# Template email for mobilizing the Leading Mentally Healthy Schools resource suite

How to use this template: adapt the introduction and sign-off to align with your board’s strategic goals and mental health promotion plan. Read through our [Leading Mentally Healthy Schools Bank of key messages document](https://smhosmso-my.sharepoint.com/:b:/g/personal/documents_smho-smso_ca/EVaWg0G2kYlMi7kZQhqqua0B33URlEC2P-ghxLDZIUAytA?e=3q59Vx) and mix and match the pieces that work the best for your board.

[Greeting],

At [board name], we are committed to making healthy changes in our schools, and administrators are an essential part of this work. We know that 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.

School Mental Health Ontario has recently updated its Leading Mentally Healthy Schools resource suite to support administrators in establishing the conditions to promote mental health and well-being. I encourage you to take advantage of these resources as you support the mental health of every student and the school community.

## What you need to know

* The suite has three components: an ebook, web content, and an online course
* ebook
  + digital, downloadable, clickable
  + a fulsome resource with data and resource links
  + designed with a busy school administrator in mind to reference as and when needed
* school administrators’ section of smso-smso.ca ([smho-smso.ca/school-administrators](https://smho-smso.ca/school-administrators/))
  + no subscription required
  + smaller, summarized chunks of information based on the ebook
  + tips and resources to help you with implementation
* online course ([MH LIT -- Mental Health in Action for School Administrators](https://smho-smso.ca/school-administrators/mental-health-literacy-course/))
  + an overview of all topics covered in the ebook
  + free, self-paced course
  + can be completed individually or with colleagues
  + certificate of completion

## How to get the eBook

* Sign up at [smho-smso.ca/lmhs](https://smho-smso.ca/leading-mentally-healthy-schools).
* Once you confirm your subscription (check your spam folder!), your copy of the Leading Mentally Healthy Schools ebook should arrive in your inbox.
* Signing up for the ebook puts you on the mailing list for related articles, case studies, feedback opportunities, and more.

[Add any information specific to your school board]

School Mental Health Ontario also offers resources for educators and school support staff, which you may find helpful as you guide your team. Explore everything that’s available at [smho-smho-smso.ca/find-a-resource](https://smho-smso.ca/find-a-resource/).

Thanks for all you do support our students,

[sign-off]