**TEMPLATE ARTICLE/EMAIL/POSTING**

New Career Studies Mental Health Literacy Modules Support Student Mental Health and Well-being

The Ministry of Education has introduced two modules to support a new and an updated [**mental health literacy expectation** within the Career Studies curriculum](https://www.dcp.edu.gov.on.ca/en/curriculum/secondary-guidance-and-career-education). These 60-minute modules will be delivered by educators, both in person and through online learning. Mental health learning has always been part of the Career Studies course. These modules give educators what they need to address the updated curriculum expectations. Educators are well-positioned to guide this learning and already support student well-being in many ways every day.

This learning will help equip students with inclusive, culturally responsive, evidence-informed knowledge, skills, and strategies to support their mental health and well-being. They align with and support the work we do in DSB1 to support student mental health.

The modules were informed by extensive consultation with educators, mental health professionals, parents/caregivers, students, and cultural and community organizations.

There are important reasons to bring these modules into the classroom:

* Students [**want**](https://smho-smso.ca/online-resources/hearnowon-2021-student-voices-on-mental-health-final-report/) to learn more about mental health at school.
  + This learning helps students develop skills that support positive mental health.
* Mental health learning supports learning in all other areas.
  + This learning can encourage conversations and help students in need reach support.

[Feel free to watch the introductory video that provides more information](https://youtu.be/VUmQSVybbp4?si=Ak1GGCna6l6MXlFf)

If you have any questions, feel free to contact the Mental Health Lead at \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_