Children’s Mental Health Week Resources

#WellBeingMatters May 1-5 2017

Free Resources Available Online

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| **If you…** | **Then…** |
| * Are curious about mental health/illness * Ask yourself “*what exactly is mental health?”* * Need a simple, creative way to introduce the topic of mental health to others * Want to generate dialogue and discussion about mental health * Have six minutes to spare | Watch this innovative and educational video:  Promoting Mental Health: Finding a Shared Language from the Centre for Addiction & Mental Health (CAMH):  <https://vimeo.com/130580621> |
| * Looking for inspiration * Want to know why kindness and compassion matter * Want to know how to “*be the change you want to see in the world”* * Want to inspire others | Watch and share this six minute video:  Josh Opening Doors and Hearts: <https://www.youtube.com/watch?v=PIHtuKc3Gjg> |
| * Enjoy a good Ted Talk * Question if success has to come at the expense of happiness * Want to know how to cultivate happiness in your work * Like some humour with your learning | View Shawn Achor’s popular 12 minute Ted Talk:  [**https://www.ted.com/talks/shawn\_achor\_the\_happy\_secret\_to\_better\_work**](https://www.ted.com/talks/shawn_achor_the_happy_secret_to_better_work) |
| * Interested in knowing about *every day* mental health and wellness ideas which can be used in the classroom or school * Want to help foster resilience in children and youth | Download the Bounce Back (K-12) Activity Booklet (2nd Edition):  [**https://www.healthunit.com/bounce-back**](https://www.healthunit.com/bounce-back) |
| * Are a parent or teacher and are concerned about child stress and anxiety * Want to learn how to help foster healthy coping skills in children/youth * Want credible, reliable information from experts on child development and mental health | Check out this website :  <http://psychologyfoundation.org/>  (Includes Kids Have Stress Too Series and Stress Lessons Toolkit –lesson plans, activity sheets, youtube videos) |
| * Are you interested learning more about mental health * Looking for coping tips * Like websites and phone apps designed for youth by youth * Want to know where to direct youth on-line | Check-out these websites and apps…  <https://www.anxietybc.com/>  <https://kidshelphone.ca/>  <https://www.mindyourmind.ca/>  **BeSafe Mindshift** |
| * Want to know more about the importance ofbeinga Caring Adult * Want to learn more about the factors which impact caring relationships and how they contribute to successful outcomes for students. | Ted Talk from Rita Pierson Every Child needs a Champion  [https://www.youtube.com/watch?v=SFnMTHhKdkw](https://www.youtube.com/watch?v=SFnMTHhKdkw%20)  <http://www.search-institute.org/research/developmental-relationships> |

Adapted from Thunder Bay Catholic School Board