



## Resources to Support Implementation

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 Grades 7 and 8, which are linked to the Health and Physical Education curriculum. 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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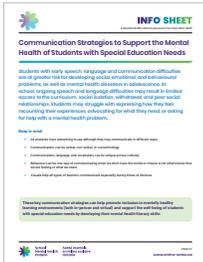
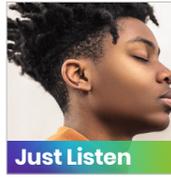
RESOURCES FOR EDUCATORS

# Preparing to Teach About Mental Health

Set the stage for this learning by considering approaches to instruction, self-reflection, and growing your own learning.

RESOURCES		
	<p><b>Mentally healthy learning environments</b>                  Introduce this learning within the context of a mentally healthy learning environment prioritizing an inclusive and culturally responsive approach. <a href="#">Reflection Tool for Educators – Building a Mentally Healthy Class Community</a></p>	
	<p><b>Self-reflection</b>                  Reflect on, acknowledge, and actively work to overcome your own lived experiences, culture, identities, and implicit biases as they relate to mental health. <a href="#">Cultural Humility Self-Reflection Tool</a></p>	
	<p><b>Know Every Student</b>                  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. <a href="#">I in Image</a> is just one tool from the SMH-ON <a href="#">Grab and Go</a> set of tools that may be helpful in sparking opportunities to learn more about students.</p>	
	<p><b>Affirm Student Identities</b>                  The SMH-ON <a href="#">frame for reflection and action</a> is designed to support you along the path to identity-affirming school mental health. Exploring your cultural humility as a school staff member using this SMH-ON <a href="#">cultural humility reflection tool</a> can help you provide identity-affirming support to each student.</p>	



RESOURCES			
 <p><b>INFO SHEET</b> Communication Strategies to Support the Mental Health of Students with Special Education Needs</p> <p>Students with early speech, language and communication difficulties are at greater risk for developing social-emotional and behavioural problems, as well as mental health issues. Addressing an individual's ongoing speech and language difficulties may result in limited access to the academic, social, and emotional opportunities and experiences that are available to all students. It is important to support these students by recognizing their unique needs, advocating for what they need, or asking for help with a communication problem.</p> <p><b>How to help:</b></p> <ul style="list-style-type: none"> <li>• If possible, have meetings with affected students in private.</li> <li>• Communicate and listen actively to students.</li> <li>• Communicate clearly and consistently to all students.</li> <li>• Communicate with all communication partners and stakeholders.</li> </ul> <p>Supporting communication skills, language and social-emotional development, and mental health of students with special education needs.</p>	<h3>Differentiate</h3> <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: <a href="#">Communication Strategies to support the mental health of students with special education needs (smho-smsso.ca)</a> and <a href="#">Planning HPE Programs for Students with Special Education Needs (Ontario Curriculum)</a></p>	  	
<h3>Grow Your Mental Health Literacy</h3> <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 <a href="#">Mental health literacy course for educators from School Mental Health Ontario</a>. 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>			
<h3>Transition</h3> <p>Each module provides a prompt to end the learning in a positive way with a supportive transition. Below is a selection of activities from SMH-ON to choose from. The <a href="#">Wellness Resource hub</a> also contains a collection of mental and emotional wellness resources co-developed by local communities, mental health workers, and the Aaniish Naa Gegii: the Children's Health and Well-being Measure Team that can also be used to support all students.</p>			
<p><a href="#">Chair Stretch</a></p> 	<p><a href="#">Tense and Relax video</a></p> 	<p><a href="#">Forest Visualization</a></p> 	<p><a href="#">Circular breathing</a></p> 
<p><a href="#">Reframing Thinking</a></p> 	<p><a href="#">Set of 6 posters</a></p> 	<p><a href="#">Hand-tracing Exercise</a></p> 	<p><a href="#">Personal Gratitude</a></p> 



