



School Mental Health Ontario Resources, 2021–2022

Audience	Sample Resources	Brief Description
Students	Student MH LIT	4-lesson mental health literacy for secondary students. Watch the 2-minute overview video here
	Anxiety Shareables	Set of social media shareables focused on coping with stress and anxiety, developed with ThriveSMH student reference group
	Equity and Allyship Shareables	Set of social media shareables focused on equity within mental health, developed with ThriveSMH student reference group
	Grounding Shareables	Set of social media shareables focused on grounding techniques, using acronyms like SOLID with associated prompts
	ThriveSMH Instagram	A student-led Instagram account developed by SMH-ONS student reference group, ThriveSMH.
	Guided Video Series	Series of videos that students can use to help with relaxation techniques like visualization and calm breathing
	Help-Seeking Resources	Set of tools to promote student help-seeking, reduce stigma, and articulate pathways to support (pocket and screen reader versions)
	Topics in mental health	Information sheets on topics that may be relevant for secondary school students
	Tools for Adult Allies	Set of tools to support adults who encourage and facilitate student voice and leadership in the mental health promotion space
Parents / Caregivers	Suicide Prevention Resources	Tools to help parents to understand, identify, and respond to signs of suicidal ideation and behaviour (in multiple languages)
	Early identification resources	Tools to help parents to recognize signs of a mental health problem
	Topics in mental health	Information sheets on topics that may be relevant for parents and caregivers (e.g., substance use prevention, digital technology use, wellness promotion at home)
	Back to school resources	Series of tip sheets and web-based information to support parents with the return to school during COVID-19 (in multiple languages)

	Tools for school staff	Tip sheets to support compassionate and helpful conversations about mental health with parents and caregivers
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Educators	MH LIT	6-module on-line learning about mental health designed for the educator role, available on the VLE
	Everyday Mental Health Practices	Series of everyday mental health practices compiled in collaboration with ETFO, OECTA, OSSTF, and AEFO
	Virtual Field Trips	Series of lesson plans and virtual field trips, K-12, focused on strategies for coping with stress. Watch a sample video here
	HPE Lesson Plans	Series of lesson plans, K-8, with minds-on activities and mentor texts aligned with mental health in HPE curriculum
	Read Alouds	Series of read alouds that can accompany the HPE lesson plans or may be used more generally in the classroom or at home
	SEL posters	Series of posters that serve as reminders related to everyday practices that support social emotional skill development
	Reflection Tools	Tools to help educators to build and maintain mentally healthy classroom settings for every student.
	Back to school resources	PD Day slide decks and videos, First 10 Days resource, conversation starters, etc. to support wellness promotion with return to school. Many resources are packaged within this guide for easy access.
	Early identification resources	Tools to help educators to notice and respond to student mental health problems, in-person and during remote learning
	Equity and mental health resources	Information sheets to help educators to plan for safe and supportive conversations related to anti-racism, anti-oppression and the intersection with mental health
Child and Youth Support Staff	Rising to the Challenge Workshops	Workshop created with and for child and youth workers, chaplains, and other school staff who are engaged in class-wide and small group mental health promotion services
	Kids Have Stress Too!	Training and 4-unit resource for child and youth support staff to implement alongside educators in the classroom to support student learning about stress and coping
	Emotion Coaching	Series of modules to support the use of emotion coaching as a strategy for helping to validate and support students

Principals / Vice-Principals	MH LIT	6-module on-line learning about mental health designed for the school leader role, available on the VLE
	Leading Mentally Healthy Schools	One stop reference for school leaders related to creating the conditions for student mental health, updated release 2022
	Equity and mental health resources	Resources to support school leaders in their efforts to advance equity and mental health outcomes
Audience	Sample Resources	Brief Description
Principals / Vice-Principals	Decision Support Tools	Tools to help school leaders in selecting mental health awareness and promotion activities
	Supporting Student Mental Health Series	Series of webinars and podcasts co-developed with OPC, CPCO, and ADFO
SMH Professionals	Training in early intervention protocols	Synchronous and recorded training, and ongoing coaching for implementation of evidence-based stepped care protocols like Brief Digital Interventions (Harvard/McMaster), Brief Interventions for School Clinicians (Washington U), and Supporting Transition Resilience of Newcomer Groups (National Center for School Mental Health)
	Suicide Risk Assessment Training	3-session workshop series with McMaster Children's Hospital on suicide risk assessment for the school setting
	Workshops on critical topics in SMH service delivery	Workshops with expert speakers on topics like eating disorder prevention, gaming addiction, measurement-based care, substance use and overdose prevention, virtual care
	Centering Black youth well-being certificate course	4-week certificate course offered in partnership with YouthRex for regulated SMH professionals to learn ways to centre Black student well-being and to combat anti-Black racism
	Culturally-adapted Cognitive Behaviour Therapy	On-line course in development alongside the CAMH Office of Health Equity
	Indigenous Mental Health Workshops	Series of web consultations and in-person sessions designed to build SMH professional capacity in mental wellness and early intervention supports for Indigenous students
	Indigenous Mental Health Project	Collaboration with First Peoples Wellness Circle to co-design mental wellness supports for Indigenous students
Mental Health	Implementation Coaching	Every board has a SMH-ON coach who supports implementation of the board mental health and addictions

Leadership Teams		strategy, helps with contextualizing guidance for the local board, offers assistance with critical incidents, etc.
	Regional and provincial community of practice	Regular meetings designed to facilitate cross-board sharing, common messaging, and alignment with the provincial school mental health action plan
	Tools and templates	Board mental health leadership teams have access to a Leadership Portal that houses a range of tools, templates, slide decks, videos, and resource banks that they can draw upon to create board-specific professional learning, resources, etc.
System Leaders	Desk Reference for Ontario Directors of Education Desk Reference for Ontario Supervisory Officers.	Reference guides to support System Leaders