and school mental health professionals. It is designed to provide supports and helpful information to enhance the delivery of these modules to students, including:

- Preparation suggestions to help bolster educator mental health literacy (e.g., the free, self-paced, online [MH LIT: Mental Health in Action](#) mental health literacy course for educators).
- Prompts for educators to share with students at the beginning of each module reminding them that it is not a forum for disclosures related to mental health or mental illness.
- Guidance and pre-prepared language should a student wish to speak about a personal situation (e.g., what to say if a student starts to share personal mental health information during class).
- Encouragement to consult with mental health professionals (e.g., if a student asks a question about mental illness and educators are unsure of the response; if they have a concern about a student's mental health).
- Cautions (e.g., regarding sharing their own personal mental health information with students).
- Reminders to be aware of school and board supports and service pathways.
- Resources to help support students, including help lines and tools to assist educators in connecting with students (e.g., [ONE CALL](#)).



How can school mental health and student services professionals help?

Although the modules are designed to be delivered as part of the Career Studies course, there are many ways you can be of support. Here are a few suggestions to help:

- Be a resource for the schools you serve should any teachers have questions about the mental health content related to managing stress and seeking support and accessing local resources.
- Help the school leadership team consider how the modules align with ongoing mental health and well-being initiatives and priorities.
- Support educator mental health literacy and teacher preparedness (e.g., could you be available for questions about mental health related to module content?).
- Be available to connect with students who may require additional debriefing and support.
- Bolster stress management strategies and help seeking with the individual or groups of students you are working with.
- Help extend the learning through additional mental health awareness activities and initiatives.
- Consider how to encourage opportunities for student leadership and involvement in mental health.

How can I...

- Support my school leadership team in creating awareness of and familiarity with the modules for school staff?
- Help educators prepare for this learning and support the mental health literacy of all educators in my school building(s)?
- Help integrate this learning with other mental health initiatives and priorities currently underway at my school?