## Supporting Students

This section will help you support students who may have a mental health problem, within your role as an educator. **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: <a href="http://smho-smso.ca">Supporting Minds Strategies at a Glance (smho-smso.ca)</a></p>	
	<p>A step-by-step approach to help educators support students when they exhibit signs of an emotional or behavioural issue: <a href="http://smho-smso.ca">One-Call Desk Reference (smho-smso.ca)</a></p>	
	<p>A guide for school staff when they are concerned about a student and wondering if additional mental health support might be required: <a href="http://smho-smso.ca">Circle of Support and System Pathways – Flowchart (smho-smso.ca)</a></p>	
	<p>A tip sheet providing ideas to consider when planning to meet and talk with parents and caregivers: <a href="http://smho-smso.ca">Talking with Parents and Families about Mental Health (smho-smso.ca)</a></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 \(cmho.org\)](http://cmho.org)
- [Resources Around Me – Kids Help Phone](http://kids-help-phone.ca)



RESOURCES		
<b>Black Youth Helpline</b>	<ul style="list-style-type: none"> <li>• Call: 416-285-9944 or toll-free 1-833-294-8650</li> <li>• Multicultural youth helpline serving all youth</li> <li>• Services available in English</li> </ul>	
<b>Hope for Wellness Help Line</b>	<ul style="list-style-type: none"> <li>• Call: 1-855-242-3310</li> <li>• Available to all Indigenous people across Canada</li> <li>• Services available in English and French</li> <li>• Support in Cree, Ojibway, and Inuktitut varies from week to week, so you may need to call to request services in those languages</li> </ul>	
<b>Kids Help Phone</b>	<ul style="list-style-type: none"> <li>• Call: 1-800-668-6868   Text: CONNECT to 686868</li> <li>• <a href="#">Resources Around Me – Kids Help Phone</a></li> <li>• Available to young people across Canada</li> <li>• Services available in English and French (additional languages also offered)</li> <li>• Support in Cree, Ojibway, and Inuktitut varies from week to week, so you may need to call to request services in those languages</li> </ul>	
<b>LGBT Youth Line</b>	<ul style="list-style-type: none"> <li>• Call: 1-800-268-9688   Text: 647-694-4275</li> <li>• Chat also available</li> <li>• 2S/LGBTQIA+ people 29 years and under across Ontario</li> <li>• Services available in English</li> </ul>	
<b>Métis Nation of Ontario</b>	<ul style="list-style-type: none"> <li>• Call: 1-877-767-7572</li> <li>• Email: <a href="mailto:MHA@metisnation.org">MHA@metisnation.org</a></li> <li>• Service available in English and French</li> <li>• 24 hour, culturally specific mental health and addictions crisis line.</li> </ul>	
<b>One Stop Talk</b>	<ul style="list-style-type: none"> <li>• Call: 1-855-416-8255</li> <li>• Chat: <a href="http://onestoptalk.ca">onestoptalk.ca</a></li> <li>• Available to children and youth under age 18</li> <li>• Services available in English and French</li> <li>• One hour of professional therapy at no cost, and referral for more support when needed</li> </ul>	



RESOURCES		
<p><b>RiseUP powered by Kids Help Phone</b></p>	<ul style="list-style-type: none"> <li>• Text <b>RISE</b> to 686868</li> <li>• Available for Black youth across Canada</li> <li>• Services available in English and French</li> </ul>	
<p><b>Talk Suicide Canada</b></p>	<ul style="list-style-type: none"> <li>• Call: 1-833-456-4566</li> <li>• Text: 45645</li> <li>• Support for anyone facing suicide across Canada</li> <li>• Services available in English and French</li> </ul>	
<p><b>Trans Lifeline</b></p>	<ul style="list-style-type: none"> <li>• Call: 877-330-6366</li> <li>• Peer support phone service run by trans people for trans and questioning peers</li> <li>• Services available in English and Spanish</li> </ul>	

\* Service availability varies. Be sure to check the websites for availability in your time zone.

## Supporting Yourself

**Educator mental health matters! We recognize that the mental health and well-being of students, staff, and families are inextricably linked. Personal wellness looks different for everyone. There is no one way to maintain balance in the face of the many challenges and demands we all sometimes face.**

Consider the opportunity to support your own mental health through these modules. As you move through them, consider taking time to reflect on your own mental health and practice strategies alongside students. Look for the **'Try it!'** tips for teachers highlighted throughout the modules for opportunities. Taking time to engage in well-being practices is important and is excellent modelling for students. The **Educator Guide** contains a list of supports. The following resources are also available to support you:

- [Stress Strategies](https://psychologyfoundation.org) (psychologyfoundation.org)
- [Personal Resiliency Tips – Take Care of Yourself](https://smho-smso.ca) (smho-smso.ca)



**GRADE 7**

## Curriculum Expectations

**[D1.2]** demonstrate an understanding of **linkages between mental health problems and problematic substance use**, as well as between **brain development and cannabis use**, and identify **school and community resources** that can provide **support** for mental health concerns relating to substance use, addictions, and related behaviours.

