



Mental Health & Wellness Resources for Schools K-12


This list includes a range of resources to support educators, many of which are also suitable for youth and families. Most resources listed are free. Remember to also check your school district's website for local resources.

 All Resources are linked


Resource & Link	Grade	Description
ABCs of Youth Substance Use 	K-12	Recommended resources including classroom-ready resources , support, and collaborative virtual professional learning community for educators.
Anxiety Canada	Grade 6-12	Free resources about identifying anxiety and helping teens & young adults to cope with anxiety.
Bringing Mental Health to Schools	Grade 7-12	Free, online classroom-ready resources and training for educators.
Eating Disorder Supports & Referrals	K-12	Resources on supporting and finding services for families & youth. 250-519-5390 ext.36925.
Embody	K-8	Resources including classroom-ready resources to promote positive body image.
Everyday Anxiety Strategies for Educators (EASE)	K-7	Curriculum-aligned anxiety prevention & resilience-building resources that fit into classroom routines & practices. Free Pro-D and classroom-ready resources for teachers/counsellors.
Everyday Mental Health Classroom Resource	K-8	Free mental wellness practices that can be easily incorporated into class including stress management, emotion identification, positive motivation, relationship, self-confidence & identity.
Foundry BC	Grade 6-12+	Wellness resources, services & supports for youth 12-24y Includes resources for educators, youth & families about anxiety, depression, body image, substance use.
Heart-Mind Online	K-12+	Free resources including classroom-ready resources to support social- emotional learning. Themes include anger, anxiety, conflict resolution, confidence, empathy, resilience, self-regulation.
iMinds/ Canadian Institute Substance Use Research	Grade 4-12	Wide range of free, curriculum linked learning materials including classroom-ready resources to teach substance use & gambling literacy, searchable by grade and/or subject.
Here to Help	All Ages	Wide range of free, quality information and classroom-ready resources about mental health, mental illness and substance use.
Kelty Mental Health	All Ages	Offers content and links to mental health resources & curriculum guides, social & emotional learning, teacher & staff well-being, and school mental health spotlights.
Media Smarts	K-12	Free media literacy resources including classroom-ready resources , online videos, games & training for educators. Searchable by topic or grade.
Mental Health Literacy/Teen Mental Health	Grade 7-10	Free, Canadian curriculum guide with 6 interactive classroom-ready resources (print & video resources, PowerPoint presentations & more.



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MindUp 	K-8	Classroom-ready resources of emotional & cognitive tools to manage emotions & behaviours, reduce stress, sharpen focus and increase empathy & optimism.
Open Mind Youth Mental Health	K-12	Free mental health tools and resources for educators, students and families, from the Doctors of B.C.
Positive Mental Health Toolkit	All Ages	Toolkit for positive mental health practices & perspectives within a school environment.
Second Step	Pre-K to Grade 8	Classroom-ready resources about social-emotional learning, bullying prevention and child protection. Schools/districts can purchase license to use.
Social & Emotional Learning (SEL) Resource Finder	All Ages	A collection of SEL resources from UBC, for educators and others who work with children & youth. Includes: classroom-ready resources , programs & books. Searchable by focus, age group & content.
Strong Minds Strong Kids Psychology Canada	Pre-K to Grade 12	Classroom-ready resources to help students recognize and manage stress effectively and build emotional resiliency. Many free resources some are a small cost.
Ted Ed Videos & Lessons	Grade 6-12	Award-winning, short, evidence-based, video-based classroom-ready resources searchable by subject.

Supports and Services for Youth, Families & Community Agencies

BC 211 (24/7) 	Find health resources in your community. Call or text 2-1-1 .
Crisis Centre BC	1-800-784-2433 or 310-6789 (no area code) or dial 9-1-1 .
FamilySmart	Support for families with mental health challenges.
FoundryBC	Wellness resources & support for people age 12-24 years.
Island Health Discovery Youth & Family Substance Use Services	Support for youth ages 13-19 years, family members, friends and support people.
Island Health Mental Health	Local resources and services.
Kelty Mental Health Centre	1-800-665-1822 Support for B.C. youth, families &, agencies.
Kids Help Phone (24/7)	1-800-668-6868 Live, online chat noon to 1 a.m.
Kuu-us Crisis Line (24/7)	1-800-588-8717 Support for Indigenous people in B.C.
Racist Incident Helpline	1-833-457-5463 Support for people who have experienced or witnessed a racist incident.
Vancouver Island Crisis Line	1-888-494-3888 24/7 Crisis line, text and chat options.
Youth in BC	Online Chat noon to 1 a.m. and links to 24/7 crisis lines.