



Resources to Support

This list of resources is designed to provide supports and helpful information to enhance the delivery of the Ministry of Education’s Mental Health Literacy Modules for Career Studies. The resources provided have been organized by module so connections can be made with module content. Targeted mental health literacy that supports specific content within the modules is also offered for educators.

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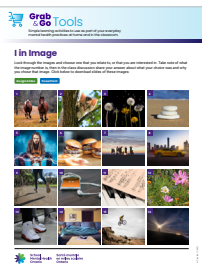
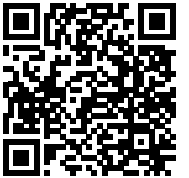
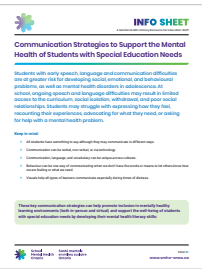


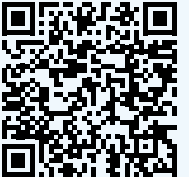
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RESOURCES FOR EDUCATORS

Preparing to Teach About Mental Health

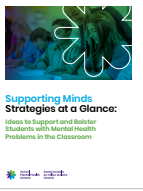

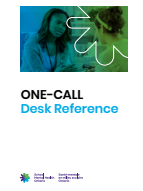





Educators support the well-being of children and youth by creating, fostering and sustaining a learning environment that is healthy, caring, safe, inclusive and accepting. A learning environment of this kind supports not only students’ cognitive, emotional, social, and physical development, but also their sense of self and/or spirit, their mental health, their resilience, and their overall state of well-being. Set the stage for this learning by considering approaches to instruction, self-reflection, and growing your own learning.

RESOURCES		
	<p>Know every student</p> <p>Take time to listen for understanding as you come to know the students and their cultural contexts, lived realities, intersectional identities, and experiences with mental health problems. I in Image is just one tool from the SMH-ON Grab and Go set of tools that may be helpful in sparking opportunities to learn more about students.</p>	
	<p>Differentiate</p> <p>Educators are encouraged to use professional judgement to ensure they are supporting the unique needs and abilities of all learners. There are supportive tips and suggestions woven throughout the modules. These additional resources might also be helpful: Communication Strategies to support the mental health of students with special education needs and Supporting Wellness Amongst Students with Special Education Needs.</p>	 
<p>Grow Your mental health literacy</p> <p>While students are growing their mental health literacy, you can grow yours, too. A great place to start is with a self-paced, online Mental health literacy course for educators from School Mental Health Ontario. It’s free, available online, and designed to provide educators with basic knowledge and information related to mental health, strategies to enhance student mental health, and everyday practices for use in a variety of learning environments.</p>		



Supporting Students

This section will help you notice and respond when you are concerned about a student’s mental health. **Although the modules focus on literacy and ways to build wellness, there are students in classrooms every day who could benefit from a caring connection.** A number of tools and resources are listed below. It’s also important to know your school and board supports and service pathways, should a student need them. Your administrator(s) is there to support you.

RESOURCES		
	<p>An information guide providing an overview of common mental health issues that includes suggestions for differentiated instructional strategies and/or accommodations: Supporting Minds Strategies at a Glance</p>	
	<p>A step-by-step approach to help educators support students when they exhibit signs of an emotional or behavioural issue: One-Call Desk Reference</p>	
	<p>A guide for school staff when they are concerned about a student and wondering if additional mental health support might be required: Circle of Support and System Pathways – Flowchart</p>	
	<p>A tip sheet providing ideas to consider when planning to meet and talk with parents and caregivers: Talking with Parents and Families about Mental Health</p>	

To learn more about mental health supports in your **local community**, here are two places to start:

- [Find Help – Children’s Mental Health Ontario \(cmho.org\)](#)
- [Resources Around Me – Kids Help Phone](#)

Refer to the helpline list found in the Ministry of Education’s Educator Guide and in the second module (Knowing When, Where, and How to Seek Support) for additional student resources and ideas.