**[D1.6]** demonstrate an understanding of the **relationship between mental health and mental illness** and identify **possible signs of mental health problems**.

## 7.1 Mental Health, Mental Illness, and the Relationship Between Them

This module introduces the concepts of **mental health** and **mental illness** (recognizing and respecting a diversity of perspectives and that these concepts may vary across cultures), and ways to promote **positive mental health strategies** that are inclusive of diverse and intersecting identities and abilities.

SECTION/CONNECTION	RESOURCE/DESCRIPTION
<p><b>MINDS ON</b> Defining mental health and mental illness</p>	<ul style="list-style-type: none"> <li>Resources from <a href="#">ACHWM</a> highlight Indigenous understandings of mental health</li> <li>The <a href="#">First Nations Mental Wellness Continuum</a></li> <li><a href="#">About student mental health in Ontario – School Mental Health Ontario (smho-smsso.ca)</a></li> </ul>
<p><b>ACTION 1</b> Wellness and positive strategies that support student mental health and affirm their unique identities</p>  <p>The diagram is a circular strategy tool with 'My Mental Health' at the center. It is divided into eight segments: 'My Values', 'My Interests', 'My Strengths', 'My Abilities', 'My Skills', 'My Talents', 'My Hopes', and 'My Dreams'. Each segment has a corresponding action verb: 'Identify', 'Create', 'Connect', 'Share', 'Call', 'Use', 'Contribute', and 'Think'.</p>	<ul style="list-style-type: none"> <li>As an alternative to the 'My Strategy Circle' organizer, consider this selection of <a href="#">Holism templates</a> found on the Wellness Resource Hub, at the Aaniish Naa Gegii: the Children's Health and Well-being Measure (<a href="#">ACHWM</a>) site.</li> </ul> <p>Additional student resources to support mental health strategies:</p> <ul style="list-style-type: none"> <li>The <a href="#">Life Promotion Toolkit</a> may be used for all students – the kit offers ways to connect to land, self, community, and spirituality.</li> <li><a href="#">SEL Posters</a> highlight everyday mental health strategies</li> <li><a href="#">Shareable Bundles</a> include a variety of student-friendly strategies to try</li> <li>Stress Management and Coping <a href="#">Virtual Field Trips</a></li> </ul>

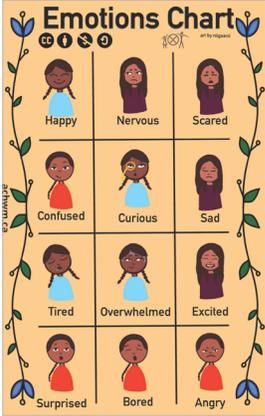


SECTION/CONNECTION	RESOURCE/DESCRIPTION
<p><b>ACTION 2</b> Relationship between mental health and mental illness (dual continuum)</p> 	<p>There is growing discussion about mental health in Ontario and the way we talk about it matters. This <a href="#">video</a> by the CAMH Health Promotion Resource Centre explains the separate but interconnected concepts of mental health and mental illness, as well as what it means to 'promote mental health', in ourselves and in our communities. This video is also available on YouTube <a href="#">here</a>. Or, use the video script <a href="#">here</a> as a discussion or learning tool!</p> <p>Information to complement student bio for <b>Haris</b></p> <ul style="list-style-type: none"> <li>• Data on gaming – <a href="#">Ontario Student Drug Use and Mental Health Survey (OSDUHS)   CAMH</a></li> <li>• <a href="#">Youth, Family, and Interactive technology</a></li> <li>• <a href="#">SMH-ON • Helping Your Child Manage Digital Technology • Info Sheet</a></li> </ul> <p>Information to complement student bio for <b>Nia</b></p> <ul style="list-style-type: none"> <li>• <a href="#">What are pronouns and why do they matter? SMH-ON</a></li> <li>• Social determinants of health – Learn more about this and other factors related to mental health in the <a href="#">MH LIT – Mental Health in Action course</a> from School Mental Health Ontario.</li> </ul> <p>Information to complement student bio for <b>Aaeden</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Supporting Minds Strategies at a Glance - School Mental Health Ontario (smho-smso.ca)</a></li> </ul> <p>Information to complement student bio for <b>Cora</b></p> <ul style="list-style-type: none"> <li>• <a href="#">Overview of Disordered Eating Prevention: How Can Schools Help? May2022 (ocoped.ca)</a></li> </ul>



