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