CAREER STUDIES

10.1 Strategies for Managing Stress and Navigating Balance

Curriculum Expectations

[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

SECTION/CONNECTION	RESOURCE/DESCRIPTION
<p>CHECK IN & SUPPORTIVE TRANSITION</p>	<ul style="list-style-type: none"> • Shareable Strategy Bundles • Grab & Go Tools: Simple Learning Activities • Ice breakers – Class Conversation Starters • Strategy Posters
<p>MINDS ON Building a shared understanding of stress</p>	<ul style="list-style-type: none"> • Stress CAMH • Stress Strategies • Data on stress – Ontario Student Drug Use and Mental Health Survey (OSDUHS)
<p>ACTION Exploring stress management</p>	<p>Stress management strategies:</p> <ul style="list-style-type: none"> • Stress Management Virtual Field Trips • Test and Exam Stress – Strategies to Perform at Your Best lesson plan – MH LIT: Student Mental Health in Action • Stress management and coping – Everyday Mental Health Classroom Resource • Stress management and coping – Faith and Wellness <p>Related background for educators:</p> <ul style="list-style-type: none"> • Student test and exam stress: The important role of educators



SECTION/CONNECTION	RESOURCE/DESCRIPTION
<p>CONSOLIDATION Analyzing personal stress management strategies</p>	<p>Media use:</p> <ul style="list-style-type: none"> • Health Advisory on Social Media Use in Adolescence (apa.org) • Helping Your Child Manage Digital Technology • Managing Social Media Fatigue <p>Substance use:</p> <ul style="list-style-type: none"> • What is Substance Use? – Kids Help Phone • YWHO – Substance Use and School: Opportunities to Support Students • YWHO – Substance Use and School: What You Want Educators to Know • Consider the Consequences of Vaping – Canada.ca • Vaping: What You and Your Friends Need to Know • Vaping: What Secondary School Educators Need to Know • Cannabis: What Educators Need to Know • Cannabis: What Parents/Guardians and Caregivers Need to Know • Data On Social Media Use, Gaming, and Substance Use – Ontario Student Drug Use and Mental Health Survey (OSDUHS)



10.2 Knowing When, Where, And How To Seek Support

Curriculum Expectations

[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**

[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

SECTION/CONNECTION	RESOURCE/DESCRIPTION
<p>CHECK IN & SUPPORTIVE TRANSITION</p>	<ul style="list-style-type: none"> • Shareable Strategy Bundles • Grab & Go Tools: Simple Learning Activities • Ice breakers – Class Conversation Starters • Strategy Posters
<p>MINDS ON Recognizing signs stress is becoming problematic</p>	<ul style="list-style-type: none"> • Learn more about the social determinants of health and other factors related to mental health – MH LIT: Mental Health in Action course • Know Yourself lesson – MH LIT: Student Mental Health in Action
<p>ACTION Identifying and understanding possible supports</p> <p>CONSOLIDATION Building a personal navigation plan</p>	<p>Helping yourself:</p> <ul style="list-style-type: none"> • Help Yourself lesson – MH LIT: Student Mental Health in Action • Class Conversation Starters • My Circle of Support Pocketbook – Student Help-Seeking Resource • No Problem Too Big or Too Small: Student Help-Seeking Resource • Reaching Out Tips for Students



SECTION/CONNECTION	RESOURCE/DESCRIPTION
<p>ACTION Identifying and understanding possible supports</p> <p>CONSOLIDATION Building a personal navigation plan</p> <p>(cont'd)</p>	<p>Helping a friend:</p> <ul style="list-style-type: none"> • Help a Friend lesson – MH LIT: Student Mental Health in Action • Be There – Mental Health Support • Class Conversation Starters <p>Knowing what happens if you reach out for support:</p> <ul style="list-style-type: none"> • What Happens When you Call Kids Help Phone? • What Happens When You Text Kids Help Phone? <p>Barriers to help seeking:</p> <ul style="list-style-type: none"> • Stigma: The Facts – Mental Health Commission of Canada • Stigma: Why Words Matter • Language Matters – Mental Health Commission of Canada <p>Reliable sources of mental health information and support for students:</p> <ul style="list-style-type: none"> • Mental Health Learning Hub – Sick Kids • Mental health resources – Kids Help Phone • jack.org • School Mental Health Ontario’s student site • Understanding and finding help for substance use and addictions (cmha.ca)



Additional Career Studies (GLC20) Curriculum Connections

[Career Studies \(gov.on.ca\)](http://gov.on.ca)

Note: while there are obvious connections within Career Studies as outlined below, there are many cross-curricular connections with this learning to consider and share with colleagues, too. For ideas, see the “Connections to Specific Curriculum Strands” section of [MH LIT: Student Mental Health in Action](#). They are designed to support similar mental health learning.

