Classroom Lesson Plans
Description: Mental health challenges are more common than one realizes. As an educator, you play a crucial role in introducing the subject of mental health to your students. In fact, some of your students have probably experienced their own mental health challenges.

Youth Mental Health and Wellbeing Toolkit for Schools
Description: Talking about mental health helps to create a school culture that is welcoming, inclusive, and fosters positive relationships. This toolkit is interactive, providing opportunities for young people to explore topics related to mental health and wellbeing.