



Resources

➤ *You may wish to pull from these resources to tailor a Resource List for your participants*

1) What is Mental Health?

Mental Health Literacy Pyramid Explained – Video: [Mental Health Literacy Pyramid Explained \(Explication de la pyramide de littératie en santé mentale\)](#)

Language Matters: The Importance of Using The Right Words When We're Talking About Mental Health:

<https://mentalhealthliteracy.org/schoolmhl/wp-content/uploads/2019/01/final-using-the-right-words.pdf>

(French Edition)

<https://mentalhealthliteracy.org/schoolmhl/wp-content/uploads/2020/05/final-using-the-right-words-french.pdf>

Mental Health Literacy Main Page for Mental Health Disorders: [Mental Disorders](#)

2) The Teen Brain

Mental Health Literacy Slideshows on The Teen Brain:

[The Teen Brain - Mental Health Literacy](#)

Teen Brain HD Video: [Teen Brain HD](#)

3) Healthy Sleep

[Healthy Sleeping | Mental Health Literacy](#)

4) Evidence Based Medicine

What is Evidence Based Medicine (EBM)? A Guide to Help You and Your Doctor Work Together To Give You the Best Possible Care:

https://mentalhealthliteracy.org/wp-content/uploads/2014/08/EBM-English_lowres.pdf

& French Version

<https://mentalhealthliteracy.org/wp-content/uploads/2014/08/EBM-French-lowres.pdf>

5) Self-Injury

[Self-Injury Outreach and Support](#)

[Non-suicidal Self Injury in Youth \(NSSI\)](#)

[Self-harm and Suicide](#)

6) Mental Health Stigma

Videos of personal stories related to mental health stigma: [Storytelling List - YouTube](#)

7) Stress

Understanding the Stress Response: [HEALTHY STRESS MANAGEMENT](#)

[How not to bubble wrap kids: Learning how to use daily stress to develop resilience](#)

Stress - Making the Most of Your Campus Experience: [STRESS](#)

Stress Video: [Stress \(Le stress\)](#)

Stress Explained: [Stress Explained - Elementary Edition \(Le stress - édition élémentaire\)](#)

Stress Explained: Elementary Edition Video Resource Sheet:

https://mentalhealthliteracy.org/wp-content/uploads/2020/11/stress-explained_-elementary-edition-resource-1.pdf

8) Cannabis

Cannabis, Teens and Mental Health – Video: [Cannabis, Teens and Mental Health](#)

Translated Resources:

[Translated Resources - Mental Health Literacy](#)

Teacher Resources:

- **Know Before You Go Teacher's Guide:** [Know Before You Go \(KBYG\) Teacher's Guide](#) (French version)<https://mentalhealthliteracy.org/wp-content/uploads/2020/12/know-before-you-go-teachers-guide-french-1.pdf>
- [Know Before You Go \(Catholic Version\) - Mental Health Literacy](#)
- **Teacher's Knowledge Update:** [School Mental Health Teachers Training Guide](#)
- **Educator Resources:** [Educators - Mental Health Literacy](#)
- **Edmonton Public Schools** [Mental Health Literacy Resource AKA the 'Flip book'](#) (Teacher knowledge update, recut with impacts on learning for each brain domain, and more universal strategies to enhance mental health).

For Parents:

- **Parenting Your Teen – Adolescent Development: A Primer for Parents:** [Parenting Your Teen - Mental Health Literacy](#)
- **Teening Your Parent - Adolescent Development: A Primer for Teens:** [Adolescent Development: A Primer for Teens](#)
- **Parent Resources:** [Parents - Mental Health Literacy](#)

For Clinicians:

- **Clinical Tools:** [Clinical Tools - Mental Health Literacy](#)