CURRICULUM EXPECTATIONS	
<p>STRAND A Skills, strategies, and habits that contribute to success</p>	<p>[A1.1] demonstrate an understanding of the importance of resilience and perseverance in school, life, and work – why it is helpful to acquire skills for adapting to change, persevering in the face of adversity, learning from mistakes, and thinking positively about setbacks – and analyze how developing resilience and perseverance can help them in all areas of their lives</p> <p>Themes: developing self-awareness and a sense of identity, managing stress, transition, help-seeking, nurturing healthy relationships</p>
<p>STRAND B Exploring and preparing for the world of work</p>	<p>[B1.1] identify some recent and evolving technological, economic, and social trends that have influenced the world of work, both locally and globally, noting their impact on the kind of work we do and how we do it as well as on workers’ rights and responsibilities, and analyze the possible impact of those trends on their own choices now and in the future</p> <p>[B2.1] investigate their own interests, values, skills (including transferable skills), strengths, and areas that require further development, documenting their insights in a personal profile</p> <p>[B2.2] identify factors and conditions other than an individual’s strengths, interests, and needs that inform education and career/life choices, and explain which of these factors may be influencing their own decisions</p> <p>Themes: developing self-awareness and a sense of identity, identifying strengths, building skills to support mental and emotional health, maintaining work/life balance, help-seeking</p>
<p>STRAND C Planning and financial management to help meet postsecondary goals</p>	<p>[C1.2] develop a plan that identifies steps and strategies for working towards their initial postsecondary goal(s), addressing potential opportunities and challenges</p> <p>Themes: transition, developing self-awareness and a sense of identity, identifying strengths, managing stress, nurturing healthy relationships</p>

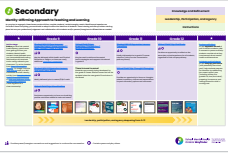






RESOURCES TO SUPPORT	
<p>Developing self-awareness and a sense of identity/ exploring strengths, skills, and interests</p>	<ul style="list-style-type: none"> • Knowing Oneself – Everyday Mental Health and Faith and Wellness • I in Image – Grab and Go Activity • Self Love Practices for Black Youth • Connections To Self – Life Promotion Toolkit (Thunderbird Partnership Foundation)
<p>Building skills and managing stress</p>	<ul style="list-style-type: none"> • Virtual Field Trips • SEL posters • Conversation Starters • Test and Exam Stress: Strategies to Perform at Your Best lesson – MH LIT: Student Mental Health in Action • Mental Health Literacy and Anxiety Management Bundles
<p>Transition</p>	<ul style="list-style-type: none"> • The Challenge of Change: Navigating the Transition from Secondary School lesson – MH LIT: Student Mental Health in Action
<p>Help-seeking</p>	<ul style="list-style-type: none"> • No Problem Too Big or Too Small • My Circle of Support • Reaching Out • Conversation Starters • Self Advocacy Cards • Help Yourself lesson – MH LIT: Student Mental Health in Action
<p>Nurturing healthy relationships</p>	<ul style="list-style-type: none"> • Healthy Relationship Skills in Everyday Mental Health and Faith and Wellness • Help a Friend Lesson – MH LIT: Student Mental Health in Action



Did you know?

There are many additional opportunities to integrate mental health learning into the daily life of your classroom and reinforce the concepts throughout the year.

RESOURCES		
	<p>Wayfinder gathers mental health learning resources in an easy-to-use and sequenced way. This digital, clickable guide offers a variety of simple mental health lessons and learning activities organized by grade that are easy to weave into the fabric of your school day.</p>	
	<p>Should you wish to plan additional mental health learning for students, the Decision Support Tool for Educators has been created to provide a framework for teachers in the planning and implementation of mental health and well-being materials, resources, and information within the classroom. The tool is also a helpful resource to aid with decision-making at a classroom level.</p>	
	<p>The Student Engagement Toolkit offers practical strategies to promote student engagement and support diverse student leadership styles within mental health and wellness initiatives at your school.</p>	