## 7.2 Understanding Signs of a Mental Health Problem and How to Seek Support

This module supports students to **monitor** and **reflect** on their own mental health, and know **when, where,** and **how** to seek support, should they need it.

SECTION/CONNECTION	RESOURCE/DESCRIPTION
<p><b>MINDS ON</b> The purpose of this activity is to encourage students to reflect on their unique feelings as part of knowing themselves</p>	<p>Students may have different ways of naming and expressing their feelings that may connect with their culture and identities. This <a href="#">resource</a> from the Wellness Resource Hub, at the Aaniish Naa Gegii: the Children's Health and Well-being Measure (<a href="#">ACHWM</a>) site may be a helpful support.</p> 
<p><b>ACTION 2</b> <b>CONVERSATION STARTERS</b> <b>Where</b> could students learn more about mental health and/or how to access professional support?</p>	<p>The following sites are reliable sources of mental health information and support for students:</p> <ul style="list-style-type: none"> <li>• Get support with these mental health resources – <a href="#">Kids Help Phone</a></li> <li>• <a href="#">jack.org</a></li> <li>• <a href="#">School Mental Health Ontario's student site</a></li> </ul>



## 7.3 Mental Health, Substance Use, and the Relationship Between Them

This module focuses on **substance use**; its **connection to mental health**; potential effects, risks, and harms related to substance use; and how to reach out for support.

SECTION/CONNECTION	RESOURCE/DESCRIPTION
<p><b>MINDS ON THINGS I’VE HEARD – SUBSTANCE USE QUIZ</b>                      These links provide more information on the topics covered in the quiz</p>	<ul style="list-style-type: none"> <li>• What is substance use? – <a href="#">Kids Help Phone</a></li> <li>• <a href="#">YouthREX – Cannabis Educators Toolkit</a></li> <li>• <a href="#">Consider the Consequences of Vaping – Canada.ca</a></li> <li>• <a href="#">Stigma – Why words matter factsheet (canada.ca)</a></li> <li>• <a href="#">When Eating Disorders and Substance Abuse Problems Collide: Understanding, Preventing, Identifying and Addressing Eating Disorders and Substance Abuse Issues in Youth (ccsa.ca)</a></li> </ul>
<p>Background resources about substance use for educators</p>	<ul style="list-style-type: none"> <li>• <a href="#">Substance use and addiction – Educators and student support staff (smho-smso.ca)</a></li> <li>• <a href="#">Youth Substance Use Resources for Educators – Youth Wellness Hubs Ontario (youthhubs.ca)</a></li> <li>• <a href="#">Consider the Consequences of Vaping – Canada.ca</a></li> <li>• <a href="#">Data on substance use - Ontario Student Drug Use and Mental Health Survey (OSDUHS)   CAMH</a></li> </ul>



**GRADE 8**

## Curriculum Expectations

**[D2.4]** demonstrate an understanding of how incorporating **healthy habits** and **coping strategies** into daily routines can help **maintain mental health** and **resilience** in times of stress

**[D3.4]** explain how word choices and societal views about **mental health** and **mental illness** can affect people and perpetuate **stigma**, and identify actions that can counteract that stigma

### 8.1 Mental Health and Stigma

This module focuses on **stigma** related to mental health and mental illness, why it is an issue, and actions that can **counteract** it. Feeling affirmed and a strong sense of belonging is a critical part of positive mental health for everyone, including those experiencing mental health problems and/or mental illness.

