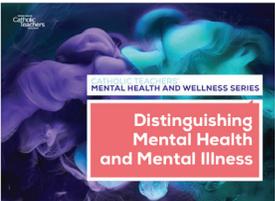
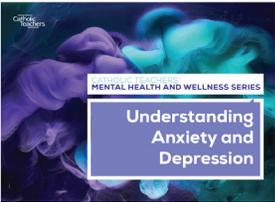


## Catholic Teachers' Mental Health and Wellness Series

The Ontario English Catholic Teachers' Association has curated a variety of resources related to Member Mental Health and Wellness. These resources can be found in the Members' Area of the Catholic Teachers' website. The table below outlines these resources, and includes direct links and QR codes for access.

### OECTA MENTAL HEALTH AND WELLNESS SERIES: RESOURCES

Resource	Description	QR Code
	<p>In <b>Distinguishing Mental Health and Mental Illness</b>, we define and distinguish mental health from mental illness, recognizing they exist on a continuum</p>	
	<p>In <b>Understanding Stress</b>, we discuss stress – what it is, how to identify it, and how to manage it, including disproportionate impacts of stress on equity-deserving groups and an intersectional approach to mental health and wellness.</p>	
	<p>In <b>Understanding Anxiety and Depression</b>, we delve into the causes and signs of anxiety and depression and how to get help for yourself and others. It is important to take your mental wellness seriously and start to recognize the possible signs of burn out.</p>	

## OECTA MENTAL HEALTH AND WELLNESS SERIES: RESOURCES (cont)

Resource	Description	QR Code
	<p>In <b>Understanding Mental Illness</b>, we discuss mental illness. To understand the continuum of mental health and mental illness, see the Distinguishing Mental Health and Mental Illness document in this series.</p>	
	<p>In <b>Steps to Take if You Are Concerned About Your Mental Health</b>, we share some steps that you can take if you are concerned about your Mental Health. By being proactive about your mental health, you may be able to lessen the negative effects of stress on your life and enhance your overall health and well-being.</p>	
	<p>In <b>Strategies to Promote Mental Health and Wellness</b>, includes a variety of items for you to consider to improve your mental health and well-being.</p>	
	<p>This is a <b>list of resources</b> available to Catholic Teachers in support of their mental health and well-being. It includes resources available through OECTA, your benefits plan, wellness services, additional resources available in Ontario, resources specific to equity-deserving groups, and faith-based resources</p>	