



**Welcome to the Student Mental Health Toolkit!**  
We are happy to be connecting with you as we share some exciting highlights about the Student Mental Health Toolkit.

Sign up for the Toolkit for no-cost access [HERE](#)

**Keep reading to learn more!**



**DOWNLOADABLE RESOURCES  
& LESSON PLANS**

## Downloadable Resources & Lesson Plans

The [Student Mental Health Toolkit](#) provides a variety of [Downloadable Resources and Lesson Plans](#) to educate students about mental health wellness. By educating youth about mental health; our community will become more aware about the importance mental wellness.

**Unlimited access is available by signing up for no-cost FULL Access to the Toolkit.**

### Downloadable Resources

[Downloadable Resources \(Grades 4-7\)](#)

[Downloadable Resources \(Grades 8-12\)](#)

This section provides materials about understanding stigma and combating it, practical tips for supporting mental health, and improving your wellbeing. New resources are regularly uploaded!

### Lesson Plans

[Lesson Plans \(Grades 4-7\)](#)

[Lesson Plans \(Grades 8-12\)](#)

In this section, you will find materials that align with the BC school curriculum that educators and school counsellors can use to teach students about mental health. The topics of mental health ranges from physical and health education, social

studies, language arts and etc!

Our impacting virtual programs include the following:

[Student Mental Health Toolkit](#) & [Virtual Stigma-Free School Program](#)

[Rural Mental Wellness Toolkit](#)



## Inspiring Stories

Stigma-Free Society had the opportunity to reach out to many inspiring individuals who battled with mental health and stigma. You'll see videos of people being transparent about their struggles and overcoming them. Everyone has their own individual journey in becoming a Stigma-Free Warrior. These stories not only educate the community about mental wellness, but also show support to anyone else experiencing similar struggles.

Watch our latest [Inspiring Story of Kristiyana](#), a student studying Psychology at the University of British Columbia. She shares about her battle with depression, anxiety and her journey of self-acceptance.

**Watch it all Inspiring Stories**

[HERE](#)



## Distress Quiz

### Youth Coping with Mental Health

The Student Mental Health Toolkit provides a [Distress Quiz](#) designed to help you measure how your mental health is right now, and if you should reach out for help! If you are feeling mentally/emotionally unwell take the quiz!

The quiz consist of 10 questions that will determine if:

- You might benefit from reaching out for help and resources.
- You should reach out for help right now – and we'll link to resources that are available 24/7 so you can get the support you need.
- You are not in current need of help, but it might be helpful to browse the Toolkit for ways to cope.

This quiz is not meant to diagnose you, but to provide results to determine the type of support you need.

*The Distress Quiz is create by Dr. Dana Wasserman, Psychologist and Dr. Chris Richardson, University of British Columbia Scientist.*

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THANK YOU for taking the time to keep up to date on all things happening with the Student Mental Health Toolkit.

We value your feedback and encourage you to reach out if you have ANY comments or questions.

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