SECTION/CONNECTION	RESOURCE/DESCRIPTION
<p><b>ACTION 1: UNDERSTANDING STIGMA</b> <b>ACTION 2: STIGMA AND LANGUAGE</b> Learning about factors that may influence our experience/understanding of stigma, including how societal views about mental health and mental illness can contribute</p>	<p>Resources to provide background information and help guide conversations on stigma and language:</p> <ul style="list-style-type: none"> <li>• <a href="#">Stigma: The Facts - Mental Health Commission of Canada</a></li> <li>• <a href="#">Language Matters Cheat Sheet (mentalhealthcommission.ca)</a></li> <li>• <a href="#">Ableism, negative attitudes, stereotypes and stigma (fact sheet)   Ontario Human Rights Commission (ohrc.on.ca)</a></li> </ul>



## 8.2 Supporting Our Mental Health: Managing Stress

This module **acknowledges** and **normalizes** the everyday experiences of stress we all face and helps students anticipate and prepare to manage stress by building **healthy coping strategies** and incorporating them into their **daily routines**. It also highlights the importance of **seeking support** when stress is linked to experiences of racism, exclusion, or marginalization. It is important to acknowledge that stress may be different for each of us, and our unique experience is valid.

SECTION/CONNECTION	RESOURCE/DESCRIPTION
<p><b>MINDS ON</b> and <b>ACTION</b> Background information on stress</p>	<ul style="list-style-type: none"> <li>Stress data – <a href="#">Ontario Student Drug Use and Mental Health Survey (OSDUHS)   CAMH</a></li> <li><a href="#">Stress   CAMH</a></li> <li><a href="#">Stress Strategies</a></li> </ul>
<p><b>ACTION</b> Background information on social media use</p>	<ul style="list-style-type: none"> <li><a href="#">Health advisory on social media use in adolescence (apa.org)</a></li> <li>Social media use data – <a href="#">Ontario Student Drug Use and Mental Health Survey (OSDUHS)   CAMH</a></li> <li><a href="#">Resource</a> with tips for parents and caregivers on supporting students with using interactive technology (e.g., social media, gaming, etc.) in healthy ways. Also helpful for educators.</li> <li>This <a href="#">School Mental Health Ontario Tipsheet</a> provides information on how to know if your child’s screen time is problematic and supports if you are concerned that it is.</li> </ul>
<p><b>ACTION</b> and <b>EXTENSION ACTIVITY</b> Additional student resources to support stress management</p>	<ul style="list-style-type: none"> <li>The <a href="#">Life Promotion Toolkit</a> may be used for all students- the kit offers ways to connect to land, self, community, and spirituality.</li> <li><a href="#">SEL Posters</a> highlight everyday mental health strategies.</li> <li><a href="#">Shareable Bundles</a> include a variety of student-friendly strategies to try.</li> <li><a href="#">Virtual field trips</a></li> </ul> <p>These two templates from the <a href="#">Wellness Resource Hub</a> at the Aaniish Naa Gegii: the Children's Health and Well-being Measure (ACHWM) site, were offered to provide students with prompts to support them with their thinking:</p> <ul style="list-style-type: none"> <li><a href="#">Self Reflections</a></li> <li><a href="#">Practicing My Skills</a></li> </ul>



## 8.3 How to Help a Friend: Seeking Support for Others While Caring for Ourselves

This module focuses on teaching students how to **notice** when friends may be in need of help, and the **steps** they can take to support them. It also emphasizes the importance of students using strategies to **care for themselves** when helping others. This module builds on learning from the previous modules about stigma reduction, as well as stress management and coping strategies.

SECTION/CONNECTION	RESOURCE/DESCRIPTION
<p><b>ACTION 1</b> How to support a Friend</p>	<p>For more information on how to support a friend, educators may refer to:</p> <ul style="list-style-type: none"> <li>The <i>Help a Friend</i> lesson for secondary school students within the <a href="#">MH LIT: Student Mental Health in Action lesson - School Mental Health Ontario (smho-smsso.ca)</a></li> <li><a href="#">Be There – Mental health support</a></li> </ul>

### EXTENDING THE LEARNING

## School Mental Health Ontario's Wayfinder

The Grade 7 and 8 modules offer an opportunity to engage students in mental health literacy. There are many additional opportunities to integrate mental health learning into the daily life of your classroom and reinforce the concepts taught throughout the year.

Wayfinder is a tool for educators that 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. [Wayfinder](#) is offered for both grade 7 and grade 8.

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.

